

# Schema Focused Therapy for patients with Cluster C Personality Disorders

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# Schema Focused Therapy

- Introduction SFT
- SFT in case of *Mary*
- Demonstration of a technique
- Pitfalls and tips

# Introduction SFT

- Developed by Jeffrey Young c.s. (2003)
- Integration of theory and techniques of different therapeutical frames of reference
- Good evidence BPS
- Empirical evidence cluster C still limited

# Treatment goal SFT

- Decrease the influence of maladaptive coping modes
- Strengthen the ability to respond more flexibly and adaptively
- More able to meet underlying basic needs

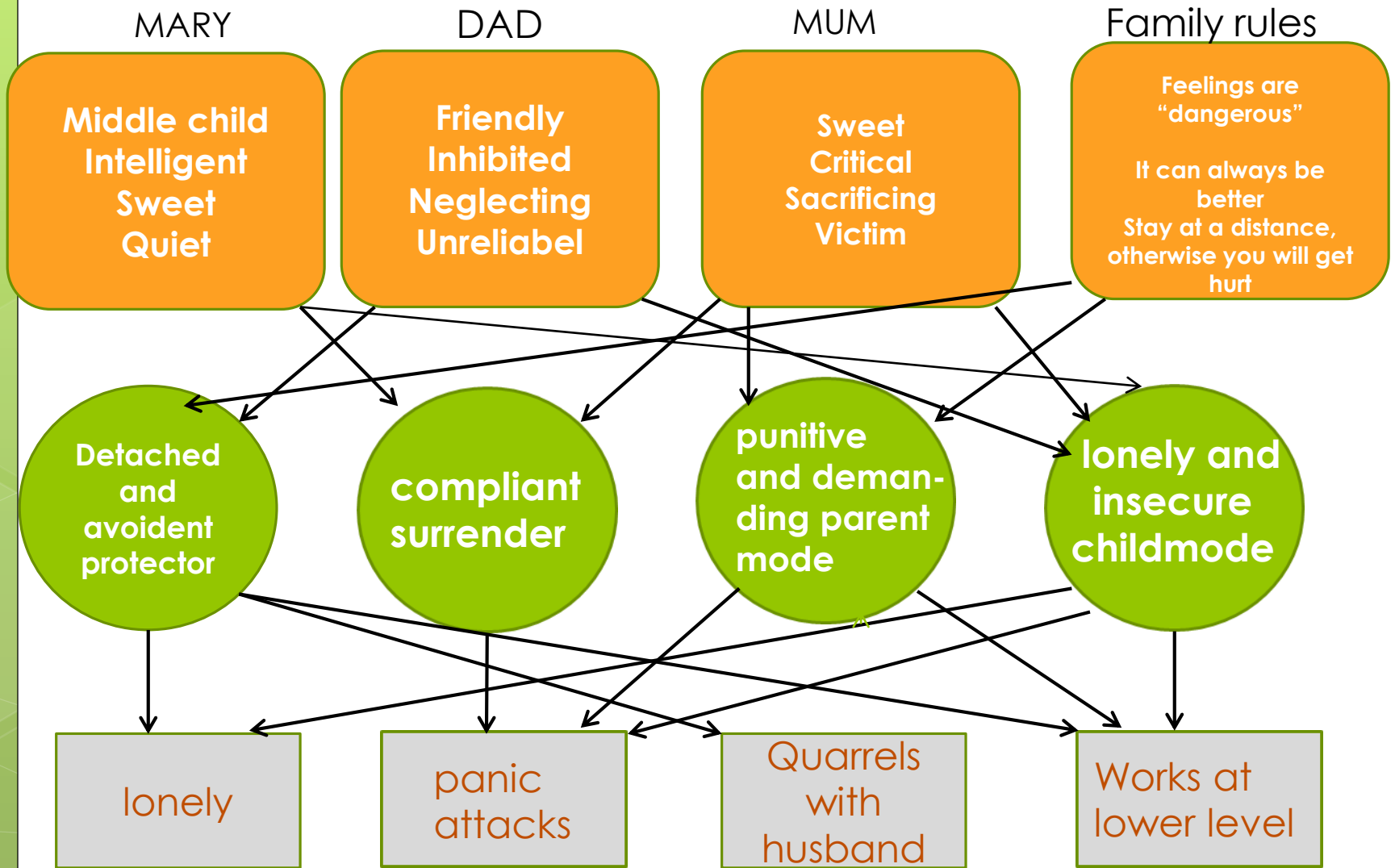
# Schema-mode-model



# SFT – Phase 1

- Getting acquainted
- Building a working alliance
- Formulate a case conceptualisation

# Case Mary



# Phase 1 Interventions

- Questionnaires (YSQ and SMI)
- Psycho-education
- Diaries
- Life story writing
- Diagnostic imagery
- Analyse actual situations
- Therapeutic relationship (hot modes)



# Phase 2: mode awareness

Create modes more ego-dystone

Mode history interviews

Multiple chair techniques

Flashcards

# Phase 3: Mode regulation

- Increase the connection to the vulnerable parts
- Pass the detached protector
- Break the avoiding protector
- Fight the punitive and demanding parent mode
- Connect to childhood experiences
- Stimulate emotional expression

## Phase 4: Make healthy adult stronger

- Focus on changes in present
- Focus on autonomy
- Not only insight, also behavioral changes
- Role play
- Behavior experiments
- Boosters

# Pitfalls and tips

- Be aware of just talking about
- Keep the long term goals in sight
- Stimulate to take risks and to endure the fear
- Setting the stage
- Do not interfere with the high demands and fears of your patients
- Grouptherapy

# Read more?

