



Book review: The Wiley-Blackwell handbook of schema therapy, theory, research, and practice

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Schema therapy is an innovative psychotherapy developed for personality disorders, chronic depression, and other difficult psychological presentations.

It is an integrative approach with a focus on early schemas and the integration of experiential and interpersonal with cognitive and behavioural approaches, allowing greater flexibility in responding to clients' needs.

The Wiley-Blackwell Handbook of Schema Therapy is a comprehensive textbook that covers the theoretical underpinnings of the model, as well as descriptions of "how to" carry out schema therapy assessments, case conceptualisations, and treatments for a wide range of psychological difficulties. The handbook is made up of short digestible chapters with a good balance of case illustrations and descriptions of techniques.

Several chapters illustrate how the schema model can be applied to a range of psychological problems, including treatment-resistant obsessive-compulsive disorder, eating disorders, dual diagnosis, and a range of personality disorders. The handbook also provides a template for the treatment of a range of client groups, including couples, adults in both outpatient and inpatient settings, and adolescents.

Several chapters give a detailed description of the ways in which schema therapy has been integrated with other approaches and techniques, including acceptance and commitment therapy and mindfulness, both in individual and group formats. Recent research that has compared

schema therapy with other approaches is described, including the randomised controlled trials of both individual and group schema therapy with borderline personality disorders, cluster C personality disorders, and the forensic population.

Finally, the book covers the important area of therapist training and self-care based on the schema therapy model. In particular, the requirements for accreditation in the model are covered, as well as essential components of schema therapy supervision. Therapists are encouraged to increase awareness of their own schemas in therapy so they can attune to their clients' needs while maintaining an awareness of their own emotional responses.

The emphasis of the book is on making schema therapy accessible both to readers who are new to the model and to experienced practitioners who are interested in the most recent innovations in the field. Whereas the first section has a theoretical focus, the remainder is highly practical with case examples and clearly described techniques. The only gap was the omission of a chapter on schema therapy with children and families, another growing area within the schema therapy approach.

Overall, this is a comprehensive and authoritative text on the schema model, which has something to offer both to novice and experienced clinicians.

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