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David C. Bricker, Ph.D. and Jeffrey E. Young, Ph.D. Schema Therapy Institute  
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schema therapy to treat patients with chronic characterological problems who were not being adequately helped by traditional cognitive-behavioral therapy: the "treatment failures." He developed schema therapy as a systematic approach that expands on cognitive-behavioral therapy by inte-

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For example, someone with a social isolation/alienation schema will believe that he or she is isolated from others, but often will act in ways to create or

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exacerbate this isolation. A complete guide to the use of schema therapy, this book shows how to help clients recognize and overcome such maladaptive patterns.

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I read Jeffrey Young's first book on schema therapy (Cognitive Therapy for Personality Disorders: A Schema-Focused Approach, 3rd edition (Professional Resource Exchange, 1999)) and this is a wonderful expansion of that work and includes updates from advances in the mental health field in the last decade.

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Schema Therapy for Couples represents



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the first practitioner guide to detail effective Schema Therapy techniques in couple and relationship therapy. Shows how the distinctive features of ST make it ideal for addressing the cognitive and emotion-focused problems typical in couple relationships

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"Schema therapy represents a brilliant addition to the therapist's armamentarium of techniques. Building on cognitive therapy, the approach provides a means for dealing with many of the problems people face in their daily lives.

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