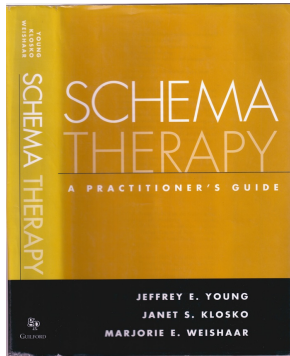


# A SELECTION OF BOOKS ON SCHEMA THERAPY

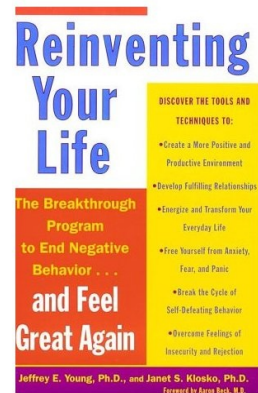
David Edwards September 2012

**This is the comprehensive manual, available as paperback or hardback.**



Young, J. E., Klosko, J., & Weishaar, M. E. (2003). *Schema therapy: A practitioner's guide*. New York: Guilford.

[http://www.amazon.co.uk/Schema-Therapy-Practitioners-Jeffrey-Young/dp/1593853726/ref=sr\\_1\\_3\\_title\\_1\\_pap?s=books&ie=UTF8&qid=1327069332&sr=1-3](http://www.amazon.co.uk/Schema-Therapy-Practitioners-Jeffrey-Young/dp/1593853726/ref=sr_1_3_title_1_pap?s=books&ie=UTF8&qid=1327069332&sr=1-3)



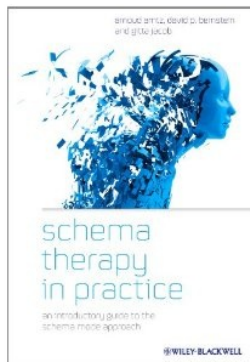
**This is great for giving to clients. It focuses on several of the prominent EMSs and shows how they create “Lifetraps” and how schema therapy helps to overcome them**

Young, J. E. & Klosko, J. (1994). *Reinventing your life*. New York: Plume.

[http://www.amazon.co.uk/s/ref=nb\\_sb\\_ss\\_i\\_1\\_2?url=search-alias%3Dstripbooks&field-keywords=reinventing+your+life+young+and+klosko&prefix=reinventing+your+life%2Cstripbooks%2C819](http://www.amazon.co.uk/s/ref=nb_sb_ss_i_1_2?url=search-alias%3Dstripbooks&field-keywords=reinventing+your+life+young+and+klosko&prefix=reinventing+your+life%2Cstripbooks%2C819)

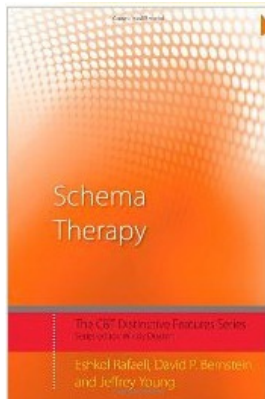
**A practical guide to working with schemas and schema modes**

Arntz, A. & Jacob, G. (2012). *Schema Therapy in practice*. Oxford: Wiley/Blackwell.



[http://www.amazon.co.uk/Schema-Therapy-Practice-Introductory-Approach/dp/1119962862/ref=sr\\_1\\_2?s=books&ie=UTF8&qid=1348845276&sr=1-2](http://www.amazon.co.uk/Schema-Therapy-Practice-Introductory-Approach/dp/1119962862/ref=sr_1_2?s=books&ie=UTF8&qid=1348845276&sr=1-2)

... a comprehensive introduction to schema therapy for non-specialist practitioners wishing to incorporate it into their clinical practice. Focuses on the current schema mode model, within which cases can be more easily conceptualized and emotional interventions more smoothly introduced. Extends the practice of schema therapy beyond borderline personality disorder to other personality disorders and Axis I disorders such as anxiety, depression and OCD. The authors have pioneered the development of the schema mode approach.

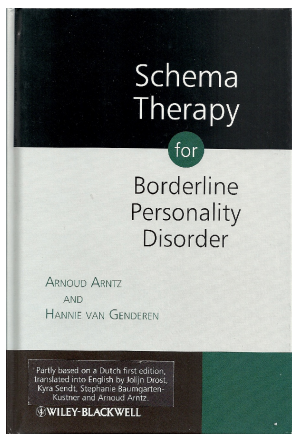


## A brief but well organized and up to date presentation

Rafaeli, E., Bernstein, D. P. & Young, J. (2011) *Schema Therapy (The CBT Distinctive features series)*. London: Routledge.

