
CBT WITH THE SCHEMA THERAPY IN PATIENTS WITH PERSONALITY DISORDERS

J. Prasko¹, J. Vyskocilova², M. Slepecky³, A. Kotianova³

¹Department of Psychiatry, Faculty of Medicine and Dentistry University Palacky Olomouc University Hospital Olomouc, Olomouc, Czech Republic

; ²Faculty of Humanities, Faculty of Humanities Charles University Prague, Prague, Czech Republic ; ³Psychology and Psychiatry Department,

ABC Institute Psychology and Psychiatry Department, Liptovsky Mikulas, Slovakia

Personality disordered patients present with multiple problem areas and potential targets of change. This complex clinical situation can be addressed by an integrated approach to the treatment by using treatment strategies and techniques from the various schools of therapy, sequenced and adapted to the individual patient. Through treatment of BPD is complicated, many CBT therapist can learn schema therapy principles and strategies to use them as an additional tool with the patients. Schema therapy is a new integrative psychotherapy based on cognitive models, and offers an effective for patients with borderline personality disorders (BPD). Schema therapy shares the view that schemas are central to understanding of personality disorders. According to Young several early maladaptive schemas collaborated in modes of experience. A mode is a circumscribed complex pattern of emotional, cognitive and behavioral experiences, which function in typical situations. The person reacts characteristically in each mode. Young has proposed a schema mode model of borderline personality disorder, hypothesizing that borderline personality disorder patients tend to flip from 1 of 4 maladaptive schema modes to another. Though cognitive therapy also uses technical eclecticism, it tends to maintain a strong emphasis on cognition; in contrast, schema therapy is often less cognitive in nature and relies more on affective/experiential tools, especially imagery work borrowed from Gestalt therapy. During the workshop the strategies of schema therapy, mostly imagery and role play techniques, which could be used by experienced therapists will be introduced.