

SCHEMA FOCUSED COGNITIVE THERAPY: A BREAKTHROUGH APPROACH FOR CHRISTIAN PRACTITIONERS

PREPARED FOR



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WORKSHOP AGENDA

- Introductory Remarks
 - Overview of the Model and it's relationship to other approaches
 - Schemas and Levels of Cognition
 - 18 Early Maladaptive Schemas
 - Characteristics of schemas and how they are reinforced
 - 4 Different Beliefs about God and role they play in information processing
 - Schema-Based Case Conceptualisation
 - "Top Down" vs. "Bottom up" Strategies
 - Schema Mode Work
-

COGNITIVE BEHAVIOUR THERAPIES

“A SET OF PSYCHOTHERAPEUTIC INTERVENTIONS THAT ATTEMPTS TO HELP CLIENTS AMELIORATE SYMPTOMS AND ENHANCE GENERAL WELL-BEING BY FOCUSING ON DIFFERENT ACTS OF THINKING AND BEHAVIOUR”

CBT UMBRELLA/"OFFSHOOT" MODELS

- * Rational Emotive Therapy
 - * Schema-Focused Therapy
 - * Dialectical Behavior Therapy
 - * EMDR

 - * Acceptance & Commitment Therapy
 - * Strengths Based Cognitive Therapy
 - * Trial - Based Cognitive Therapy
 - * Mindfulness-Based Cognitive Therapy
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SCHEMA - FOCUSED CBT: STANDARD CBT VS SFCBT



SCHEMA - FOCUSED CBT: DBT VS SFCBT

“Juxtaposes contradictory ideas and seeks to resolve a conflict; a method of examining opposing ideas in order to find truth”

SCHEMA - FOCUSED CBT: ACT VS SFCBT

- **More interested in processing aspects vs changing content of thoughts**
- **Values based commitment to action**

SCHEMA - FOCUSED CBT: SCHEMA THERAPY VS SFCBT

- **Involves limited reparenting, inner child work, and other components**

SCHEMA - FOCUSED CBT: ORIGINAL MODEL

- **Aaron Beck, 1960 - University of Pennsylvania**
- **Based on Tenet that Thoughts Influence Feelings**



SCHEMA - FOCUSED CBT: ORIGINAL MODEL

Events → **Thoughts** → **Feelings** → **Actions** → **Results**

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SCHEMA - FOCUSED CBT: DEFINITIONS

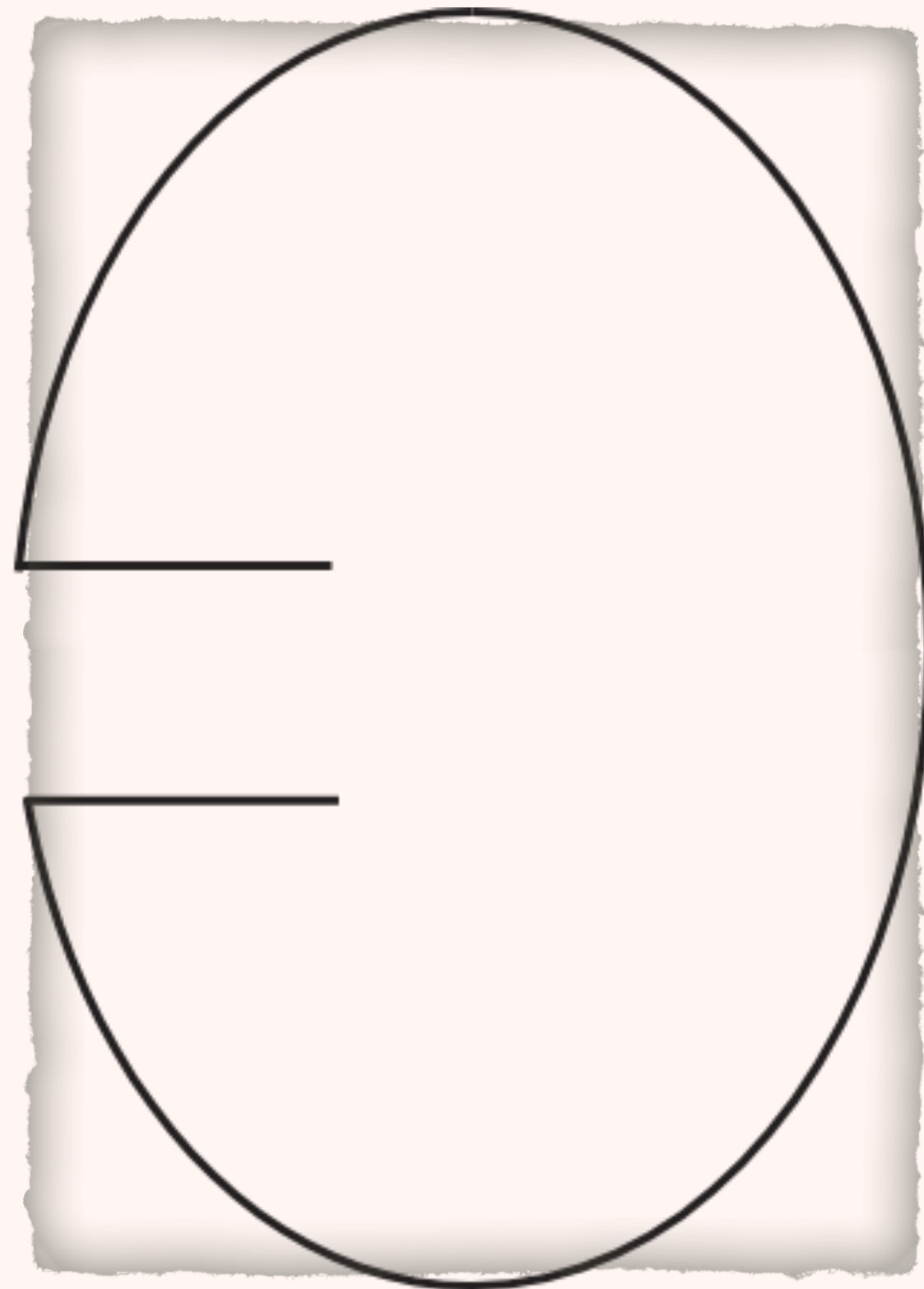
- **Kant - (1700's) - First used the term "schema" - "transcendental, abstractive processes"**
- **Vaihinger (1911) - " We experience the world not as it is but in terms of a representational model of it built up through experience."**
- **Adler (1920) - "Schema of apperception" - "Underlying cognitive structures that organize personal meanings."**



