



*Edited by*  
Michiel van Vreeswijk, Jenny Broersen, and Marjon Nadort

THE WILEY-BLACKWELL HANDBOOK OF  
*Schema Therapy*  
*Theory, Research and Practice*

 WILEY-BLACKWELL



The Wiley-Blackwell Handbook of Schema Therapy



# The Wiley-Blackwell Handbook of Schema Therapy

Theory, Research, and Practice

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**Thea van Asselt** is a senior researcher at Maastricht University Medical Center, the Netherlands. She studied economics at Groningen State University, the Netherlands, and has been working as a health economist since 1998. Her PhD (awarded in 2008) was on the economic aspects of treatment, including Schema Therapy, for borderline personality disorders. Her cost-effectiveness research covers not only psychiatry, but other clinical areas as well, such as cardiovascular diseases and surgical infections.

**Travis Atkinson** LCSW is the Clinical Director of Advanced Cognitive Therapy of New York. He is a highly experienced, compassionate therapist working in Manhattan for many years, and is affiliated with the Cognitive Therapy Center of New York and the Schema Therapy Institute. Travis presented with Jeffrey Young, the founder of Schema Therapy, at the prestigious New England Educational Institute, training other couples therapists in the latest Schema Therapy techniques for couples therapy. He has completed advanced training with Susan Johnson, the founder of the top-rated Emotionally Focused Couples Therapy (EFT). He also has completed years of extensive training in couples therapy with the Gottman Institute, headed by the founder, John Gottman, and was awarded the distinguished title of Certified Gottman Therapist.

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**Josephine Bloo** was awarded a PhD for her thesis “Crossing Borders: theory, assessment and treatment in borderline personality disorder” at Maastricht University, in cooperation with the Leiden University and the VU Medical Center, Amsterdam in 2006. Her most important publications are on the subject of the efficacy of schema-focused therapy vs. transference-focused psychotherapy. Since 2008, she has worked as a therapist at LavOri BV, a department of the academic related RIAGG in Maastricht.

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**Pierre Cousineau** is psychotherapist and supervisor in Montreal, Canada. He gives workshops to French-speaking psychotherapists in Quebec, Francophone European countries, and Morocco. He studied psychology in Montreal (Quebec) and in Waterloo (Ontario). He gained his PhD at the University of Waterloo in 1980. He wrote papers and was co-author of a textbook in the French language. He has a specific interest for the integration of mindfulness and ACT strategies into Schema Therapy.

**Janie van Dijk** works as a Clinical Psychologist/Psychotherapist in private practice and at Altrecht Cura, Utrecht, the Netherlands. She specializes in the treatment of personality problems, anxiety disorders, and couples therapy. She is a supervisor for Schema Therapy and couples therapy. She also teaches in both these specialist areas. Among other publications, she has written on the subject of trauma treatment for war victims.

**David Edwards** is a Professor at Rhodes University, South Africa. He was fortunate to be connected to the beginnings of Schema Therapy when, in 1984, he attended seminars with Jeffrey Young while training in cognitive therapy at the University of Pennsylvania. He has a long-standing interest in psychotherapy integration and has experience with expressive approaches to psychotherapy through drama, dance, sculpture, painting, and drawing, particularly within the humanistic and transpersonal traditions. He has promoted the role of case-study methodology in the development of applied clinical science and used case studies to provide a contextualized evidence base for the treatment of post-traumatic stress disorder in South Africa. His interest in historical perspectives on psychotherapy arose from reflection on his own experience and from writing an article and a book chapter on the history of imagery in psychotherapy.

