



The Schema Therapy Clinician's Guide: A Complete Resource for Building and Delivering Individual, Group and Integrated Schema Mode Treatment Programs

Joan M. Farrell, Neele Reiss, Ida A. Shaw

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The Schema Therapy Clinician's Guide is a complete clinical resource for psychotherapists implementing schema therapy, group schema therapy or a combination of both in a structured, cost-effective way. The authors provide ready-made individual and group sessions with patient hand-outs.

- A unique resource providing ready-made individual and group schema therapy sessions, linked across schema modes, allowing clinicians to pick and choose what they need or adopt a full integrated individual and group program which can be delivered over a range of treatment lengths from a six week intensive program to a one year outpatient treatment
- Approaches treatment by targeting maladaptive Schema Modes rather than specific disorders, thus increasing clinical flexibility and ensuring shelf life through changes in diagnostic classification
- Provides step-by-step instructions and tips for therapists, along with a wealth of unique clinical resources including sample scripts, handouts, session exercises, assignment forms and patient materials
- Meets the current need for effective clinical treatments that can provide tangible effects on time and on budget

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