SCHEMA - FOCUSED CBT: DEFINITIONS

- **Term “schema” Coined in 1926 by Piaget - “Structures that integrate meaning into events”**
 - **Beck - “Cognitive structures that organize experience and behavior”**
 - **Landau & Goldfried - “mental filters that guide the processing of information”**
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SCHEMA - FOCUSED CBT: SCHEMAS



Judith Beck, 2011

SCHEMA - FOCUSED CBT: BELIEFS/SCHEMAS

➤ **Beck identified beliefs in 3 different areas**

- 1. Beliefs about self**
- 2. Beliefs about others**
- 3. Beliefs about the world**
- 4. God??**



SCHEMA - FOCUSED CBT: AT BECK'S BELIEFS

➤ Example Beliefs About Self

- **I am a failure**
 - **I am worthless**
 - **I am vulnerable**
 - **I am helpless**
 - **I am a burden**
 - **I am defective**
 - **I am unlovable**
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SCHEMA - FOCUSED CBT: AT BECK'S BELIEFS

➤ Example Beliefs About Others

- **Others are mean**
 - **Others are uncaring**
 - **Others are self-absorbed**
 - **Others aren't deserving of my time**
 - **Others are to be taken advantage of**
 - **Others are unreliable**
 - **Others are untrustworthy**
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SCHEMA - FOCUSED CBT: AT BECK'S BELIEFS

➤ Example Beliefs About the World

- **The world is exciting**
 - **The world is boring**
 - **The world is scary**
 - **The world is evil**
 - **The world is a lost cause**
 - **I am defective**
 - **The world is dangerous**
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SCHEMA FOCUSED THERAPY (SFT)

SCHEMA FOCUSED THERAPY (SFT)

- **Broad, comprehensive theme or pattern**
 - **Comprised of memories, cognitions, emotions, bodily sensations**
 - **Developed in childhood, elaborated in adulthood**
 - **18 Schamas in 5 different domains**
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SCHEMA FOCUSED THERAPY (SFT)

➤ **Domain #1: Disconnection and Rejection**

- **Abandonment**
 - **Mistrust**
 - **Defectiveness**
 - **Emotional Deprivation**
 - **Social Isolation**
-

SCHEMA FOCUSED THERAPY (SFT)

➤ **Domain #2: Impaired Autonomy & Performance**

- **Dependence**
 - **Vulnerability**
 - **Enmeshment**
 - **Failure**
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SCHEMA FOCUSED THERAPY (SFT)

➤ **Domain #3: Impaired Limits**

- **Entitlement/Grandiosity**
- **Insufficient Self-Control**

SCHEMA FOCUSED THERAPY (SFT)

➤ **Domain # 4: Others Directness**

- **Subjugation**
 - **Self-Sacrifice**
 - **Approval Seeking**
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SCHEMA FOCUSED THERAPY (SFT)