**Joan Farrell** was awarded a PhD in Clinical Psychology in 1978. She is Program Director and founder of the Center for BPD Treatment and Research at Indiana University School of Medicine and has been a faculty member in psychiatry there for 25 years. She holds faculty appointments in the psychology departments of Purdue University and the University of Indianapolis. With Ida Shaw, she developed a group ST treatment for borderline personality disorder (BPD), which was tested in a successful randomized-controlled trial (RCT). Together, they developed an inpatient ST program and a dedicated unit for patients with severe BPD, which was awarded a Governor's Showcase award. Farrell is co-PI with Arntz on a four-country, 14-site RCT of group ST for BPD. Her research focus is the evaluation of group ST and she consults in this area internationally. She is co-director of the Schema Therapy Institute Midwest–Indianapolis. Farrell is the co-author of *Group Schema Therapy for BPD* and has written book chapters and articles in research journals on BPD treatment. Farrell and Shaw give workshops and master classes internationally in the GST model they developed. She is an advanced-level Schema Therapist and Trainer certified by ISST.

**Heather Fretwell** is an Assistant Professor of Clinical Psychiatry at the Indiana University School of Medicine. She graduated magna cum laude with an Honors BS from Ball State University, and then earned her MD at the Indiana University School of Medicine in 2002, and completed her residency training in psychiatry there in 2006. She is the director of the IU Center for Borderline Personality Disorder Treatment and Research. Clinically, she directs the outpatient ST treatment program for borderline PD at Midtown Community Mental Health, the largest CMHC in Indiana, and supervises the psychiatry residency training site there. She is an associate of the Schema Therapy Institute Midwest. Her research interests are in the psychotherapeutic and pharmaceutical treatments of borderline personality disorder. She is a co-investigator on the multi-site international trial of group and individual ST with the co-PIs Arnoud Arntz and Joan Farrell. She has co-authored several articles on ST for various presentations and media and is a contributor to the *Group Schema Therapy Treatment Manual* (Wiley, 2012).

**Maryke Geerdink** is a forensic Psychologist working for De Waag Amsterdam, Centre for Outpatient Forensic Psychiatry, since 2003. She has many years of experience giving individual and group therapy to youths (12+) and adults with severe

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**Hannie van Genderen** is employed at the Mental Health Center, Maastricht and is a Clinical Psychologist and senior consultant on research. She was trained in Schema Therapy by Jeffrey Young in 1995. She closely collaborates with Arnoud Arntz at Maastricht University, with whom she wrote *Schema Therapy for the Borderline Personality Disorder*. She is a trainer and supervisor in Schema Therapy and cognitive behavioral therapy in the Netherlands. She is a member of the board of the International Society of Schema Therapy and the Dutch Schema Therapy Association. For both boards, she is the coordinator of Training and Certification.

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**Asle Hoffart** is Senior Researcher at the Research Institute, Modum Bad (a psychiatric hospital in Norway), Professor at the Department of Psychology, University of Oslo. He has written two books on social phobia and has published over 80 scientific articles in international journals, is a specialist in clinical psychology, and is an approved supervisor in cognitive therapy and Schema Therapy. His research interests are psychotherapy research, process and outcome in cognitive therapy, anxiety disorders including PTSD, the relationship between theories and clinical practice, and the philosophical basis of psychotherapy.

**Geoff Hopping** is a Consultant Psychotherapist in a prison unit for people with severe personality disorder who are at risk of harming others. He is qualified in psychoanalytic psychotherapy and is a Teaching and Supervising Transactional Analyst. He studied at the Metanoia Institute in London, where he works as a visiting lecturer. He previously worked for 20 years in private practice as a psychotherapist, trainer, and supervisor. His current interest is in relational group psychotherapy and the ways that this can have a reparative impact on destructive behaviors. He recently co-authored a chapter on group work, published in *Relational Transactional Analysis: Theory and Practice*.

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**Ellen de Jonge** currently works as a psychologist for forensic outpatients at GGZ Noord-Holland Noord in the Netherlands. She studied clinical psychology at Utrecht University and received her MSc in 2006. Subsequently she did postgraduate research and treatment at FPC de Oostvaarderskliniek forensic psychiatric hospital to become a fully licensed psychologist. She is an associate member of the Dutch Association of Cognitive Behavioral Therapy.

**Erik Jongman** is a manager and therapist of adolescents (12–23 years old) with forensic and psychiatric problems. Most of these adolescents come from MPG (Multi Family Problems) families and have completed at least three treatments. He works mainly with family systems, and also uses individual treatments: EMDR, CBT, and Schema Therapy.

