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Integration of Schema Therapy and Cognitive Behavioral Therapy in the Treatment of Personality Disorders

M. Slepecky¹, A. Kotianova¹, J. Vyskocilova², J. Prasko²

¹Department of Psychology, ABC institut Liptovsky Mikulas, Liptovsky Mikulas, Slovakia ; ²Faculty of Humanities, Charles University Prague, Prague, Czech Republic

Through treatment of BPD is complicated, many CBT therapist can learn schema therapy (ST) principles and strategies to use them as an additional tool. ST began as an extension of Beck's cognitive therapy model and has grown to become a unique integrative treatment for the personality disorders. A schema is an extremely stable, constant negative pattern which develops during childhood and is elaborated during person's life. There are two main schema operations: healing of schema and schema maintenance. ST devotes considerable attention to *modes*, the predominant emotions, schemas, or coping reactions working for an individual at a particular time. The aim of the therapy is to engage in schema healing processes, which are intended to reduce the early maladaptive schemas and coping styles, and build up the person's healthy side. The history of the schemas, modes and coping strategies are systematically discussed, their origin are explored, they are linked to current problems, and the opportunity of modifying is explored. In treatment phase, the therapist flexibly uses cognitive, emotional/experiential, behavioral, and relational/interpersonal strategies to change schemas and change maladaptive coping styles with healthier forms of behavior. Schema therapists use the relationship itself quite extensively, in two main ways. First, it is an area in which behaviors, modes, and schemas can be observed, assessed, and modified. Second, the relationship is used as a 'corrective emotional experience'. Through what schema therapy terms 'limited reparenting,' the therapist acts in ways that supply as a cure to early unmet needs.