

BOOKS ON SCHEMA THERAPY

David Edwards October 2021

This list of books was prepared by the Schema Therapy Institute of South Africa. It only lists books in English. Many of them have been translated into other languages.

There are also original books on schema therapy in other languages, particularly Dutch and German.

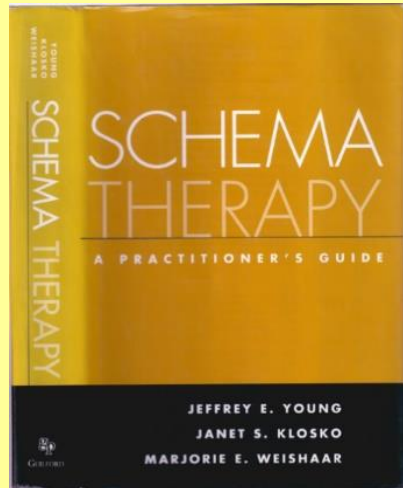
Most books can easily be located on Amazon sites. For example, for books in German go to <https://www.amazon.de/> and search for “Schematherapie”

For books in Dutch go to <https://www.amazon.nl/> and search for “Schematherapie”

For books in Italian go to <https://www.amazon.it/> and search for “Schema therapy”

Etc. ...

Books for therapists



Young, J. E., Klosko, J., & Weishaar, M. E. (2003). *Schema therapy: A practitioner's guide*. Guilford.

A comprehensive account of schema therapy and its development from Jeff Young and colleagues. It provides the theoretical foundation for schema therapy as well as how to do it in practice. Available in hardback or paperback.

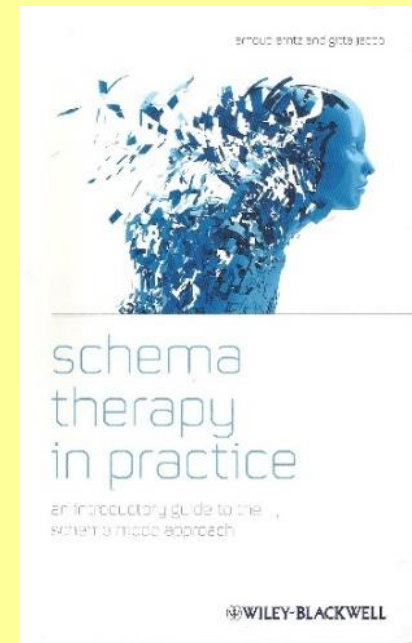
See it at: <http://www.amazon.co.uk/Schema-Therapy-Practitioners-Jeffrey-Young/dp/1593853726>

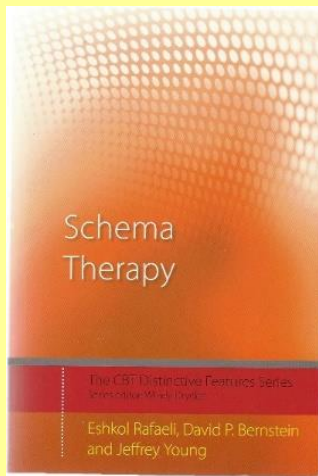
Arntz, A. & Jacob, G. (2012). *Schema Therapy in practice*. Wiley-Blackwell.

A practical guide to working with schemas and schema modes. An excellent introduction to the practical application of the schema mode model with many case examples from a range of personality disorders as well as anxiety, depression and OCD.

See it at:

<http://www.amazon.co.uk/Schema-Therapy-Practice-Introductory-Approach/dp/1119962862/>





Rafaeli, E., Bernstein, D. P. & Young, J. (2011) *Schema Therapy (The CBT Distinctive features series)*. Routledge.

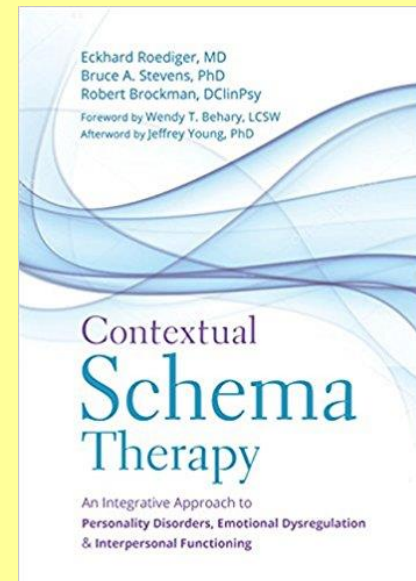
A brief well organized introduction that covers all the important concepts.

See it at:

<http://www.amazon.co.uk/Schema-Therapy-CBT-Distinctive-Features/dp/0415462991/>

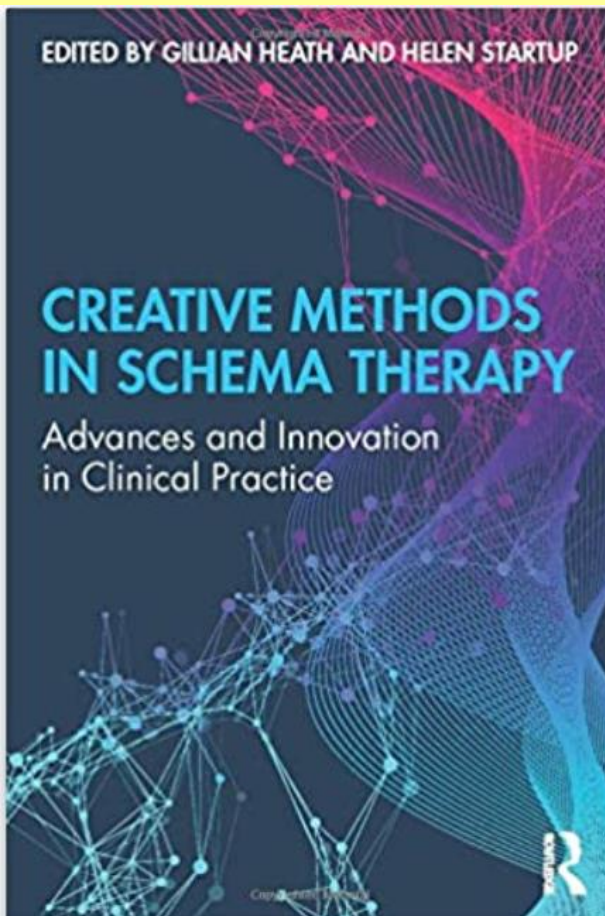
Roediger, E., Stevens, B. A., & Brockman, R. (2018). *Contextual schema therapy: An integrative approach to personality disorders, emotional dysregulation, and interpersonal functioning*. New Harbinger.

Drawing on Acceptance and Commitment Therapy and other approaches, the authors show how important concepts and interventions, such as mentalization, mindfulness, acceptance, metacognition and human values, can be integrated into the basic schema therapy model. Indeed, many of them are already explicit or implicit in it. In addition to showing the integrative power of the schema therapy model, this book offers a fresh and readable account of its central ideas as well as rich clinical examples of their application, all well-grounded in the current academic and clinical literature.



See it at: <https://www.amazon.co.uk/Contextual-Schema-Therapy-Dysregulation-Interpersonal/dp/1684030951/>

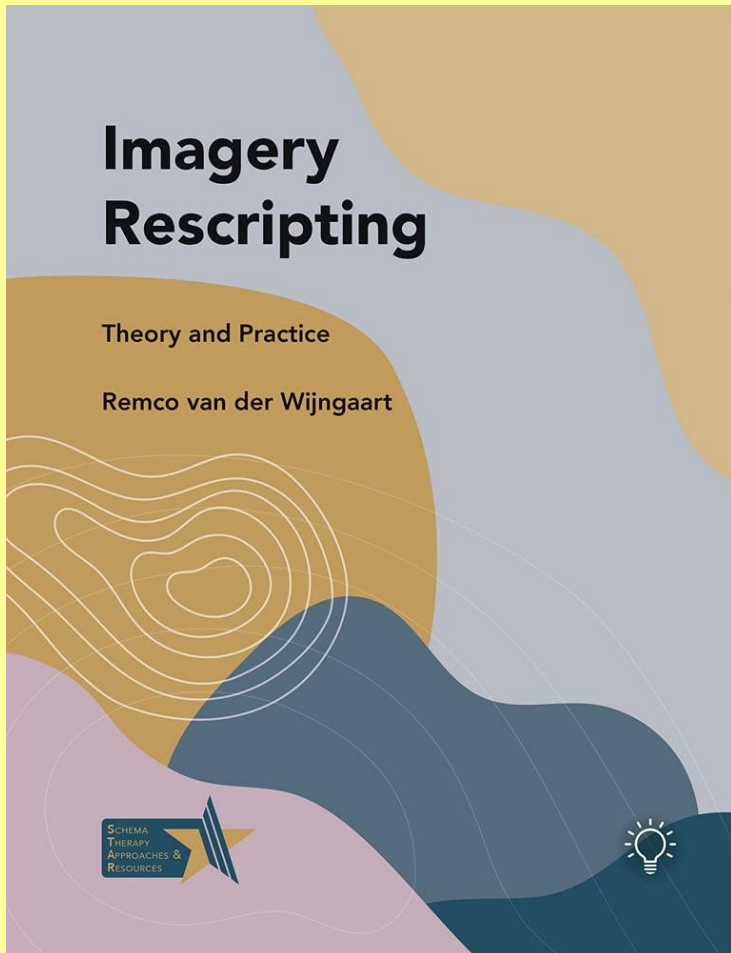
Or at: <https://www.amazon.com/Contextual-Schema-Therapy-Dysregulation-Interpersonal/dp/1684030951/>



Heath, G., and Startup, H. (Eds). (2020). *Creative methods in schema therapy: Advances and innovation in clinical practice*. Routledge.

This up to date account of clinical practice in schema therapy highlights many of the creative aspects of the approach. 20 chapters by leading exponents of schema therapy include an update on central aspects of the theory that underpins the practice, as well as valuable insights and practical guidance on assessment, case conceptualization, a range of applications of imagery and chairwork, using somatic focusing to deepen access to emotion, working with the therapeutic relationship, empathic confrontation, strengthening the Healthy Adult, working with couples, and therapist's work with their own schema activation.

See it at <https://www.amazon.co.uk/Creative-Methods-Schema-Therapy-Gillian/dp/0815398824/>



Van der Wijngaart, R. (2021). *Imagery rescripting: Theory and practice*. Pavilion.