➤ **Domain #5: Overvigilance**

- **Negativity**
 - **Emotional Inhibition**
 - **Unrelenting Standards**
 - **Punitiveness**
-

SCHEMA FOCUSED THERAPY (SFT): 3 CHARACTERISTICS OF SCHEMAS

1. Active vs Dormant

2. Compelling

3. Pervasive vs Discrete

SCHEMA FOCUSED THERAPY (SFT): 3 CHARACTERISTICS OF SCHEMAS

1. *Active vs Dormant*

SCHEMA FOCUSED CBT - CHARACTERISTICS OF SCHEMAS

2. Compelling



SCHEMA FOCUSED THERAPY (SFT): 3 CHARACTERISTICS OF SCHEMAS

3. Pervasive vs Discrete

SCHEMA - FOCUSED CBT: SCHEMA REINFORCEMENT PROCESS

1. *Maintenance*
2. *Avoidance*
3. *Overcompensation*



BREAK



Pause

BELIEFS ABOUT GOD

SCHEMA FOCUSED COGNITIVE THERAPY: COGNITIVE CONCEPTUALISATION

THE ROAD TO RECOVERY!

➤ **Take a peek in the rearview, but...keep firmly focused on the road ahead!**

COGNITIVE CONCEPTUALISATION: THE ROADMAP TO RECOVERY

- Develop Hypothesis**
 - Look for Opportunity to Share With Patient**
 - Ongoing with Accumulation of New Data**
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SCHEMA - DRIVEN GOAL SETTING

- 1. Problem List**
 - 2. Goal List**
 - 3. Behavioral Targets**
 - 4. Identify Triggers for Behaviors**
 - 5. Identify Cognitions associated w/ target behaviors**
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SCHEMA-DRIVEN TREATMENT PLANNING

DOCUMENTATION ACRONYM

B

I

R

P

P

SCHEMA-DRIVEN DOCUMENTATION

FUNCTIONS OF CONCEPTUALISATION

- 1. Synthesizes client experience with CBT Theory**
 - 2. Normalizes presenting problems and validates**
 - 3. Facilitates development of Rapport**
 - 4. Makes complex problems seem more manageable**
 - 5. Guides the focus of intervention**
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SCHEMA FOCUSED COGNITIVE THERAPY:

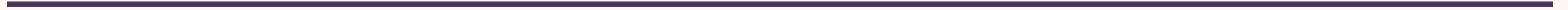
CONCEPTUALISATION IN PRACTISE!

SCHEMA BASED COGNITIVE THERAPY: SCHEMA CHANGE STRATEGIES

“TOP DOWN” STRATEGIES vs “BOTTOM UP” STRATEGIES

SCHEMA BASED CBT: SCHEMA MODIFICATION PROTOCOL

Standard clients VS Complex Clients



SCHEMA BASED CBT: SCHEMA MODIFICATION PROTOCOL

1. Identify Maladaptive Schema

2. Identify Adaptive Schema

3. Rate Believability at Baseline

4. Interventions

5. Rate Believability at Regular Intervals

SCHEMA BASED COGNITIVE THERAPY: SKILLS TRAINING

➤ Behavioural Skills Training - Interpersonal effectiveness Skills

1. Objective Effectiveness

2. Relationship Effectiveness

3. Self-Respect Effectiveness

INTERPERSONAL EFFECTIVENESS: OBJECTIVE EFFECTIVENESS

D

E

A

R

M

A

N

INTERPERSONAL EFFECTIVENESS: RELATIONAL EFFECTIVENESS

G

I

V

E

INTERPERSONAL EFFECTIVENESS: SELF-RESPECT EFFECTIVENESS

F

A

S

T

SCHEMA BASED COGNITIVE THERAPY: SCHEMA CHANGE STRATEGIES

Top Down Strategies

- **SKILLS TRAINING**
 - **COGNITIVE RESTRUCTURING**
 - **BEHAVIOURAL PATTERN-BREAKING**
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SCHEMA BASED CBT: BEHAVIOURAL PATTERN-BREAKING



SCHEMA BASED COGNITIVE THERAPY: DATA LOGS

SCHEMA BASED COGNITIVE THERAPY INTERNALISATION WORK

Evidence Supporting Adaptive Belief: “Took initiative to make dinner for my husband and kids”

Discounting “But”: “But its no big deal – all good mothers do it.”