**Daan Jonker** works as a coach for the postdoctoral program of Clinical Psychology, Health Care Psychologist, and Psychotherapist. He is also coordinator of the Care Program Personality Problems at the GGZ Zoetermeer, Rivierduinen, the Netherlands). He has made a name for himself for his research into treatment of suicidal behavior, and has worked as a supervisor and trainer in family treatment, hypnosis, and schema-focused treatments for a long period. His work is particularly characterized by the integrative approach, partly as a result of his prior training in hypnosis, directive therapy, family therapy, psychoanalytical and group dynamic treatments, cognitive therapy, and Young's Schema Therapy. In addition to his involvement in several professional associations in the Netherlands and Switzerland, he is a board member of the Dutch Register of Schema Therapy.

**Philip Jonkers** currently works as a psychologist-psychotherapist in private practice and in the Oostvaarderskliniek forensic psychiatry center, Almere, the Netherlands. In this clinic he participates in a multi-centre study initiated by David Bernstein, entitled: "Efficacy of Schema-Focused Therapy versus Treatment as Usual in Forensic Patients with Antisocial, Narcissistic, Borderline, or Paranoid Personality Disorder." He has an MSc and studied psychology and family studies at the University of Amsterdam. He spent a year in Paris studying and working in a psychological institute, a school based on the ideas of Jacques Lacan. His postdoctoral studies in psychotherapy and sexuology were completed in Amsterdam at RINO, a regional institute for postdoctoral studies in psychotherapy. His specialisation is Schema Therapy, and Pessio-Boyden psychotherapy (a psychomotor system). He is a supervisor in Schema Therapy and cognitive behavioral psychotherapy.

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University, the Yale University School of Medicine, and the Program in Counseling and Clinical Psychology at Teachers College/Columbia University. Having trained in both Schema Therapy and Gestalt Therapy, he is currently a psychotherapist and a supervisor at the Schema Therapy Institute in New York City. Kellogg has created the Transformational Chairwork Training program and he is currently teaching this method of psychotherapeutic dialogue to practitioners in both the US and Europe.

Kellogg is the current and past President of the Division on Addictions of the New York State Psychological Association (2011, 2005, 2001), and a co-director of the Harm Reduction and Mental Health Project at New York University. He is also a leading advocate for gradualism, a vision of healing that seeks to utilize and integrate the best aspects of the harm reduction, scientific, and traditional treatment approaches. He has written on Schema Therapy, borderline personality disorder, and the integration of gestalt techniques in cognitive behavioral treatment. He has addressed such topics as addiction treatment, identity theory, trauma and violence, contingency management, harm reduction, and assessment.

**Truus Kersten** is a Psychotherapist at the de Rooyse Wissel Forensic Psychiatric Center, Venray. She also works as a self-employed consultant and trainer since gaining her PhD in 1998 on matching patients to addiction treatment. She specializes in projects that focus on developing, training, and implementing evidence-based treatments in addiction and forensic care. In the Rooyse Wissel, she is implementation leader in a project aimed at tailoring and teaching evidence-based addiction treatments and Schema Therapy in the treatment units. Participates as a Schema Therapist in the randomized clinical trial of Schema Therapy for forensic patients. She is a supervisor and trainer in Schema Therapy and also in cognitive behavior therapy. She trains psychologists and other professionals (e.g., nurses) in Schema Therapy and has developed manuals and protocols for implementing addiction treatment and Schema Therapy in a forensic setting. She has written national publications on the treatment of addictions and on treatment of personality disorders with Schema Therapy. In the study set up by David Bernstein and Elsa van den Broek she is currently writing a book on Schema Therapy for personality disorders, aggression, and addiction.

She is co-author of the forthcoming *Treating Agression, Addiction, and Personality Disorder: A Schema-Focused approach to complex, Antisocial patients*.