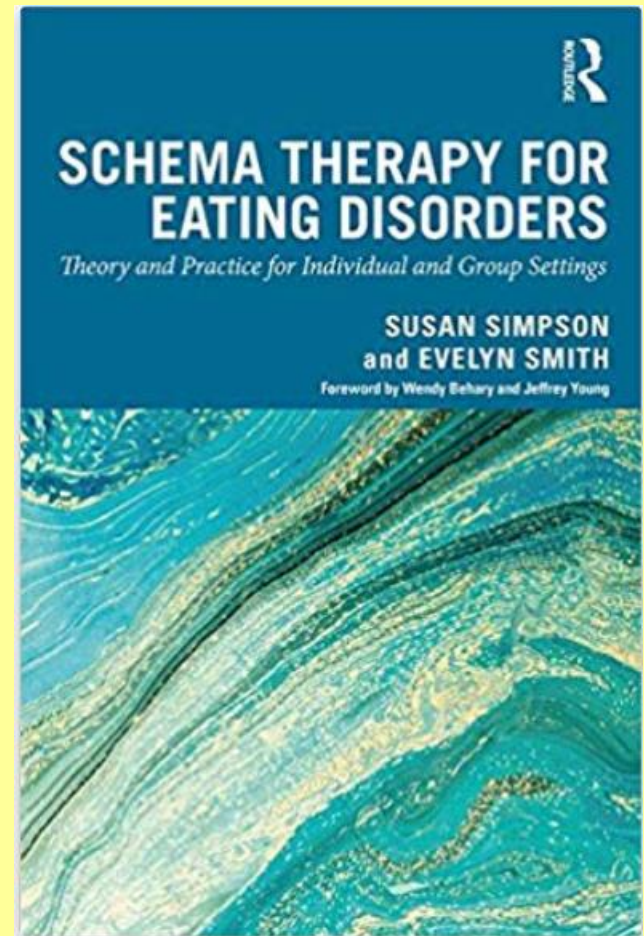
This is a practical manual and useful guide for practitioners to the detailed application of imagery rescripting. Remco van der Wijngaart, a former Vice-President of the ISST, has been a leader in this field, including developing and appearing in many training videos.

See it at

<https://www.amazon.co.uk/Imagery-Rescripting-Remco-van-Wijngaart/dp/1914010574>

Simpson, S. and Smith, E. (Eds) (2019). *Schema therapy for eating disorders: Theory, practice and group treatment manual*. Routledge.

Schema therapy has been applied to eating disorders for some 20 years and there are many articles in the academic literature. This book is an up to date clinicians guide based on what has been learned by schema therapists working with eating disorders. It provides a theoretical understanding of case conceptualization in eating disorders and the prominent schema modes that are encountered. It is rich in clinical examples and a source for the kinds of interventions that are most helpful. Also provides guidelines for a group treatment approach as well as for individual therapy. New: August 2019.



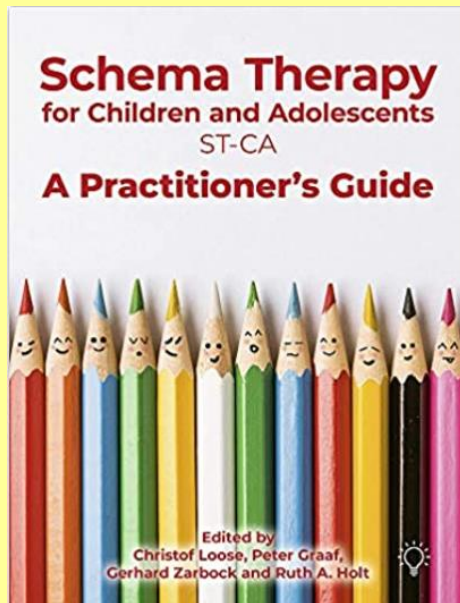
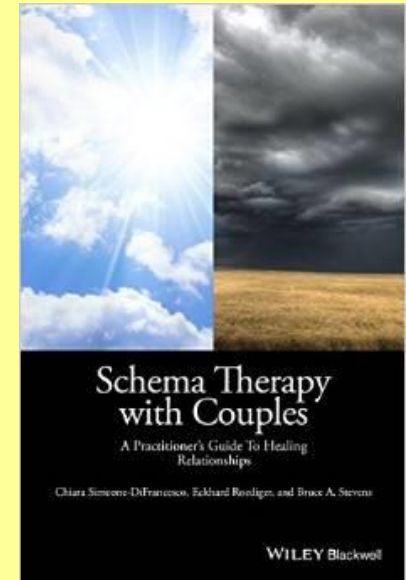
See it at: <https://www.amazon.co.uk/Schema-Therapy-Eating-Disorders-Group-treatment/dp/0367272407/>

Simeone-DiFrancesco, C., Roediger E., and Stevens, B. (2015). *Schema therapy with couples: A practitioner's guide to healing relationships*. Wiley-Blackwell.

An in depth presentation of the schema therapy approach to working with couples. An international collaboration between authors from the USA, Germany and Australia that draws on their own experiences as well as insights from discussions with an international online group of schema therapists pioneering the application of schema therapy to couples' therapy.

See it at:

<http://www.amazon.co.uk/Schema-Therapy-Couples-Practitioners-Relationships/dp/1118972678>



Loose, C., Graf, P., Zarbock, G. and Holt, R. A. (2020). *Schema therapy for children and adolescents: A practitioner's guide*. Pavilion Publishing and Media.

