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Publications. Schema Therapy: A

Practitioner's Guide, Jeffrey E. Young, Janet
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THERAPY: CONCEPTUAL MODEL .

Schema therapy is an innovative, integrative
therapy developed by Young

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therapy is an innovative, integrative therapy

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developed by Young and colleagues (Young, 1990, 1999) that significantly expands on traditional cognitive-behavioral treatments and concepts.

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Guilford Press, Mar 28, 2003 - Psychology - 436 pages. 3 Reviews. Designed to meet the formidable challenges of treating personality disorders and other complex difficulties, schema therapy...

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[Schema Therapy](#)

Print Create Flyer. Share. Bestseller. More than 50,000 in print. Schema Therapy. A Practitioner's Guide. Jeffrey E. Young, Janet S. Klosko, and Marjorie E. Weishaar. Designed to meet the formidable challenges of treating personality disorders and other complex difficulties, schema therapy combines proven cognitive-behavioral techniques with elements of other widely practiced therapies. [read more »](#) .

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Practitioners Guide Schema Therapy

Schema therapy is an influential treatment in
reducing the emotional reactions and
symptoms and elevating the patient's quality
of life (QoL). Another treatment is
mindfulness, which has been expanded in
therapeutic works by others. C

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Description Designed to meet the
formidable challenges of treating personality
disorders and other complex difficulties,
schema therapy combines proven cognitive-
behavioral techniques with elements of other
widely practiced therapies.

Schema Therapy : Jeffrey E Young :
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Schema therapy was founded by Jeffrey Young and represents a development of cognitive behavioral therapy (CBT) specifically for treating personality disorders. [37] [38] Early maladaptive schemata are described by Young as broad and pervasive themes or patterns made up of memories, feelings, sensations, and thoughts regarding oneself and one's relationships with others.

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