See it at:

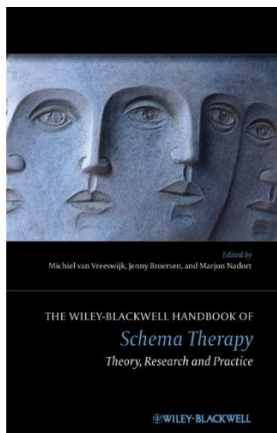
[http://www.amazon.co.uk/Schema-Therapy-CBT-Distinctive-Features/dp/0415462991/ref=sr\\_1\\_2?s=books&ie=UTF8&qid=1327069332&sr=1-2](http://www.amazon.co.uk/Schema-Therapy-CBT-Distinctive-Features/dp/0415462991/ref=sr_1_2?s=books&ie=UTF8&qid=1327069332&sr=1-2)



## A useful volume describing many additional interventions used in the Dutch controlled trial

Arntz, A. & van Genderen, H. (2009). *Schema Therapy for Borderline Personality Disorders*. Oxford: Wiley/Blackwell.

[http://www.amazon.co.uk/Schema-Therapy-Borderline-Personality-Disorders/dp/0470510803/ref=sr\\_1\\_2?s=books&ie=UTF8&qid=1327071117&sr=1-2](http://www.amazon.co.uk/Schema-Therapy-Borderline-Personality-Disorders/dp/0470510803/ref=sr_1_2?s=books&ie=UTF8&qid=1327071117&sr=1-2)



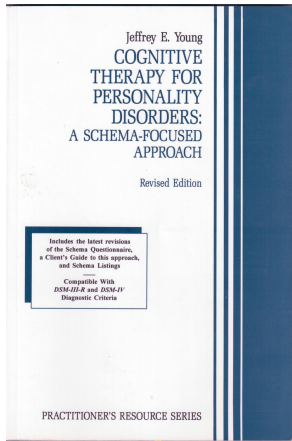
## A comprehensive update

Over 600 pages and chapters covering a range of areas including eating disorders and group schema therapy. Expensive though!!

van Vreeswijk, M., Broersen, J. & Nadort, M. (2012). *The Wiley-Blackwell handbook of schema therapy: Theory, research and practice*. Chichester: Wiley.

See it at:

[http://www.amazon.co.uk/Wiley-Blackwell-Handbook-Schema-Therapy-Research/dp/047097561X/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1327070039&sr=1-1](http://www.amazon.co.uk/Wiley-Blackwell-Handbook-Schema-Therapy-Research/dp/047097561X/ref=sr_1_1?s=books&ie=UTF8&qid=1327070039&sr=1-1)



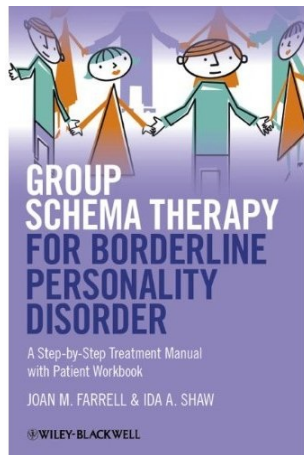
### Third edition of Young's first book on schema therapy (first edition published in 1989).

*Still worth reading and presents a very clear case study though much of it has been incorporated into Young, Klosko & Weishaar (2003).*

Young, J. E. (1999). *Cognitive therapy for personality disorders: A schema-focused approach*. (3rd ed.) Sarasota FL: Professional Resource Press.

See it at:

[http://www.amazon.co.uk/Cognitive-Therapy-Personality-Disorders-Schema-Focused/dp/1568870477/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1327071534&sr=1-1](http://www.amazon.co.uk/Cognitive-Therapy-Personality-Disorders-Schema-Focused/dp/1568870477/ref=sr_1_1?s=books&ie=UTF8&qid=1327071534&sr=1-1)

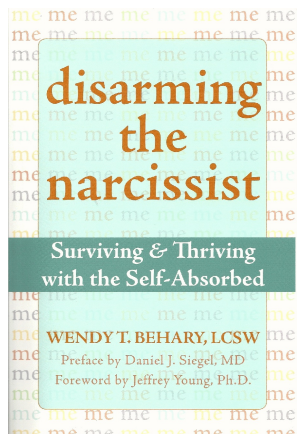


### The long awaited manual for this important development in treatment of BPD.

Farrell, J. M. & Shaw, I. A. (2012). *Group schema therapy for borderline personality disorder: A step-by-step treatment manual with patient workbook*. Chichester: Wiley.

