



Group Schema Therapy for Borderline Personality Disorder: A Step-by-Step Treatment Manual with Patient Workbook

By Joan M. Farrell, Ida A. Shaw

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Group Schema Therapy for Borderline Personality Disorder represents the first treatment manual for group schema therapy and is based on the only group ST model validated by published empirical evidence.

- Presents an original adaptation of schema therapy for use in a group setting
- Provides a detailed manual and patient materials in a user-friendly format
- Represents a cost-effective ST alternative with the potential to assist in the public health problem of making evidence-based BPD treatment widely available
- Includes 'guest' chapters from international ST experts Jeff Young, Arnoud Arntz, Hannie van Genderen, George Lockwood, Poul Perris, Neele Reiss, Heather Fretwell and Michiel van Vreeswijk

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Editorial Review

Review

“My impression is that this would be great as the main reference for a specialist training workshop.”
(*Clinical Psychologist*, 13 November 2013)

“This helpful book provides a step-by-step approach to learning group schema therapy. Written by experts in the field, it is easy to read and the shaded boxes provide wonderful information. The book should be in the libraries of therapists who deal with individuals diagnosed with personality disorders and/or have suicidal/self-injurious behaviors.” (*Doody's*, 1 February 2013)

From the Back Cover

Utilizing both cognitive behavioral and experiential techniques, Schema Therapy (ST) is an innovative integrative therapeutic approach developed by Jeffrey Young for the treatment of individuals with personality disorders and personality disorder features. *Group Schema Therapy for Borderline Personality Disorder* represents the first treatment manual for group schema therapy-and is based on the *only* group ST model validated by published empirical evidence and ongoing international research.

Practitioners are provided with step-by-step guidelines, in-group exercises, patient handouts, and homework exercises-all the necessary tools for the application of ST interventions in group and ways to make use of group process opportunities and therapeutic factors. All materials are presented in a user-friendly manner to benefit therapists at all levels of experience-practitioners new to ST are provided with session-by-session suggestions with corresponding patient materials; experienced schema therapists can create their own order of preference based on patient groups; cognitive therapists can try out the experiential exercises; and experiential therapists can utilize the cognitive and behavioral techniques. 'Guest' chapters written or co-written by international experts in ST offer insights into a variety of related topics including the coordination of individual and group ST, future directions for GST and more.

About the Author

Joan M. Farrell is Clinical & Training Director Center for BPD Treatment & Research, Indiana University School of Medicine Midtown CMHC; Co-Director Schema Therapy Institute Midwest-Indianapolis; and Adjunct Professor, Department of Psychology, Indiana University Purdue University, Indianapolis.

Ida A. Shaw is Co-Director Schema Therapy Institute Midwest-Indianapolis; and Senior Schema Therapy Supervisor, Center for BPD Treatment & Research, Indiana University School of Medicine Midtown CMHC.

Farrell and Shaw are the developers of the original Group Schema Therapy model and have specialized in the treatment of Borderline Personality Disorder for 25 years.

Users Review

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Olga Noone:

This Group Schema Therapy for Borderline Personality Disorder: A Step-by-Step Treatment Manual with Patient Workbook book is simply not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is usually information inside this guide incredible fresh, you will get data which is getting deeper you actually read a lot of information you will get. This specific Group Schema Therapy for Borderline Personality Disorder: A Step-by-Step Treatment Manual with Patient Workbook without we realize teach the one who reading through it become critical in contemplating and analyzing. Don't possibly be worry Group Schema Therapy for Borderline Personality Disorder: A Step-by-Step Treatment Manual with Patient Workbook can bring whenever you are and not make your bag space or bookshelves' become full because you can have it with your lovely laptop even cellphone. This Group Schema Therapy for Borderline Personality Disorder: A Step-by-Step Treatment Manual with Patient Workbook having excellent arrangement in word along with layout, so you will not truly feel uninterested in reading.

Ismael Black:

The guide with title Group Schema Therapy for Borderline Personality Disorder: A Step-by-Step Treatment Manual with Patient Workbook posesses a lot of information that you can study it. You can get a lot of advantage after read this book. This kind of book exist new knowledge the information that exist in this reserve represented the condition of the world today. That is important to yo7u to find out how the improvement of the world. This book will bring you throughout new era of the globalization. You can read the e-book in your smart phone, so you can read the item anywhere you want.

Alyssa Lewis:

Typically the book Group Schema Therapy for Borderline Personality Disorder: A Step-by-Step Treatment Manual with Patient Workbook has a lot info on it. So when you check out this book you can get a lot of profit. The book was compiled by the very famous author. McDougal makes some research just before write this book. This particular book very easy to read you can find the point easily after scanning this book.

Doris Trumbull:

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