

SCHEMA THERAPY

working with modes



Remco van der Wijngaart
David Bernstein

Schema Therapy Schema Therapy is rapidly becoming one of the most widely used treatments for personality disorders. In Schema Therapy, the therapist works with different emotional states, known as "schema modes," to heal the patient's early wounds, modify self-defeating patterns, and achieve healthy integration.

This DVD series shows how 4 experienced Schema Therapists (Remco van der Wijngaart, David Bernstein, Marjon Nadort and Wiesette Krol) work with schema modes in 4 patients with different personality disorders: Borderline Personality Disorder with Antisocial traits; Narcissistic PD with Paranoid traits; Obsessive Compulsive PD with Avoidant traits; and Dependent PD.

The DVDs illustrate various schema modes in these patients, and show how the therapists use some of the most important Schema Therapy interventions, such as limited reparenting, empathic confrontation, guided imagery, and role playing, to work with them.

Schema Therapy

DVD 1: Borderline Personality Disorder with Antisocial traits

Therapist: Marjon Nadort

Starting therapy: exploring patterns and modes	10.39 minutes
Detached Protector: identifying and exploring modes	7.17
Detached Protector: multiple chair technique	10.16
Punitive parent: multiple chair technique	9.30

Therapist David Bernstein

Bully and Attack: setting limits.	13.34 minutes
Bully and Attack: multiple chair technique	9.46
Self Soother: identifying and exploring modes, reviewing pros and cons	7.56
Self Soother: multiple chair technique	10.04

Therapist: Remco van der Wijngaart

Angry Child: general strategy (ventilate, empathize, and reality test)	9.11 minutes
Angry child: cognitive strategy using flip-over board	10.28
Angry Child: cognitive strategy using flashcard	8.29
Vulnerable Child: transitional object	4.39
Vulnerable Child being sad: limited reparenting	4.45
Punitive Parent: imagery rescripting	9.34
Healthy Adult: multiple chair technique	6.14
Healthy Adult: reviewing pros and cons of the Detached Protector	8.36

DVD 2: Narcissistic Personality Disorder with Paranoid traits

Therapist: David Bernstein

Starting therapy: exploring patterns and modes	12.07 minutes
Starting therapy: working in the therapy relationship	12.25
Self Aggrandizer + Paranoid Overcontroller: identifying and exploring modes	7.14
Self Aggrandizer: empathic confrontation	7.14
Vulnerable Child: identifying and exploring modes	7.37
Enraged Child: setting limits and connecting to the Vulnerable Child	7.38
Formulating a mode model	24.51

Therapist : Marjon Nadort

Self Aggrandizer : empathic confrontation	15.02 minutes
Self Aggrandizer : multiple chair technique	17.12

Index DVD 1 and DVD 2

DVD 3: Obsessive Compulsive Personality Disorder with Avoidant traits

Therapist: Wiesette Krol

Starting therapy: exploring patterns and modes	19.00 minutes
Obsessive Compulsive Overcontroller: identifying and exploring modes	11.38
Obsessive Compulsive Overcontroller: reviewing pros and cons	11.23
Obsessive Compulsive Overcontroller: empathic confrontation	5.48
Demanding Parent: imagery rescripting	16.16
Demanding Parent: multiple chair technique	13.28
Happy Child: pushing for spontaneity	7.08

DVD 4: Dependent Personality Disorder

Therapist: Remco van der Wijngaart

Starting therapy: exploring patterns and modes	14.40 minutes
Compliant Surrender : identifying and exploring modes	9.08
Compliant Surrender : multiple chairs technique	12.30
Compliant Surrender: empathic confrontation	8.04
Guilt Inducing Parent: identifying and exploring modes	13.21
Guilt Inducing Parent: imagery rescripting	14.56
Dependent Child: pushing for autonomy	9.37
Angry Child: pushing for expressing anger	13.35

Index DVD 3 and DVD 4

DVD 5: Mode examples

Coping modes: avoidance

Detached Protector flat	3.05 minutes
Detached Protector rationalizing	1.37
Detached Protector rambling	2.57
Self Soother	0.46

Coping modes: surrender

Compliant Surrender	2.12 minutes
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Coping modes: overcompensation

Bully and Attack towards therapist	0.31 minutes
Bully and Attack pestering	0.40
Bully and Attack pestering and threatening	1.34
Predator towards others	2.03
Paranoid Overcontroller	1.14
Perfectionistic Overcontroller	2.25
Self Aggrandizer towards others	2.39
Self Aggrandizer towards others	1.16
Self Aggrandizer towards therapist	2.01
Self Aggrandizer towards therapist	1.18

