A SELECTION OF BOOKS ON SCHEMA THERAPY

David Edwards September 2012

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


[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.


[http://www.amazon.co.uk/s/ref=nb_sb_ss_i_1_21?url=search-alias%3Dstripbooks&field-keywords=reinventing+your+life+young+and+klosko&sprefix=reinventing+your+life%2Cstripbooks%2C819](http://www.amazon.co.uk/s/ref=nb_sb_ss_i_1_21?url=search-alias%3Dstripbooks&field-keywords=reinventing+your+life+young+and+klosko&sprefix=reinventing+your+life%2Cstripbooks%2C819)

A practical guide to working with schemas and schema modes


... 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


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

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


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!!


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


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

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


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

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


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


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.


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 2nd edition*


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)