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maintain treatment integrity and developing models of care for psychiatric nursing. He is co-editor of *Treating Personality Disorder: Creating Robust Services for People with Complex Mental Health Problems* and has co-authored several articles on using schema-focused principles to create a therapeutic milieu. Much of his clinical practice has been devoted to facilitating a strong role for psychiatric nurses in treatment and developing services that are embracing of psychological treatment principles.

**Naomi Murphy** is a consultant Clinical and Forensic Psychologist with over 15 years' experience of working with clients presenting with complex psychopathology. Naomi has been instrumental in developing services for people with personality disorder in the community, secure services, and prisons. Naomi has a particular interest in the development of transdisciplinary teams and enabling non-psychologists to use psychological concepts to enhance their own role. She is co-editor of *Treating Personality Disorder: Creating Robust Services for People with Complex Mental Health Problems* and has co-authored several articles on using schema-focused principles to create a therapeutic milieu. Much of her clinical practice has been dedicated to enabling non-psychologists to use psychological principles to enhance their own role through the medium of schema-focused therapy.

**Eelco Muste** is a Clinical Psychologist and Psychotherapist. He works as a clinic director and team manager of the Department Schema Therapy at the De Viersprong psychotherapeutic center, a Dutch institute that specializes in the treatment of personality disorders. Following his psychology studies in Leiden, the Netherlands, he undertook postgraduate work in clinical psychology and psychotherapy, and he worked for different institutes, in several settings. Since 1996, he has worked at the de Viersprong psychotherapeutic center, where Schema Therapy was introduced in 1998. Since then, he has further specialized in Schema Therapy and he has initiated his own treatment program. Based on his clinical practice, he has written several articles and chapters on Schema Therapy and was the chief editor of the *Handboek en Werkboek Klinische schematherapie*. He runs several training programs and workshops and lectures in the field of Schema Therapy and is actively involved in the Register for Schema Therapists, both as a board member and as treasurer.

**Marjon Nadort** is a Mental Healthcare Psychologist and Psychotherapist. She is a Certified Cognitive Behavioral Therapist (VGCT) and Certified Supervisor Schema Therapist (ISST, Dutch register ST). She is site director of the private practice G-kracht Psychomedisch Centrum BV in Amsterdam, The Netherlands, together with her colleague Jenny Broersen. She also works at the Mental Health Institute GGZ in Geest - VU University Amsterdam.

She is also an Internationally Certified Schema Therapist and Supervisor. Having been trained by Jeffrey Young, she is one of the Dutch researchers/trainers on the successful randomized controlled trial of Schema Therapy for borderline personality disorder. In 2012 she will finalize her thesis on the implementation of Schema Therapy for Borderline Patients in regular mental healthcare in the Netherlands. She has given many presentations in Europe and America. She has also given workshops in the Netherlands, Oxford, Cambridge, Berlin and Australia. She is (co-) author/editor of several schema books/chapters/articles.

**Erwin Parfy** works in private practice in Vienna, where he studied psychology and was certified to practice as a behavioral and cognitive-behavioral therapist. He gained his PhD for his investigations into concrete forms of psychotherapy integration between behavioral case conceptualization and the psychoanalytic concept of defense mechanisms, which were subsequently published by the university. Further books dealt with attachment theory and interaction in psychotherapy and with behavioral therapy and modern approaches in theory and practice. As a psychotherapist he worked for many years in a forensic hospital, specializing in personality disorders; as a teacher and supervisor he gave many workshops within different training programs. As board member and currently vice-president of the Austrian Society of Behavioral Therapy he continues to support the integration of all new treatment approaches (e.g., ST, DBT, ACT) in the behavioral tradition.

**Poul Perris** is the Director of the Swedish Institute for CBT and Schema Therapy and a licensed Psychotherapist with an advanced international certification in Schema Therapy, trained and supervised by Jeffrey Young. He is the Founding President of the International Society for Schema Therapy and the current President of the Swedish Association for Cognitive & Behavioral Therapies. He was trained in group ST by J. Farrell and I. Shaw and is a member of the protocol board in the international multisite study on group ST for patients with BPD. He offers international Schema Therapy workshops and supervision. He is part of a research group that focuses on the concepts of core emotional needs and limited reparenting.