Parent modes

Punitive Parent	
Guilt Inducing Parent	0.44 minutes
Demanding Parent	1.24
	2.09

Child modes

Angry Child	1.01 minutes
Enraged Child	1.06
Vulnerable Child: mistrust/abuse schema	1.06
Vulnerable Child: abandonment/instability schema	1.08
Vulnerable child: dependence schema	1.01
Vulnerable Child: defectiveness/shame schema	1.23

Index DVD 5

DVD 5 : Mode examples (continued)

Healthy Adult

Healthy Adult

1.15 minutes

Exercises in identifying modes

Exercise 1: Borderline Personality Disorder with Antisocial traits

1.15 minutes

Exercise 2: Narcissistic PD with Paranoid traits

7.22

Exercise 3: Obsessive Compulsive PD with Avoidant traits

5.59

Exercise 4: Dependent PD

4.37

Exercise 5: Different modes played at random

3.56

Exercise 6: Different modes played at random

2.45

Solutions Exercise 5 and Exercise 6:

(rationalizing)

Exercise 6: Detached Protector (fat)-Punitive Parent-Vulnerable Child
schema Abandonment/Instability-Angry Child-Detached Protector

Angry Child-Bully and Attack-Enraged Child.

Exercise 5: Detached Protector (fat)-Detached Protector
(rationalizing)-Healthy Adult-Vulnerable Child schema Mistrust/Abuse-

Index DVD 5 (continued)

Remco van der Wijngaart is a Psychotherapist and Cognitive Behavioral and Schema Therapist. He works in an outpatient clinic in Maastricht in the Netherlands where he treats patients with personality disorders and anxiety disorders. He teaches in Cognitive Behavioral Therapy and Schema Therapy.

David Bernstein is a Clinical Psychologist and Cognitive and Schema Therapist. He is Associate Professor of Psychology at Maastricht University in The Netherlands, and a Consulting Psychologist at Forensic Psychiatric Center 'de Rooyse Wissel' and the Expertise Center for Forensic Psychiatry.

Marjon Nadort is a Psychotherapist and Cognitive and Schema therapist. She is finalizing her dissertation on 'The implementation of schema therapy for patients with borderline personality disorder in regular mental healthcare' Affiliation: GGZ inGeest, Department of Psychiatry, VU medical centre, Free University of Amsterdam in the Netherlands.

Wiesette Krol is a Clinical Psychologist and Cognitive and Schema Therapist. She works in an outpatient clinic in Maastricht in the Netherlands as a therapist and coordinating manager for treating Personality Disorders.

Elsa van den Broek (acting the Borderline patient) is a Drama Therapist at Forensic Psychiatric Center 'de Rooyse Wissel' in Venray, the Netherlands

Ken Smith (acting the Narcissistic patient) is a Clinical Psychologist and Cognitive Behavioral Therapist. He runs a private practice in Maastricht in the Netherlands.

Heiny Eilkes (acting the Dependent patient) is a Psychologist and professional actress.

Bart van der Schaaf (acting the Obsessive Compulsive patient) is a professional actor.

Therapists and actors

Cristoph is 55 years of age when he is referred to an out patient centre for mental health. He has been depressed since his girlfriend left him and he lost his job a year ago. He lost his job as a salesman after a conflict with his boss whom he criticized for being inadequate.

Although he appears to be arrogant, in more intimate relationships he becomes jealous and hypersensitive to criticism. He copes with these feelings by becoming controlling in a paranoid way. Consequently, there were a lot of fights in his relationship with his girlfriend.

Currently, he is applying for a new job, but has been turned down for the managerial positions he wants.

Cristoph comes from a family with two children; he has a younger sister. His father was a successful accountant. His father was always in the office and Cristoph hardly saw him. When they did interact, father remained distant, aloof and never showed warmth and caring. Mother was a housewife. Although she was physically more present, emotionally she, like Cristoph's father, was distant and did not show warmth and caring. Mother was disabled and had trouble moving around. Consequently, Cristoph had to look after her from a very young age. At school he was an average student. He was bullied frequently in primary school. He coped by isolating himself from his peers and putting himself above his peers. Therefore, from a young age, his peers thought of him as arrogant.