The schema therapy approach can be used to address psychological problems in children and adolescents at all ages. This book explains the basic principles of how to conceptualize cases for different ages, how to adapt interventions appropriately to each developmental stage, and how to incorporate work with parents and families.

See it at: <https://www.amazon.co.uk/Schema-Therapy-Children-Adolescents-ST-CA/dp/1912755823/>

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



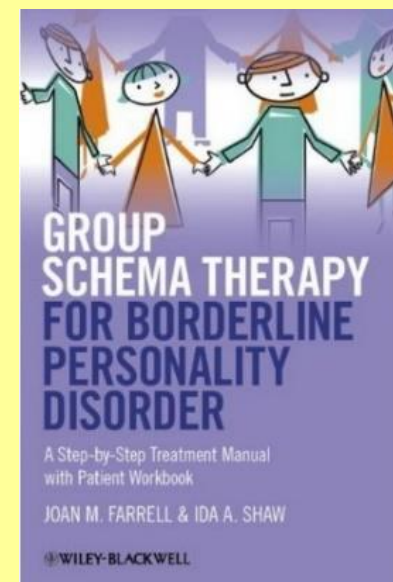
Farrell, J.M., Reis, N., & Shaw, J. (2014). *The schema therapy clinician's guide: A complete resource for building and delivering individual, group and integrated schema mode treatment programs*. Wiley-Blackwell.

Full of clinical examples that provide readers with a grounded and accessible sense of what schema therapy is all about and how to put it into practice. There is a clear structure and a wealth of resources for its implementation including worksheets and scripts for therapists to use at different stages or for different purposes.

See it at: <http://www.amazon.co.uk/Schema-Therapy-Clinicians-Guide-Delivering/dp/111850917X>

Farrell, J. M. & Shaw, I. A. (2012). *Group schema therapy for borderline personality disorder: A step-by-step treatment manual with patient workbook*. Wiley-Blackwell.

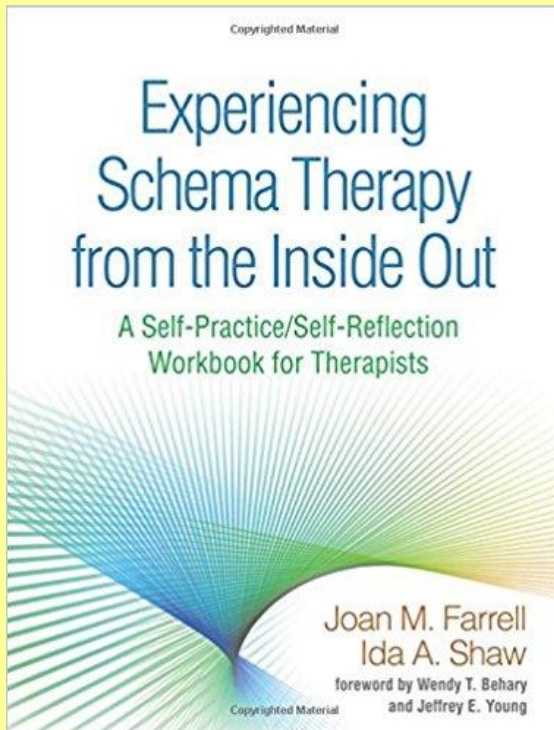
Joan Farrell and Ida Shaw developed group schema therapy, a very distinctive form of group therapy for patients with borderline personality disorder. This manual provides guidelines on how to do it.



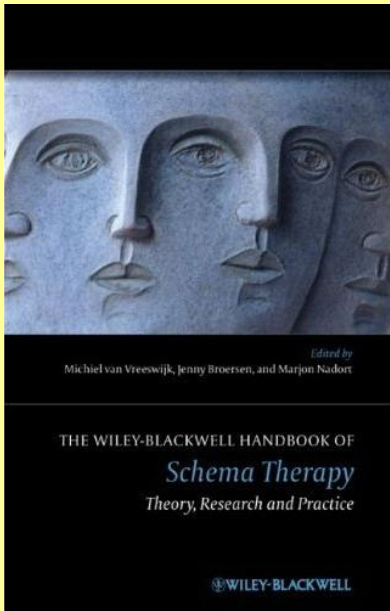
See it at: <http://www.amazon.co.uk/Schema-Therapy-Borderline-Personality-Disorder/dp/1119958296>

Farrell, J. M. and Shaw, I. A. (2018). *Experiencing schema therapy from the inside out: A self-practice/self-reflection workbook for therapists*. Guilford.

Like most forms of psychotherapy, schema therapy is not just a set of techniques applied to patients by therapists in a mechanical way. Therapy depends on building a personal relationship with clients and that calls for the schema therapists to develop their own self-awareness, openness to experience, and capacity to identify and work with their own psychological issues. This workbook provides a useful practical guide to this. There's a clear account of the schema therapy model and how to work with modes. Therapists who use this book will learn more about themselves in a way that they can directly apply to their work with clients.