**Neele Reiss** currently works as a Research Fellow at the University Medical Center, Department of Psychiatry and Psychotherapy in Mainz and as a Clinical Psychotherapist. She is a founding member of the Institute for Psychotherapy in Mainz, Germany and a member of the training faculty of the Schema Therapy Institute Midwest – Indianapolis Center. She is collaborating on the development of group ST and outcome studies to evaluate this model. She studied psychology in Marburg, Germany and State College, Pennsylvania. Her research focuses on intensive ST for patients with BPD in settings where a combination of group ST and individual Schema Therapy is applied. She also conducts research in ST-related psychological assessment. She has published in international journals and contributed chapters to books on Schema Therapy.

**Marleen Rijkeboer** is a Psychotherapist and Clinical Psychologist and is affiliated to the department Clinical and Health Psychology at Utrecht University as associate professor. In this position she heads the Academisch Angstcentrum Altrecht and is the chief trainer of postgraduate education for Clinical Psychologists. In addition, she works for the Ambulatorium, the psychotherapeutic center of the Department of Social Sciences, Utrecht University, as a practitioner. Marleen researches into and provides training on Schema Therapy, and is a board member of the ISST and the Dutch Register of Schema Therapy.

**Eckhard Roediger** is the Director of Schema Therapy Institute in Frankfurt, Germany and ISST secretary since its foundation in 2008. He studied medicine in Frankfurt and gained his MD in 1986. He is a Neurologist and Psychiatrist and went through

a psychodynamic and cognitive-behavior therapy training. After running an addiction treatment clinic near Frankfurt for more than eight years he became director of a psychosomatic department of a clinic in Berlin. Since 2007 he is working in private practice, is training Schema Therapy in Germany, Switzerland, and Austria and published several books about Schema Therapy and self-help books.

**Hilde de Saeger** works as a Clinical Psychologist and Psychotherapist at the Psychotherapeutic Center De Viersprong in Halsteren, the Netherlands, a diagnostic and therapeutic center for clients with severe personality pathology. In addition, Hilde is researching the effects of therapeutic assessment at the University of Amsterdam. In 1992, Hilde graduated from the Catholic University Leuven, Belgium.

**Agnes Scholing** is Program Manager for Adult Treatments at De Waag, Ambulatory Forensic Mental Health Center. In addition, she is an associate professor at the University of Amsterdam, Department of Clinical Psychology. She is also a Clinical Psychologist/Psychotherapist and cognitive behavior therapist. In 1993, she gained her PhD at Groningen University on the assessment and treatment of social phobia. Following this, she worked at the University of Amsterdam, mainly on anxiety disorders in children and adolescents. In 2000, she started work at De Waag. Her current research is mainly on the assessment and treatment of domestic violence and substance use disorders, and on risk assessment.

**Ida Shaw** holds an MA in developmental psychology and has extensive training in experiential therapies. Her professional focus is training and supervision in ST and the group ST model that she developed with Farrell. Together, they developed an inpatient ST program and a dedicated unit for patients with severe BPD, which was awarded a Governor's Showcase award. Shaw is the co-director of the Schema Therapy Institute Midwest-Indianapolis and an ISST certified advanced-level Schema Therapist and Trainer. She is co-author of *Group Schema Therapy for BPD* and has published book chapters and articles in research journals on BPD treatment. Shaw is the main clinical supervisor for the multi-site trial of GST underway in four countries and provides supervision and master classes in ST internationally.

**Alex Sheffield** is a Clinical Psychologist with a particular interest in Schema Therapy for eating disorders. Alex gained a BSc in Psychology and a Doctorate in Clinical Psychology from the University of Surrey, England. She worked in the field of adult eating disorders for a number of years before making the transition to working with adolescents. Alex currently works for The South London and Maudsley NHS Trust in an inpatient unit for adolescents with mental health problems. Most of Alex's published work has focused on validating some of the schema inventories and using them to aid our understanding of the development of the eating disorders.