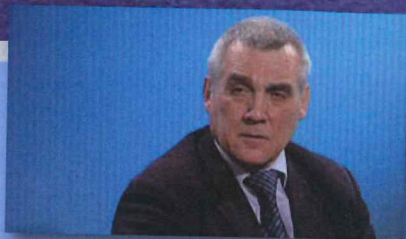
Relevant schemas

Mistrust/Abuse, Emotional Deprivation, Social isolation, Failure, Grandiosity

Relevant modes:

Vulnerable Child, Self Aggrandizer, Paranoid Overcontroller, Enraged Child

Cristoph



Lucy, 34 years of age, seeks help for recurrent depressive episodes, her drug abuse and problems in her relationships. Lucy's relationships with men are characterized by violence and the frequent use of drugs.

She got pregnant with one of these men and now has a son, Billie. Foster care has placed Billie in a foster family and Lucy only gets to see him during visiting hours. She has been prosecuted for threatening and stalking her former boyfriends.

There is a history of unsuccessful attempts to treat her behavioral and psychological problems.

Her parents had a lot of fights when Lucy was a child. Father was in a wheelchair as a result of a stroke and needed a lot of care. Mother was demanding and punitive and she and Lucy fought a lot.

She got pregnant with one of these men and now has a son, Billie. Foster care has placed Billie in a foster family and Lucy only gets to see him during visiting hours.

Relevant schemas:

Abandonment/Instability, Mistrust/Abuse, Emotional Deprivation, Insufficient Self-control/Self-discipline, Approval-seeking/Recognition-seeking, Punitiveness

Relevant modes:

Detached Protector, Bully and Attack, Self Soother, Punitive Parent, Vulnerable Child, Angry Child, Healthy Adult

Lucy



Ben is referred to an outpatient clinic by his general practitioner. He is a perfectionist in his work as a contractor and consequently works long hours. He finds it increasingly difficult to relax and fall asleep. His mind keeps going over all the things that need to get done. Ben is having trouble being open with his girlfriend, or with anybody else because he easily feels ashamed and defective. His coping behavior is to avoid any close contact with other people.

Ben is the only son of a Protestant family. His father worked as an auto mechanic. His mother worked part-time as a cleaning woman. Both his parents had strong religious convictions, and were active in their church.

In their belief system, there was little room for human emotions like anger, lust, or other spontaneous feelings. There were strict rules to follow, and a belief that people are inherently flawed and sinful.

Both parents were emotionally inhibited and had trouble showing their love or affection for Ben.

Relevant schemas:

Emotional Deprivation, Social Isolation, Emotional Inhibition, Defectiveness/Shame, Unrelenting Standards, Punitiveness

Relevant modes :

Obsessive Compulsive Overcontroller, Avoidant Protector, Demanding Parent, Vulnerable Child, Playful Child, and Healthy Adult

Ben



Debbie is a 38 year old woman with complaints of recurrent depressive episodes. She has her own apartment and is not in a relationship. In the past, she did have a relationship in which she felt totally dependent on her boyfriend.

One of the depressive episodes was right after her boyfriend ended their relationship. It was this depressive episode that made her seek professional help.

In her childhood, her mother often warned Debbie of all the risks in the world, and by doing so, passed on the message that the world is a dangerous place to live in. Debbie's autonomous behavior was discouraged by her mother, who interpreted it to mean that Debbie did not care about her mother's needs. Her mother would not become overtly angry, but would show her disappointment.

Debbie was sometimes bullied by her peers because of the way she looked. She developed low self esteem and tended to avoid social contacts. This led to feelings of depression.

Relevant schemas:

Social Isolation, Defectiveness/Shame, Failure, Mistrust/Abuse, Subjugation and Dependence.

Relevant schema modes:

Vulnerable Child, Compliant Surrender, Detached Protector, Guilt Inducing Parent, Healthy Adult.

Debbie



Cover photograph: Geode found by the author

Geodes (Greek γεώδης - ge-ōdēs, "earthlike") are geological rock formations which occur in sedimentary and certain volcanic rocks.

Geodes are essentially rock cavities or vugs with internal crystal formations or concentric banding. The exterior of the most common geodes is generally limestone or a related rock, while the interior contains quartz crystals and/or chalcedony deposits. (Wikipedia)

For clinical use of these stones see scene 'Vulnerable Child: transitional object' on DVD 1

DVD 1: BORDERLINE PERSONALITY DISORDER

DVD 2: NARCISSISTIC PERSONALITY DISORDER

DVD 3: OBSESSIVE COMPULSIVE PERSONALITY DISORDER

DVD 4: DEPENDENT PERSONALITY DISORDER

DVD 5: MODES EXAMPLES

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