See it at: <https://www.amazon.co.uk/Experiencing-Schema-Therapy-Inside-Psychotherapists/dp/1462533280/>
or: <https://www.amazon.com/Experiencing-Schema-Therapy-Inside-Psychotherapists/dp/1462533280/>
or: <http://www.loot.co.za/product/joan-m-farrell-experiencing-schema-therapy-from-the-in/kdcn-4975-g6a0>



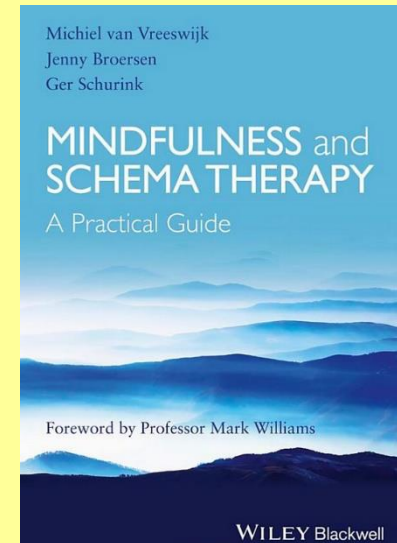
van Vreeswijk, M., Broersen, J. & Nadort, M. (2012). *The Wiley-Blackwell handbook of schema therapy: Theory, research and practice*. Chichester: Wiley.

Over 600 pages and over 40 chapters covering the spectrum of theory and practice. There's a chapter by myself and Arnoud Arntz on the history of schema therapy and chapters on a wide range of topics from case conceptualization to imagery and chairwork, to depression, eating disorders, OCD, and various personality disorders including narcissistic and antisocial. There are several chapters on incorporating mindfulness meditation, on group schema therapy schema therapy for couples and the current evidence base for the effectiveness of schema therapy.

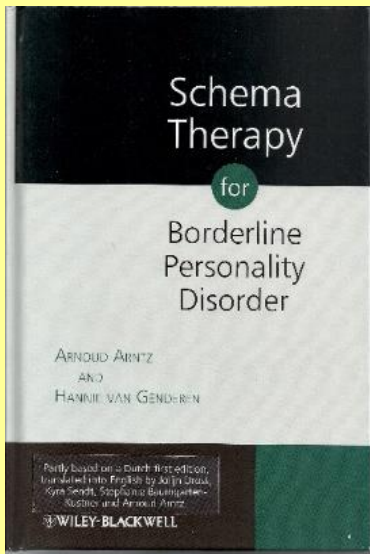
See it at: <http://www.amazon.co.uk/Wiley-Blackwell-Handbook-Schema-Therapy-Research/dp/047097561X>

Van Vrieswijk, M., Broersen, J., Schurink, G. (2014). *Mindfulness and Schema Therapy: A Practical Guide*. Wiley-Blackwell

Provides a basic guide to the steps of mindfulness practice and how the practice can help with the identification of schema modes and therapeutic work with them.



See it at: <https://www.amazon.co.uk/Mindfulness-Schema-Therapy-Practical-Guide/dp/1118753178/>



Arntz, A. & van Genderen, H. (2009). *Schema Therapy for Borderline Personality Disorders*. Oxford: Wiley/Blackwell.

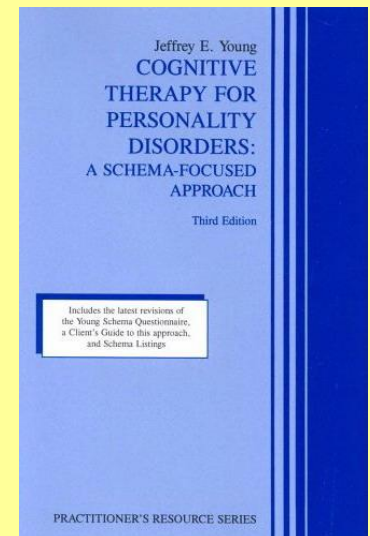
Based on methods developed for the Dutch clinical trial of schema therapy, this book describes the basic concepts and many practical and useful techniques that can be incorporated into schema therapy.

See it at:

<http://www.amazon.co.uk/Schema-Therapy-Borderline-Personality-Disorders/dp/0470510803/>

Young, J. E. (1999). *Cognitive therapy for personality disorders: A schema-focused approach*. (3rd ed.) Sarasota FL: Professional Resource Press.

Third edition of Jeffrey Young's first book on schema therapy (first edition published in 1989). Still worth reading as the concepts are built round a very clear case study. Much of the material has been incorporated into Young, Klosko & Weishaar (2003).

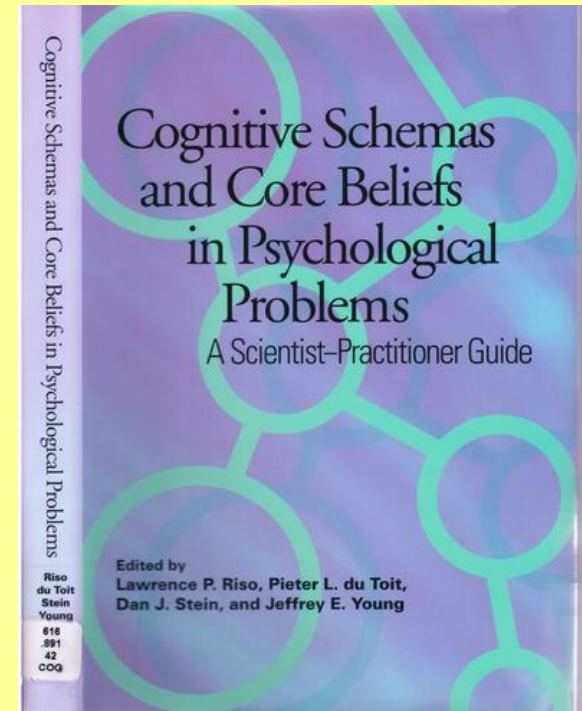


See it at:

<http://www.amazon.co.uk/Cognitive-Therapy-Personality-Disorders-Schema-Focused/dp/1568870477/>

Riso, L. P. du Toit, P. L., Stein, D. J. & Young J. E. (Eds.) (2007). *Cognitive schemas and core beliefs in psychological problems: A scientist-practitioner guide* (pp. 139-175). American Psychological Association.