**Simkje Sieswerda** currently works as an assistant professor and licensed psychotherapist at Heidelberg University, Germany. She studied Psychology in Amsterdam and gained a PhD at Maastricht University in 2009. Her research seeks to understand specific underlying cognitive mechanisms in borderline personality disorder, using experimental studies. In particular, she is interested in the role of hypervigilance,

extreme evaluations, negativistic evaluations, and emotion recognition in this disorder. She has published in *Behaviour Research and Therapy*, *Journal of Behaviour Therapy and Experimental Psychiatry* and *Behavioural and Cognitive Psychotherapy*.

**Susan Simpson** currently works at the University of South Australia as Clinic Director for the postgraduate clinical psychology programme. She trained as a clinical psychologist at Flinders University, Australia, and completed her clinical doctorate at the University of Newcastle upon Tyne, England. She practised as a Clinical Psychologist in the Scottish National Health Service (NHS) for 16 years, specializing in the treatment of complex eating disorders. Her research focuses on Schema Therapy for complex or chronic eating disorders and personality disorders. Her other research interest is the provision of clinical psychology services to remote and rural areas via videoconferencing.

**Philip Spinhoven** is Professor of Clinical Psychology and Dean of the Faculty of Social and Behavioral Sciences at Leiden University. His research focuses on how distant, recent, and current stressors interact with cognitive processes (e.g., attention, memory, thought, reasoning), behavioral processes (e.g., approach and avoidance), and biological processes (e.g., HPA axis) in anxiety disorders, mood disorders, somatoform disorders, and personality disorders. He has received several grants for his research and has supervised more than 30 PhD students since 1994. His publications total more than 350.

**Nicola Stelzer** currently works as a Psychologist in the Department of Psychiatry and Psychotherapy, University Hospital of Freiburg, Germany and as a Clinical Psychotherapist at the Freiburger Ausbildungsinstitut für Verhaltenstherapie, Germany. She studied psychology in Freiburg and Cologne. Her research focuses on intensive ST for patients with so far non-responding obsessive-compulsive disorder in an inpatient setting where a combination of individual schema therapy and exposure and response prevention is applied. Furthermore she participates in the professional training in Schema Therapy.

**Lieda van de Vis** is a Healthcare Psychologist and she has had several management roles in mental healthcare for 15 years. Until October 2010, she worked in the Forensic Psychiatric Hospital, de Rooyse Wissel, Venray and Maastricht, the Netherlands, as a Cluster Manager Treatment, Care and Daytime Programming, in which innovation and development were the main focus and was the project manager for several major development counselling programs, for example, projects of implementation of care and treatment of drug addicts and implementation of Schema Therapy, in cooperation with field experts. She currently works as a Content Manager of Clinical Care at the Dr. Leo Kannerhuis, a center for autism in Oosterbeek, the Netherlands.

**Michiel van Vreeswijk** is Clinical Psychologist and CEO of the private practice G-kracht Psychomedisch Centrum BV, The Netherlands. He is a Certified Cognitive Behavioral Therapist (VGCT) and Certified Supervisor Schema Therapist (ISST, Dutch register ST) and specializes in Schema Group Therapy. He is member of the

board of the Dutch Schema Therapy register, study board member and protocol board member of the International RCT on group ST (Arntz and Farrell, 2010). He gives regular workshops and supervision in Schema (group) Therapy in the Netherlands and across Europe. He is (co-) author and editor of several schema books, chapters and articles.

**Glenn Waller** is a Consultant Clinical Psychologist with the Vincent Square Eating Disorders Service, Central and North West London NHS Foundation Trust. He is also Visiting Professor of Psychology at the Institute of Psychiatry, King's College London. He has published widely in the field of the psychology of the eating disorders, focusing particularly on cognitive-behavioral models and therapy. He has also published a number of papers about the clinical and psychometric properties of schema measures. He has served on the editorial boards of the *International Journal of Eating Disorders* and other journals.

