

THERAPEUTIC APPROACHES

Schema Therapy

Schema Therapy works with the longstanding patterns, laid down early in life, that keep repeating in adulthood.

It integrates cognitive, experiential and attachment based methods, using imagery rescripting, chairwork and the therapeutic relationship itself to shift entrenched patterns rather than manage symptoms alone.

BEST SUITED TO

- Clients who have completed shorter term therapy and found the gains did not hold
- Longstanding depression, anxiety or interpersonal difficulty with an early origin
- Complex and developmental trauma, emotional neglect, invalidating family environments
- Personality difficulties, including borderline, avoidant, narcissistic and dependent presentations
- Repeating patterns in relationships, work or parenting that the client can see but cannot interrupt

TYPICAL COURSE

Longer term, usually 20 sessions and upwards. Early sessions focus on assessment and formulation, often with the Young Schema Questionnaire as a guide rather than a requirement. Clients who prefer to work without formal questionnaires are accommodated.

INDICATIVE DIAGNOSES

Borderline, narcissistic, avoidant, dependent and obsessive compulsive personality disorders; persistent depressive disorder; recurrent major depressive disorder; complex PTSD; generalised anxiety disorder; social anxiety disorder; and eating or substance use disorders where personality factors maintain the problem.

This list is indicative rather than exhaustive. Diagnosis guides the choice of approach but does not determine it on its own.