See it at:

[http://www.amazon.co.uk/Schema-Therapy-Borderline-Personality-Disorder/dp/1119958296/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1330069350&sr=1-1](http://www.amazon.co.uk/Schema-Therapy-Borderline-Personality-Disorder/dp/1119958296/ref=sr_1_1?s=books&ie=UTF8&qid=1330069350&sr=1-1)



### Excellent book on schema therapy for narcissistic personality.

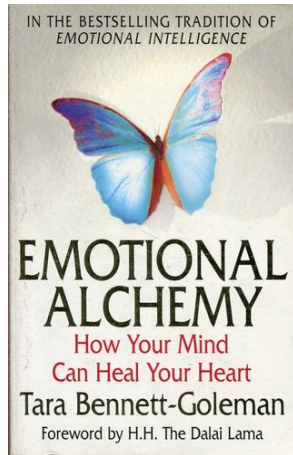
Largely written as a self-help book for clients whose partners, parents, children etc are narcissistic.

*Author is currently President of the International Society of Schema Therapy*

Behary, W. (2008). *Disarming the narcissist. Surviving and thriving with the self-absorbed*. Oakland CA: New Harbinger.

See it at:

[http://www.amazon.co.uk/Disarming-Narcissist-Surviving-Thriving-Self-absorbed/dp/1572245190/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1327072333&sr=1-1](http://www.amazon.co.uk/Disarming-Narcissist-Surviving-Thriving-Self-absorbed/dp/1572245190/ref=sr_1_1?s=books&ie=UTF8&qid=1327072333&sr=1-1)

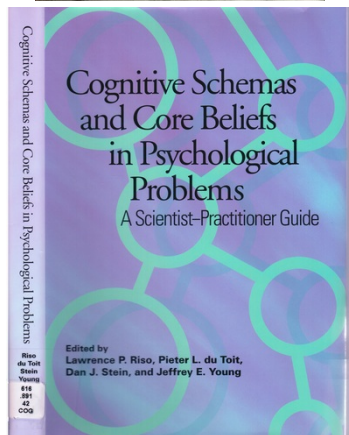


## A self help book that combines principles of schema therapy with those of mindfulness meditation and practice

Bennett-Goleman, T. (2001). *Emotional alchemy: How your mind can heal your heart*. London: Rider.

See it at:

[http://www.amazon.co.uk/Emotional-Alchemy-Your-Mind-Heart/dp/1844130452/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1327072798&sr=1-1](http://www.amazon.co.uk/Emotional-Alchemy-Your-Mind-Heart/dp/1844130452/ref=sr_1_1?s=books&ie=UTF8&qid=1327072798&sr=1-1)

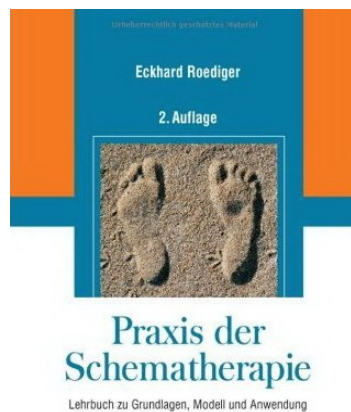


## A research resource, not exclusively on schema therapy but contains good chapters on schema based conceptualization for a range of clinical problems including depression, OCD, PTSD, substance abuse, eating disorders, psychosis and discord in couples.

Riso, L. P. du Toit, P. L., Stein, D. J. & Young J. E. (Eds.), *Cognitive schemas and core beliefs in psychological problems: A scientist-practitioner guide* (pp. 139-175). Washington DC: American Psychological Association.

See it at:

[http://www.amazon.co.uk/Cognitive-Schemas-Beliefs-Psychological-Problems/dp/1591477824/ref=sr\\_1\\_sc\\_1?s=books&ie=UTF8&qid=1327071834&sr=1-1-spell](http://www.amazon.co.uk/Cognitive-Schemas-Beliefs-Psychological-Problems/dp/1591477824/ref=sr_1_sc_1?s=books&ie=UTF8&qid=1327071834&sr=1-1-spell)



## One of many books in German on schema therapy

*Schema therapy is well established in Germany. This book is in its 2<sup>nd</sup> edition*

Roediger, E. (2011). *Praxis der Schematherapie: Lehrbuch zu Grundlagen, Modell und Anwendung* (2<sup>nd</sup> edition). Schattauer GmbH.

See it at:

[http://www.amazon.co.uk/Praxis-Schematherapie-Lehrbuch-Grundlagen-Anwendung/dp/3794527674/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1330082303&sr=1-1](http://www.amazon.co.uk/Praxis-Schematherapie-Lehrbuch-Grundlagen-Anwendung/dp/3794527674/ref=sr_1_1?s=books&ie=UTF8&qid=1330082303&sr=1-1)