

Contact details

If you want to talk to someone about this therapy, phone one of the numbers below and they will put you in touch with a therapist from your area.

South Devon

Sherborne House (2nd Floor),
Kingsteignton Road
Newton Abbot TQ12 2PF

t: 01626 203510

Exeter, East and Mid Devon

Church Lane
Heavitree EX2 5AD

t: 01392 676376

North Devon

Riversvale Centre
Litchdon Street
Barnstaple EX32 8PJ

t: 01271 312961

Reference: 411/09/17



Devon Partnership
NHS Trust

Schema Therapy

*Information for
people who use
our services*

Your feedback

If you would like to know more about us, need information in a different language or format or have a concern, compliment or complaint, then please contact our PALS Team:

PALS Team
Devon Partnership NHS Trust
Wonford House, Dryden Road
Exeter EX2 5AF

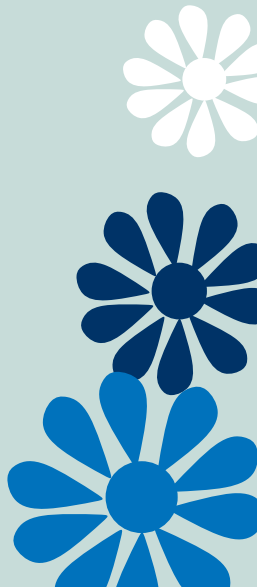
Freephone: 0800 0730741
Email: dpn-tr.pals@nhs.net

You will also find useful information about our services and issues related to mental health and wellbeing on our website.

www.dpt.nhs.uk



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What is Schema Therapy?

Schema Therapy combines elements of Cognitive Behaviour Therapy (CBT), Psychoanalytic Therapy and Attachment Theory. It is designed for people with long-standing difficulties that originated in childhood. It aims to identify and heal unhelpful life patterns (known as 'schemas') which have occurred throughout a person's life.

Some examples of common schemas include:

- **Emotional deprivation** – a sense that no-one will ever understand you, or care about your needs
- **Mistrust** – a sense that other people will hurt, betray or reject you
- **Social isolation** – a sense that you don't fit in, or don't belong.

It is believed that schemas develop when childhood needs are not met, and this leads to unhealthy life patterns.

What does it involve?

Generally, Schema Therapy occurs on a weekly basis and sessions last approximately one hour. Initially, you may have a few assessment sessions where your therapist will aim to develop an understanding of your current difficulties and identify any recurring life patterns (i.e. schemas). You may also be asked to complete some assessment forms outside of your session time, which can provide a useful source of information for making sense of your difficulties.

Once you start therapy, your therapist will help you to explore and understand your moment-to-moment emotional states and coping responses (known as 'modes') and connect these with your previous experiences.

As therapy progresses, you will be supported to identify when you are getting stuck in self-defeating schema patterns and learn different ways of coping with feelings. Developing a sense of yourself as a healthy adult and finding positive ways of getting your needs met in everyday life will also be a big part of therapy.

How does it work?

Your therapist will aim to provide a safe place for you to talk about your needs and emotions openly and without judgement.

Specific techniques that your therapist may use include:

- Practising exercises to vent your feelings and express early pain
- Focusing on the therapy relationship to heal schemas triggered in the session
- Guiding you through mental imagery exercises to make links between what happened in the past and what is happening for you now
- Practising alternative, more healthy coping styles which are more likely to get your needs met.

You may also be asked to read specific chapters from the book *Reinventing Your Life*, to complement the work that you are doing in your sessions.

How might I benefit from Schema Therapy?

Schema Therapy might be helpful if you have any of the following difficulties:

- Unhelpful patterns in your relationships
- Overreacting to particular situations
- Feeling stuck in some area of your life that you can't seem to change
- Persistent low self-confidence
- Feeling unsure about who you are as an individual
- Feeling low in mood
- Conflict in your relationships.

Schema Therapy can help you understand and begin to move on from these problematic life patterns.

Useful resources

An online client's guide to Schema Therapy is available at:

www.davidbricker.com/clientsguideSchemaTherapy.pdf

Reinventing Your Life: The Breakthrough Program to End Negative Behaviour and feel great again by Jeffrey Young and Janet Klosko (1993) Penguin Books.