**Anoek Weertman** is a Psychotherapist and currently works in private practice in psychotherapy, supervision, and education. She studied psychotherapy in Maastricht and during this period, she wrote her thesis on personality disorders under the supervision of Arnoud Arntz. Until recently, she worked at the Psychotherapeutic Center De Viersprong in Halsteren, the Netherlands, a diagnostic and therapeutic center for clients with severe personality pathology. During the last few years, she has mainly specialized in Schema Therapy for personality problems in adults and trauma treatment. She has been active within the Dutch Register of Schema Therapy for several years and is currently Chairman of this Register.





# Foreword

I'm excited to have an opportunity to write the foreword for this outstanding handbook on Schema Therapy. This volume represents an important step in going well beyond the books that have already been published on the Schema Therapy approach.

Until now, readers have had access to textbooks on Schema Therapy that lay out basic schema theory and clinical strategies for treating personality disorders; self-help books written for the general public; and a detailed protocol for treating borderline personality disorder. But this is the first volume that extends the basic model beyond BPD and narcissism to a wide range of client populations and disorders, as well as addressing theoretical and research considerations that have not been discussed before in one book. This book represents the next logical step in the development of Schema Therapy: a state-of-the-art extension of the schema approach to new areas of theory, research, and clinical practice.

The three editors, all of whom are highly respected in the field, have done a remarkable job of enlisting the top schema therapists from around the world to contribute chapters across an extremely wide range of topics in their own areas of expertise. Each chapter is written from theoretical, research, and practical perspectives.

I want to mention how the book is organized, and mention some of the highlights, to give readers a sense of the breadth of topics covered. The first part provides an introduction to Schema Therapy that reviews its history and the basic schema conceptual model, along with a chapter by Lockwood and Perris that significantly extends the concept of core emotional needs that has only been touched upon in earlier books.

Part II focuses on diagnostic considerations. This includes chapters on the indications for utilizing ST, the relationship between chronic Axis I disorders and ST, experiential and questionnaire approaches to assessment, case conceptualization, and a case study on diagnosing narcissism from a schema perspective.

Parts III and IV will be of special interest to clinicians. These chapters include case studies and protocols that illustrate how Schema Therapy has been successfully applied to specific clinical groups, including important new techniques that have not been discussed previously. Two questions that I'm frequently asked at workshops are whether ST has been integrated with mindfulness techniques, and whether the

approach has been applied to specific populations such as adolescents. There are several intriguing chapters on the integration of ST with mindfulness-based techniques and with ACT. Another chapter addresses the use of ST with an extremely difficult population – dual-diagnosis patients who suffer from both addiction problems and personality disorders. Other chapters focus on ST with eating disorders, OCD, gestalt “chair work,” “playful” techniques (such as puppets and games), adapting ST to adolescents, and working with Cluster C personality disorders. Another chapter is a valuable contribution by Travis Atkinson on the application of Schema Therapy to couples work, which integrates ST with both Gottman’s work and emotion-focused therapy.

I also want to highlight two important topics in this handbook that represent major expansions of Schema Therapy. The first is a series of excellent chapters on Schema Therapy in groups. I consider this one of the most promising advances in ST thus far, since the group format may allow clinicians and institutions to deliver schema treatment at a significantly lower cost, yet with equivalent or perhaps superior results, than individual approaches. Initial studies by Farrell, Shaw, Arntz, and others show great promise in terms of efficacy with BPD clients.

A second especially exciting new development is the application of ST to forensic patients, led by David Bernstein and his group in the Netherlands. Their preliminary work suggests that this adaptation of ST may prove to be a highly efficacious treatment for a population that is generally considered almost untreatable. Their chapter summarizes the protocol they have developed.

Part V deals with the training and supervision of Schema Therapists. This should be of particular interest to clinicians who are interested in becoming certified Schema Therapists themselves.

Part VI is written for readers interested in research on Schema Therapy. This is the first book I’m aware of that reviews the research across a wide range of ST topics, including: efficacy studies across several clinical disorders; experimental research on the schema and mode constructs; and validation studies of both the Young Schema Questionnaire and the Schema Mode Inventory.

The final part deals with an often neglected topic in psychotherapy handbooks: public policy considerations related to the implementation of ST in a variety of mental-health settings, including cost-effectiveness. These chapters will be of particular interest to mental health administrators and policy planners.

