

PSK 477

Introduction to Schema Therapy

2017 Fall

Course Syllabus



PSK 477 Introduction to Schema Therapy

Monday; 13:00 - 15:50

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Description of the Course:

The course will be an introduction to Schema Therapy which is one of the most effective evidence-based therapeutic approaches in treating personality disorders. During the course, a theoretical framework will be covered with some practical issues concerning mainly a case conceptualization. Moreover, video demonstrations will give you a brief insight into principles of Schema Therapy practice.

The main objective of this course is to give you an insight into how Schema Therapy works and what are its theoretical foundations. The main constructs in Schema Therapy (early maladaptive schemas, schema modes and core needs) will be covered. The students will be able to see how schema therapy works in practice. The emphasis will be put on giving you basic theoretical background. Video materials and case studies will be used to demonstrate practical aspects of therapy.

Recommended Text:

Young, J.E., Klokso, J.S., & Weishaar, M.E. (2003). *Schema therapy: A practitioners guide*. New York: The Guilford Press.

Young, J.E., & Klokso, J.S. (2015). *Reinventing your life: The breakthrough program to end negative behaviour ... Feel great again* (5th Edition). USA: Penguin.

Recommended Readings:

Edwards, D., & Arntz, A. (2012). Schema Therapy in Historical Perspective. (Part I, Chapter 1 in: M. van Vreeswijk, J. Broersen, & M. Nadort (eds.) *The Wiley-Blackwell Handbook of Schema Therapy. Theory, Research, and Practice*. Chichester: Wiley-Blackwell.

Arntz, A. & Jacob, G. (2013). *Basics. Schema therapy in practice: an introductory guide to the schema mode approach* (pp. 5-40). Chichester: Wiley-Blackwell.

Jacob, G. & Arntz, A. (2013). Schema therapy for personality disorders – A review. *International Journal of Cognitive Therapy*, 6(2), 171-185.

Content of the Course:

Week 1	Schema Therapy: A Conceptual Framework
Week 2	Early Maladaptive Schemas
Week 3	Schema Assessment
Week 4	Schema Case Formulation
Week 5	Cognitive Strategies Quiz I
Week 6	Experiential Strategies
Week 7	Behavioral Pattern Breaking
Week 8	Midterm
Week 9	The Therapy Relationship
Week 10	Schema Mode Work
Week 11	Schema Mode Work Quiz II
Week 12	Schema Therapy for Borderline Personality Disorder
Week 13	Schema Therapy for Narcissistic Personality Disorder
Week 14	General Evaluation

Evaluation of the Course:

Case Formulation (CF):

Each student is expected to follow an assessment process (clinical interview, application of the scales etc.) with an imaginary mentally ill person, and prepare a case formation for that person in accordance with the features of the schema therapy assessment process. Schema therapy assessment process will be learnt through the term.

In the reports, students are expected to mention the steps followed during their assessment process and then start to write down the case formulation related to the imaginary person. All the demographics about the imaginary person should also be given in the reports.

Reports must be typed in Times New Roman 12-point font, single-spaced, have 1 inch margins on all sides, be written in complete sentences, use proper spelling and grammar, committed to APA rules and be responsive to the topic. No hand written reports will be accepted. The report which is not committed to mentioned guideline will be graded as 0. Students are required to submit their case reports to the course instructor on 25th of December.

CF: 10%; Quizzes: 20%; Midterm: 30%; Final: 40%