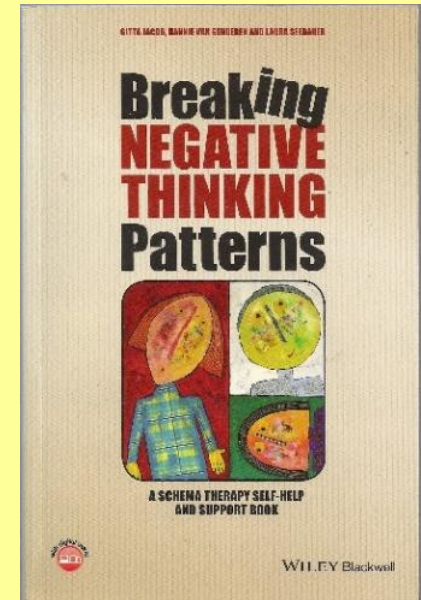
A research resource, not exclusively on schema therapy. There are good chapters on schema based conceptualization for a range of clinical problems including depression, OCD, PTSD, substance abuse, eating disorders, psychosis and discord in couples.



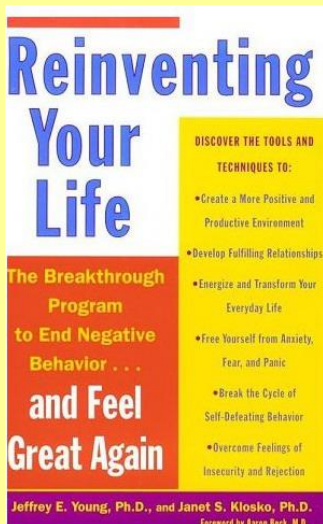
See it at: <http://www.amazon.co.uk/Cognitive-Schemas-Beliefs-Psychological-Problems/dp/1591477824>

Jacob, Gitta, van Genderen, Hannie., & Seebauer, Laura. (2015). *Breaking negative thinking patterns*. Wiley-Blackwell.

A bibliotherapy resource for clients. Provides a very clear introduction to the schema therapy approach and shows how the basic concepts relate to client's everyday experience. There is a very clear explanation of the mode model and many useful practical exercises.



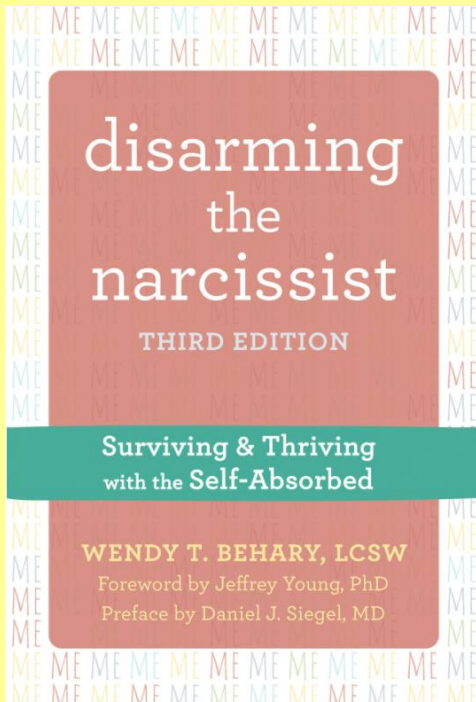
See it at: <http://www.amazon.co.uk/Breaking-Negative-Thinking-Patterns-Self-Help/dp/1118877713>



Young, J. E. & Klosko, J. (1994). *Reinventing your life*. New York: Plume

The classic bibliotherapy for clients. It focuses on several of the prominent EMSs and shows how coping patterns create “Lifetraps” and how schema therapy helps to overcome them

See it at: <http://www.amazon.co.uk/Reinventing-Your-Life-Breakthrough-Behaviour/dp/0452272041>



Behary, W. (2021). *Disarming the narcissist. Surviving and thriving with the self-absorbed* (3rd ed). New Harbinger. New edition of this well established a helpful book for therapists and clients who have to deal with narcissistic individuals. An excellent and accessible account of the schema therapy approach to understanding and responding to individuals with this kind of personality.

See it at:

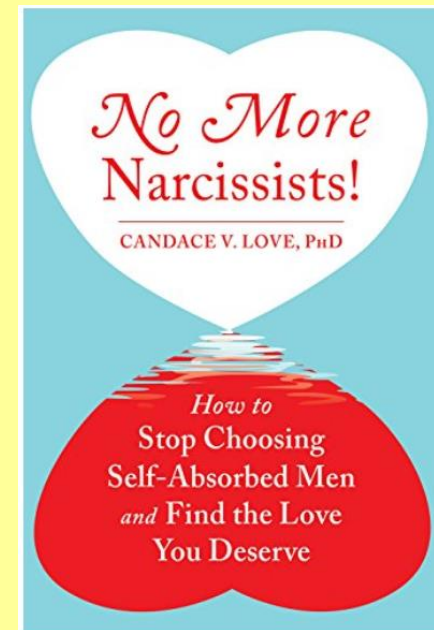
<https://www.amazon.co.uk/Disarming-Narcissist-Third-Surviving-Self-Absorbed/dp/1684037700/>

Love, C. V. (2012). *No more narcissists! How to stop choosing self-absorbed men and find the love you deserve*. New Harbinger.

