

Schema Therapy for Children and Adolescents ST-CA A Practitioner's Guide

"I enthusiastically recommend this wonderful book to any professional working with children, adolescents, families and parents, especially those who aim to intervene in the generational patterns of childhood trauma and distress. This work will richly reward those seeking to develop skills and long-lasting outcomes in working with children, adolescents and their families."

**Jeffrey E. Young, PhD, Schema Therapy Institute of New York
Honorary President, International Society of Schema Therapy**

"I warmly welcome publication of this book for an English-speaking audience. It offers an exciting collection of insights, full of practical clinical examples of the schema therapist's way of conducting an assessment, conceptualizing cases, and implementing interventions for a range of clinical problems and across the entire age range from infancy to adolescence. It is a rich resource."

**Professor David Edwards, PhD, Rhodes University
President, International Society of Schema Therapy**

"What makes schema therapy with adults so attractive is the fusing of a developmentally-oriented model with extensive experiential techniques and a therapeutic relationship based on the 'loving parent'. What, then, is more natural than to copy these empirically successful concepts over to children and adolescents, especially as so-called child modes are part of the therapy anyway? Whenever I am asked if it is possible to use schema therapy with children and young people, my answer is always an emphatic 'Yes!' This book shows you how!"

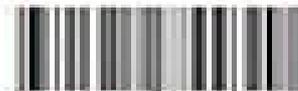
**Eckhard Roediger, MD, Frankfurt Schema Therapy Institute
Past President, International Society of Schema Therapy**

Schema Therapy is an integrative model for psychotherapy that combines aspects of cognitive, behavioural, psychodynamic, attachment and gestalt models, and emphasises the childhood origins of psychological distress. Written by experienced practitioners who are pioneers of theory, research and practice in this field, *Schema Therapy for Children and Adolescents (ST-CA)* is the first English language book to adapt Schema Therapy for use with younger clients.

This guide to understanding and implementing the ST-CA model is a rich resource of creative, playful and developmentally appropriate ideas to engage children and young people, and to help them understand their schemas and modes. The authors provide guidance on assessing and treating a range of psychological difficulties, incorporating play and systems approaches and including suggestions for working with parents. They also present ideas on modifying the powerful experiential techniques in Schema Therapy, including imagery rescripting and chair work, along with tools to explore the environmental, family and carer dynamics that impact on children. Case studies bring this material to life.



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Practitioners Guide Schema Therapy

**Peter Graaf, Ruth A Holt, Christof
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