As the founder of Schema Therapy, it is difficult to express how gratifying it is for me to see how the field of Schema Therapy has expanded since its beginnings in the 1980s and 1990s. There is no better way for readers to grasp the extent of the new theoretical, research, and clinical work that has been done in recent years than to study the chapters in this handbook. This volume will provide clinicians, theoreticians, researchers, and mental health administrators with a roadmap for future directions in Schema Therapy. I believe that this handbook should be required reading for anyone interested in the field.

Congratulations to Michiel, Jenny, and Marjon for this outstanding contribution!

Jeffrey Young  
Columbia University, Department of Psychiatry  
Schema Therapy Institute of New York

# Acknowledgments

Writing a book like this with dear friends like Jenny and Marjon has been one of the most wonderful journeys. The two of you have become more and more like sisters to me. Jenny, your inquiring and methodological way of working proved to be a strong backbone for me to rely on. Marjon, your enthusiasm for new ideas and your willpower have made it easy for me to come up with fresh ideas and to continue working.

I dedicate this book to my father, mother, and wife, Aglaia. Of my father (†1988), who died while still young, I hold fond memories of a warm, patient, loving, and nurturing man. You taught me to see nature and human beings in an open mind. You inspired me to go forward in science. You will always be with me. To my mother, you raised me with all your love and kindness, always being there when I needed you. A true, good-enough mother. Both of you are in my mind and heart when I work with my patients in their struggle with life. To Aglaia, from the start of our relationship you showed patience and interest in all the work I was doing. You have been an enormous support to me. I love you with all my heart and want to share my life with you.

*Michiel van Vreeswijk, Utrecht, (The Netherlands) January 2012*

Writing a book with Michiel and Marjon was an enormously enjoyable experience. In the past years both of you have become very good friends. I want to thank you for the collaboration and the warm friendship. I want to express my respect for my partner, Jeroen, in particular. I deeply appreciate your patience, love, safety, and humor; it helped me to prepare this book. In recent years I have had less time for my family and friends, so I look forward to seeing you more often.

I dedicate this book to my parents and sister, Inge. We have shared a lot. I am profoundly grateful that you are in my life. I dedicate this book to Anneke, who unfortunately died too young. She was like a mother and a good friend to me. She made me feel valued and inspired me to become a psychotherapist.

*Jenny Broersen, Amsterdam, The Netherlands, January 2012*

I would like to gratefully acknowledge the following people whose love, patience, guidance, and support carried me through the past years. I could not have co edited this book without you, Michiel and Jenny – both of you are such warm, loving people. You are the two people that made me believe that unconditional love and friendship really do exist. Thank you for your love, friendship, and support during all these years. I hope that there will be an infinite future for the three of us.

Mama, you have always supported and helped me with your love, doing all the housework and childcare of Fimme and Lorenzo. Without you I would not be the person I am today, and I could not have co edited this book and at the same time finished my thesis! I thank you for your love and practical help every day. Lorenzo and Fimme, my two beautiful sons, you are the lights of my life. Lorenzo, now 21 years old, you have become such a beautiful, strong young adult with such a warm, loving character: “your eyes, it’s a day’s work just looking into them” (Laurie Anderson). Fimme, my 16-year-old son, living with you makes me so happy, our daily life is pleasant and warm and full of excitement, sometimes a bit too much. But luckily, over the last year you have become stable and well balanced. “Your smiling eyes are just a mirror to the sun” (Red Hot Chili Peppers).

Papa (†1990), without your genes, your sense of humor, and your optimism, I probably would not have started this project. Thank you for being who you are.

To the rest of my family and friends, thank you for your support, patience, love, and warmth. I am so blessed to have the many fortunes of your love.

*Marjon Nadort, Amsterdam, The Netherlands, January 2012*

We would like to thank all the patients on whom our experience is based. Names and other details in case examples in this book have been changed to maintain patient confidentiality.

*Michiel, Jenny and Marjon*

Part I  
An Introduction to Schema  
Therapy

