



# Schema Therapy for Children and Adolescents ST-CA

## A Practitioner's Guide

Edited by Christof Loose, Peter Graaf, Gerhard Zarbock and Ruth A. Holt

### What is Schema Therapy?

Schema Therapy (ST) is an integrative, evolving model for psychotherapy that combines aspects of cognitive, behavioural, psychodynamic, attachment and gestalt models. Schema Therapy places emphasis on the childhood origins of many psychological problems, with 'Early Maladaptive Schemas' defined as self-defeating emotional and cognitive patterns that develop in early childhood and are subsequently reinforced and strengthened through life.

### Why Schema Therapy?

Schema Therapy has become a hot topic within Cognitive Behavioural Therapy (CBT) and psychotherapy. The approach has quickly gained popularity among clinicians and mental health services for its high success rates for difficult to treat populations."

### About *Schema Therapy for Children and Adolescents*

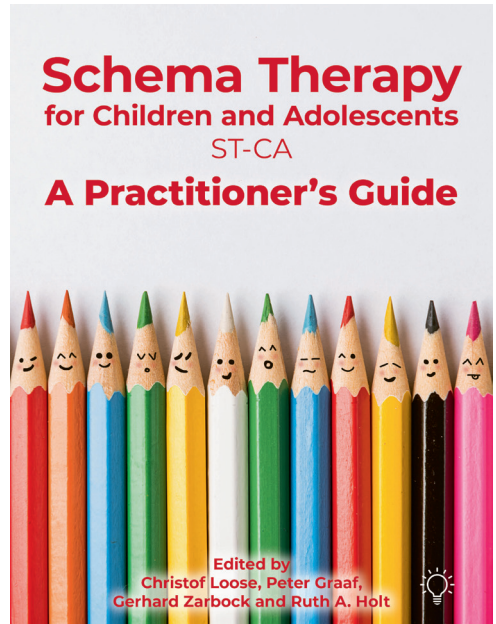
- The first book to adapt Schema Therapy for children and adolescents (ST-CA) in English
- Presents the ST-CA model and provides a clear, practical guide to clinical implementation
- Approaches schemas and modes in developmental stages
- Provides specific guidance and creative ideas for engaging young people in each age group across the 5 key stages from infancy to age 23
- Provides a model for formulating the systemic factors in a child's environment, involving parents and other carers in children's Schema Therapy by exploring their own behavioural patterns and schema modes.

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## for Children and Adolescents

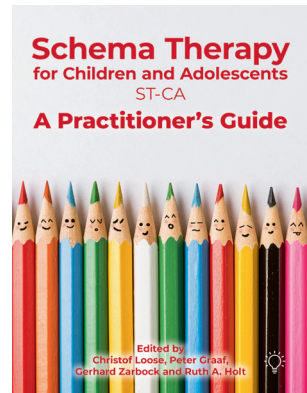
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### About the editors

#### *Schema Therapy for Children and Adolescents*

has been written by experienced practitioners who are the pioneers of theory, research and practice in Schema Therapy and interventions for children and young people.

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