

User Guide for DVD box

Warning: This series is made as demonstration material for the schema therapy. It is not a do it yourself course on dvd!

If you would like to master the schema therapy then a course with subsequent peer supervision or possible supervision is necessary.

The set up of the 'therapy techniques' series is as follows: by means of fragments, which are different in length depending on the technique that is demonstrated (4- 25 minutes), techniques from the schema therapy are demonstrated. The series is financially supported by the Dutch Healthcare Insurance Board, aiming at the implementation of schema therapy for Borderline Personality Disorder. Many fragments could also be used as examples for 'ordinary' schema therapy. Some fragments are specifically designed for working with the 'mode model' for the Borderline Personality Disorder.

Set up DVD box

The box contains seven dvd's.

DVD 1 deals mainly with the start of the therapy: here the start of the therapy is demonstrated, making contact, explanation of the rationale and demonstration of the therapeutic attitude, subsequently the schema questionnaire is explained and evaluated. These questionnaires can be downloaded from the website. Subsequently, together with the patient, a case conceptualization is made. This form can also be downloaded.

DVD 2 explains the mode model and shows how limit reparenting of the abandoned child happens. Subsequently three techniques are demonstrated to deal with the detached protector.

DVD 3 shows experiential techniques, namely imagery and rescripting. The first fragment, imagery for case conceptualization, is used in the intake/assessment phase. Imagery and rescripting with its different variations is used during the therapy.

DVD 4 gives different demonstrations of dealing with the punitive parent side. Besides that, different ways of empathic confrontation are shown.

DVD 5 shows how the angry child modus can be dealt with. Besides that the angry protector is shown. Patients also often have an angry side of the healthy adult. This is explicitly not the angry child mode. Shown is how the therapist can deal with it and can work towards an adequate assertiveness.

Fragments 4 and 5 need to be seen one after the other. Fragment 4 shows how the therapist does not respond to the infatuation and applies limit setting. The next fragment shows how the patient first shows his angry child mode and subsequently shows his abandoned child side through the empathic attitude of the therapist.

DVD 6 shows the cognitive techniques like the schema diary or the mode diary. Both diaries can be downloaded. There is also a demonstration of the use of the flashcard. Fragments 1 and 2 can best be seen after each other. There is also a demonstration of the downward arrow technique that is often used at the start of the therapy to identify the schemas.

Subsequently two demonstrations of limit setting are given.

DVD 7 shows an historical role play, this is a combined technique with cognitive elements, experiential elements and behavioral elements. A form can also be downloaded for this.

Subsequently a number of techniques are shown to expand and strengthen the healthy adult side: motivating new behavior, imagery for future/new behavior. Finally the breaking through of a dysfunctional partner choice is looked into. A healthier, more functional partner choice is being worked on.

Background 4 patients:

Sanne

She appears in the following fragments: DVD 1: 1, 2, 3&4. DVD 2: 1. DVD 3: 1, 2, 3 & 4. DVD 4: 1, 3 & 4. DVD 6: 1, 2 & 3.

Client is a 37 years old woman who lives alone. She is an only child. She registered at the institute for different complaints: things are not going well in her life; she doesn't have a partner, no work; she feels lonely, frightened, somber and empty. She has tried various therapists. She was quite depressed for some time and for this was committed in a psychiatric hospital. She did a suicide attempt with pills. Sometimes she cuts herself with razor blades. She had a difficult youth: mother was according to client a borderline herself, an alcoholic and absolutely untrustworthy. She was sexually abused in the past. Diagnosis: Borderline personality disorder.

Monique 1

She appears in the following fragments: DVD 2: 2. DVD 4: 2&5. DVD 6: 4. DVD 7: 1, 2, 3 & 4.

Client is a woman in her forties. She has had a hard life. For some time (2 years) she was addicted to drugs; then kicked the habit. Later she had an alcohol problem, which is now more or less under control. She has no work, lives on social security. She has a lot of different relationships. When she goes to the bar she often jumps into bed with someone she has just met because she looks for acknowledgement. Mother was a prostitute. Father left home. She was raised mostly by her grandmother. She left home at an early age and was given very little direction and structure. In the past she attempted suicide twice. If she is unhappy she self mutilates by cutting and burning. Diagnosis: Borderline personality disorder.

Ton

He appears in the following fragments: DVD 4: 6 & 7. DVD5: 1, 2, 3, 4 & 5. DVD 6: 5.

Client is in his early forties and raised in somewhat asocial surroundings. Not much notice was taken of him at home. He didn't finish school and went looking for all kinds of jobs at an early age. At home they were not very law abiding. His father was in jail for some time for fraud and mother had to raise the children alone. All of the children have problems. At a very early age he learned to be cool. He set up all sorts of clever businesses. He narrowly escaped real crime but many friends have police records. He was also frequently taken in for petty theft and arson. He likes women but thinks of them as unattainable beings. He doesn't like to talk about his feelings. More like, hard shell, soft middle. He always gets stuck in relations and work and came to the institute via the police social workers. Diagnosis: Borderline personality disorder.

Monique 2

She appears in the following fragments: DVD 2: 3, 4 & 5.

Client is in her thirties. There are many problems in her life: no work, she avoids intimacy. She did not finish school. She has few friends because she withdraws. She is often somber and stays in bed. She also has the inclination to drink a lot and to smoke cannabis. She prefers to feel as little as possible and ignore problems. When not ignoring problems all sorts of bad memories surface like abuse in the past and being home alone a lot. She had to care for her younger brothers and sisters. She doesn't feel and lives on the surface. Because things have not gone well for a long time she registered at the institution. Diagnosis: Borderline personality disorder.

Explanation of the different fragments

Forms for the following fragments can be down loaded.

DVD 1: Fragments 2 & 3: schema questionnaires; Young Schema Questionnaire, Young Parent Inventory, Young Rye Avoidance Inventory, Young Compensatory Inventory. For downloading see the following website: www.schematherapy.com

DVD 1: fragment 4: a form to make a case conceptualization
Case conceptualization

DVD 2: explanation of the mode model: a form to explain the mode model. We would add the healthy adult.
Mode model

DVD 6: 1 schema diary and mode-diary. Both forms can be used.
Schema diary
Mode-diary
DVD6: 2 flashcard
Flashcard

DVD 7: 1 a form to get an overview and to have the central and alternative interpretation score.
Historical role play