Add a “But”: “But I did something all good mothers do”

SCHEMA BASED COGNITIVE THERAPY: 3 STAGES OF SCHEMA CHANGE

1. Intellectual Objection

2. Accepting logic but still doesn't "feel" true

3. Believe at "head" level and also "feels" true at "gut" level

SCHEMA BASED COGNITIVE THERAPY: SCHEMA CHANGE STRATEGIES

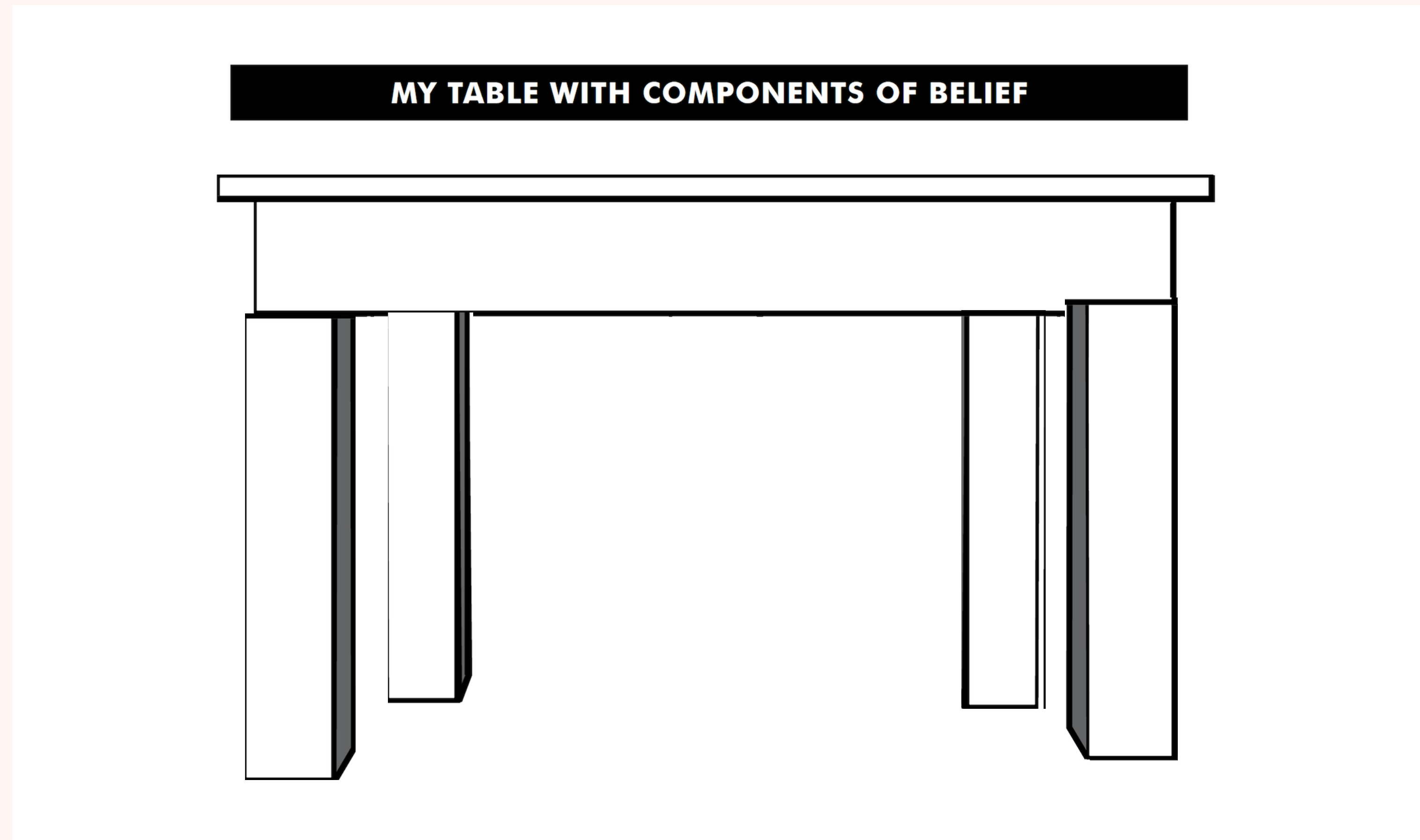
“TOP DOWN” STRATEGIES

- **BEHAVIOURAL SKILLS TRAINING**
- **COGNITIVE RESTRUCTURING**
- **DATA LOGS**

“BOTTOM UP” STRATEGIES

- **IMAGERY**
 - **MODE WORK**
 - **OTHER EXPERIENTIAL/EMOTION
FOCUSED TECHNIQUES**
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SCHEMA-BASED CBT: MODE WORK



**SCHEMA-BASED CBT:
HISTORICAL ANALYSIS OF DEVELOPMENT OF A SCHEMA**

SCHEMA-BASED CBT: SCHEMA CUE CARD

SCHEMA-BASED CBT: SCHEMA RECONSTRUCTION

QUESTIONS



THANK YOU!