Presents an understanding of narcissists within the schema therapy framework showing how lifetraps (as presented in *Reinventing your life*) and early maladaptive schemas contribute to individuals falling prey to self-centred and exploitative partners. Very practical with a focus on steps to take to bring about meaningful change, including the practice of mindfulness meditation.

See it at:

<https://www.amazon.co.uk/No-More-Narcissists-Choosing-Self-Absorbed-ebook/dp/B0197SJPWY/>



LOVE ME DON'T LEAVE ME



Overcoming Fear of Abandonment &
Building Lasting, Loving Relationships

Michelle Skeen, PsyD

FOREWORD BY Wendy T. Behary, LCSW

Skeen, M. (2014). *Love me don't leave me: Overcoming fear of abandonment and building lasting, loving relationships*. New Harbinger.

A self-help book that focuses on primary *Vulnerable Child* schemas: Abandonment, Emotional Deprivation, Mistrust/Abuse, Defectiveness and Failure. Takes the reader through the process of triggering, learning to be aware and mindful, developing self-compassion and replacing dysfunctional coping with more mature behaviour. Foreword by Wendy Behary, former ISST President.

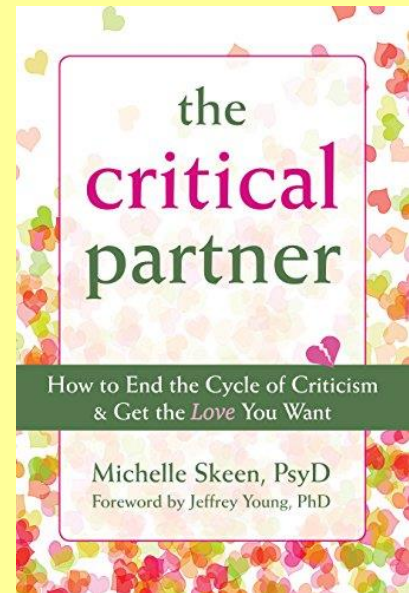
See it at: <http://www.amazon.co.uk/Love-Dont-Leave-Abandonment-Relationships/dp/1608829529/>

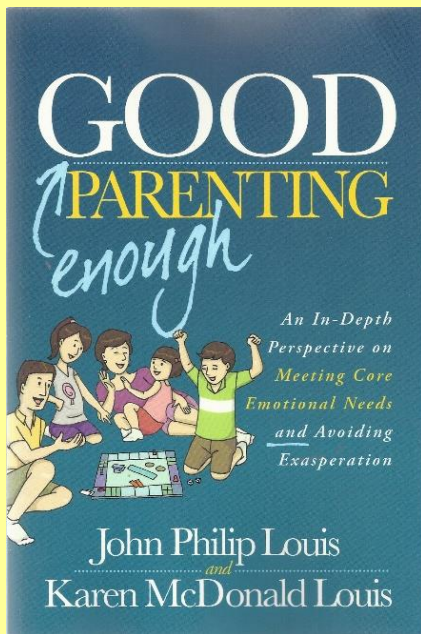
Skeen, M. (2011). *The critical partner: How to end the cycle of criticism and get the love you want*. New Harbinger.

A schema therapy perspective on a critical partner and the early maladaptive schemas that may be driving his or her critical behaviour. Also looks at the partner on the receiving end of the criticism and the early maladaptive schemas he or she is likely to have. Understanding this can lead to a plan to make meaningful changes.

See it at:

<https://www.amazon.co.uk/Disarming-Critical-Partner-Cycle-Criticism/dp/1608820270>





Louis, J.P. & Louis, K. M. (2015). *Good enough parenting*. Morgan James.

A wonderful summary of current attachment theory-informed parent training framed within the schema therapy approach. For parents who want to understand how to effectively parent their children. For clients who were misparented to help them understand what went wrong and what they still need. And for schema therapists to remind us what is involved in offering reparenting to clients.

See it at

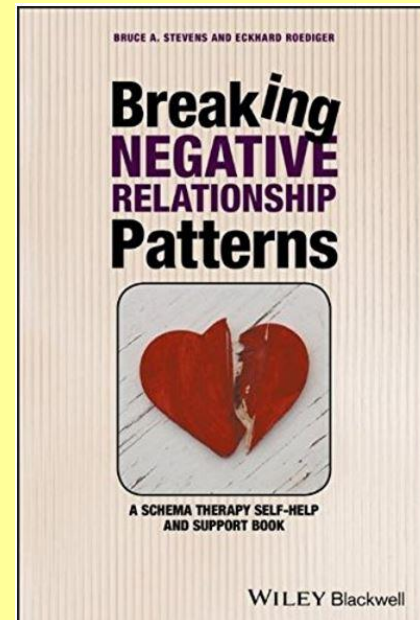
<http://www.amazon.co.uk/Good-Enough-Parenting--Depth-Exasperation/dp/1630474061/>

Bruce Stevens and Eckhard Roediger E. (2016). *Breaking negative relationship patterns: a schema therapy self-help and support book*. Wiley-Blackwell.

