

SHORT-TERM SCHEMA THERAPY

Information for patients >>



WHAT IS SCHEMA THERAPY?

Schema therapy is a form of psychotherapy for people with severe psychological problems, such as a personality disorder or a frequently recurring depression. Schema therapy helps you to investigate and change the origin of behavioural patterns. You learn to become aware of your sensitive emotions and feel what your needs are. You learn to change yourself so that you can take better care of yourself.

Examining and experiencing what happens in contact with others is very important. You learn to deal with this differently in a group where sensitive issues are touched upon more than in conversations with a single therapist. By sharing what is going on inside you and how sensitive emotions are raised in contact with other group members, you can gain new experiences in a safe therapeutic environment.

HOW DOES SIGNING UP FOR GROUP SCHEMA THERAPY WORK?

- After your care worker has registered you, you will have one or more assessment interviews with the therapists. Together, we first determine whether group schema therapy is the best therapy for you.
- Then you get to meet each other, are given an explanation of schema therapy and receive the group rules. These conversations are used to determine what your most important schemes and modes are to work on in the group.



HOW LONG?

- 18 weeks, 1.5 hours per session.
- excluding 2 follow-up appointments.
- group size: 8 people.

THE PHASES OF THERAPY

- The first phase mainly focuses on building contact with other group members and getting to know schemas and modes.
- The following phases focus on the group process. After, for example, the fifth group session, group members are expected to invite each other to share feelings and thoughts more frequently.
- Learning to establish a healthy rapport with the therapists and group members is one of the most important aspects of the change process. For some, this includes the challenge of sharing feelings more with others. For others, being open to the opinions of others and reacting less from their own perspective may be a learning goal.
- In the final phase, the group therapists take a more active approach. Saying goodbye is also discussed. This can trigger schemas and modes. You discuss what you have learned and how you can continue to apply this in the future.

WHAT HAPPENS IN GROUP SCHEMA THERAPY?

When the group therapists ask who wants to role-play this time, Hans comes forward. Hans often feels like he doesn't belong anywhere and is the odd man out. He wants to role-play a situation from last week that triggered one of his schemas.

Hans asks his group members Caroline, Franka and Thijs to take on the role of colleagues who constantly tease him. Hans was also bullied as a child. He starts off a bit giggly, saying that role-playing can, of course, never be real. But he soon experiences that (familiar) feeling of not belonging again and has to fight his tears.

In the discussion afterwards, Hans hears that the 'teasing colleagues' also just want to fit in and that it wasn't about him. They didn't realise they were teasing him too much and were mainly having fun together. The group members tell Hans that they noticed he made little effort to be heard. They relate this to Hans' wait-and-see attitude in the group therapy sessions as well, and how he always puts his chair outside the group.

For information about the short-term group schema therapy, please contact directtrainingen@ggze.nl

GGzE

Visitor's address

Locatie De Grijsze Generaal
5623 KW Eindhoven

T (040) 297 33 00

I www.ggze.nl

Postal address

Posbus 909
5600 AX Eindhoven