An introduction to the schema therapy approach to working with couples. This very practical book shows how schema therapy concepts are applied in understanding conflicts in couple relationship and how they provide helpful ways of thinking about what is needed to bring about meaningful and lasting change.

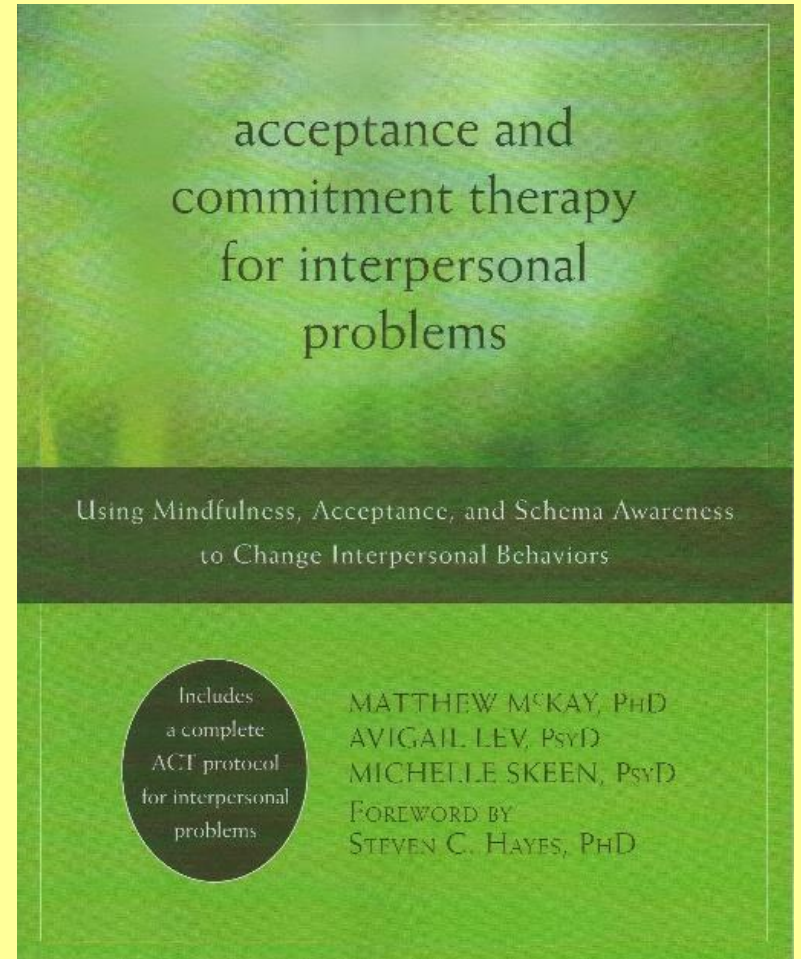
See it at:

<https://www.amazon.co.uk/Breaking-Negative-Relationship-Patterns-Self-Help/dp/1119162823>



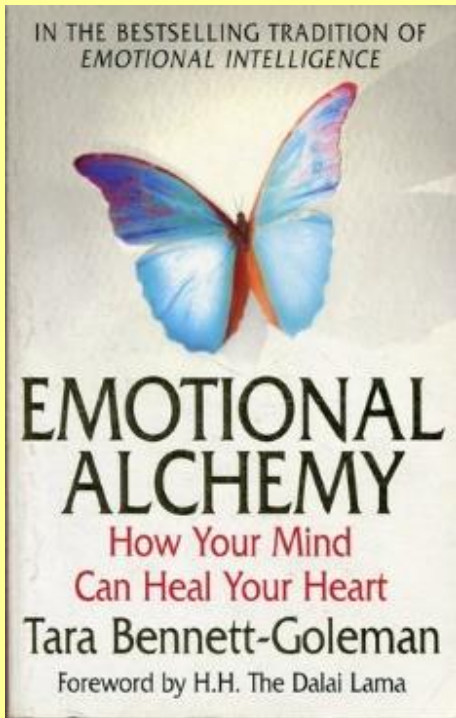
McKay, M., Lev, A., & Skeen, M. (2012). *Acceptance and commitment therapy for interpersonal problems: Using mindfulness, acceptance and schema awareness to change interpersonal behaviors*. New Harbinger.

A self-help book that focuses on how self-defeating ways of coping with early schemas undermine interpersonal relationships and how to become more self-aware and bring about meaningful change using methods from acceptance and commitment therapy and schema therapy.



See it at:

<https://www.amazon.co.uk/Acceptance-Commitment-Therapy-Interpersonal-Problems/dp/1608822893/>



Bennett-Goleman, T. (2001). *Emotional alchemy: How your mind can heal your heart*. London: Rider.

A self help book that incorporates concepts from schema therapy and mindfulness meditation

See it at: <http://www.takealot.com/emotional-alchemy/PLID35140438>

Bennett-Goleman, T. (2013). *Mind whispering: A new map to freedom from self-defeating emotional habits*. London: Rider.
Tara Bennett-Goleman's more recent self help book that incorporates further concepts from mindfulness meditation, neuroscience and schema therapy (including schema modes).

See it at:

<http://www.takealot.com/mind-whispering-ebook/PLID37277543>

(eBook version)

