New Approaches for Schema Therapy with Children

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Objectives of the Workshop:

- The workshop’s purpose is to introduce and describe various approaches of how to treat children with Schema Therapy (ST).
Goals of ST with Children ...

- to focus on and validate the children’s emotional needs and help to get them met,
- to avoid, weaken, reduce and/or heal early maladaptive schemas and modes,
- to learn how to flip out of self-defeating schema modes
- to put emphasis on the therapeutic relationship („limited reparenting“-Concept)
Goals of ST with Children ...

- to educate and support caregivers (parents, teacher, child/youth care worker etc.)
- to promote parents in getting rid of dysfunctional, maladaptive emotional and behaviour patterns caused by their own schemas („Schema Coaching“)
Def. Schema

J.E. Young defined a Schema as ...

- broad, pervasive themes regarding oneself and one's relationship with others,
- developed during childhood and
- elaborated throughout one's lifetime,
- and dysfunctional to a significant degree.
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Early Maladaptive Schemas (EMS)
New Approaches for Schema Therapy with Children

Mode Work for Children  Schema Pegagogy  Schema-Coaching

Schema Therapy for Children

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19.05.2012
New Approaches for Schema Therapy with Children

Schema Pedagogy
Schema Pedagogy

Schema Therapist is linked/connected to the
- parents and family (home-“[re]parenting“)
- teacher (school-“[re]parenting“) and
- caregivers, nurturer, social workers etc (social „network-[re]parenting“)
Schema Pedagogy

**Note:** Caregivers should know their own schemas. The „limited reparenting“- Concept or „network-reparenting“ does only work if the caregivers are able to distinguish between the own (unmet) needs from those of the child. Therefore, a certain set of self-awareness/self-disclosure is inevitable (e.g. as a member of a self-awareness group).
New Approaches for Schema Therapy with Children

Schema Coaching
Schema Coaching

Objectives:

- In the centre of Schema Coaching stands the parents‘ maladaptive schemas and modes
Schema Coaching

The steps of Schema Coaching are ...

- to investigate the parents schemas (e.g. exploration, YSQ-questionnaire, partner interview)
- to define which modes exist and to figure out how they get activated by the child’s behaviour (“emotional buttons” of the parents)
- to go back into the own childhood in order to clarify which needs were unmet when the parent was a child (e.g. chair work, imagery)
Schema Coaching

EMS: Unrelenting Standards / Hypercriticalness

Mother

Father

“I am tired”

”... be the best!”

”Why are you not better?”

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Schemas in Parents and Child - Family-Overview

EMOTIONAL DEPRIVATION
ABANDONMENT / INSTABILITY
MISTRUST / ABUSE
SOCIAL ISOLATION / ALIENATION
DEFECTIVENESS / SHAME
FAILURE
DEPENDENCE / INCOMPETEN
VULNERABILITY / HARM OR ILLNESS
EMBARRASSMENT / UNDEVELOPED SELF
SUBJUGATION
SELF-SACRIFICE
EMOTIONAL INHIBITION
UNRELENTING STANDARDS / HYPERCRITICALNESS
ENTITLEMENT / GRANDIOSITY
INSUFFICIENT SELF-CONTROL / SELF-DISCIPLIN
APPROVAL-SEEKING / RECOGNITION-SEEKING
NEGATIVITY / PESSIMISM
PUNITIVENESS

YSQ-S3R Sum (parents)
Sum Mother
Sum Father
Sum Child

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New Approaches for Schema Therapy with Children

Mode Work for Ch.
Mode Work for Children

What are schema modes?

Schema modes are moment-to-moment emotional states, that are triggered by day-to-day-events the child is oversensitive to ("emotional buttons").
Mode Work for Children

Why is mode work so important?

- First, the mode concept helps to understand the own behavior and feelings
- This understanding enables the child to build up an ego-dystonic understanding of the problematic behavior
- Goal: Change from an ego-syntonic into an ego-dystonic understanding („mental change“)
Mode Work for Children

Why is the mode work so important?

- Second, it enables the child to change his behavior because now it has an idea or a „scientific model“ of how the problematic behavior and feelings arise. And that again strengthens the feeling of control that is necessary to stop old dysfunctional patterns, modes and schemas (behavioral change).
Mode Work for Children

Important questions are ...

- How can I explain children what modes are?
- Which modes/sides/emotions/feelings does the child already know?
Mode Work for Children

Before you start with modework strengthen the relationship, find the child’s positive sides and so on (usually that takes about 2-4 sessions).

How can I explain children what modes are?
Mode Work for Children

How can I explain children what modes?

An Example:
Therapist: „Let‘s talk about Dolly: Do you know Dolly?“
Child: „No“.
Therapist: „Dolly is a wonderful animal. Dolly is … (use assumed attributes of the child)
Mode Work for Children

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Positive Qualities – Assessment by Others
Place an ‘x’ next to the positive characteristics that you think apply to above mentioned child/youth. He/she is ‘_____’
Mode Work for Children

Hi, I am Dolly

Hi, me too!

Sometimes I do not know who I am, a sheep or a wolf; do you know that?

www.parapluesch.de/
Mode Work for Children

[Re]parenting-Concept
Mode Work for Children

Pingi & Pongi
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Mode Work for Children

Mode-Assembly with Self-Understanding (Mode-Citations)

Which sides do you know from yourself? What kind of moods are typical for you? Which emotional states emerge? Give the different sides/moods/states a typical citation in a speechballoon.
Mode Work for Children

I am totally happy

...I like to be silly

I like to be lazy; that is great

I am sooo hurt!

I dream and dream, it is fantastic

I could cry, I am so sad
Mode Work for Children

[Image of mode work setup with puppets and blocks]
Mode Work for Children

Exercise 1: “Find the right mode → coming to the throne”
Exercise

Find the right mode- Game

- 3-6 persons per group, in every group there are one therapist and one child with a specific problem (e.g. ADHD-like, OCD-like), the others are advisers

- Create a mode assembly: We need a mode for happiness, anger, sadness and anxiety („every human has that“); then we need the „clever mode“ and a mode that represents the symptom (e.g. hyperactive mode for ADHD, compulsive mode for OCD)

- additionally, find 2-3 positive modes (the child is proud of)
Exercise

Find the right mode- Game

- Set up a circle
- Use the smiley-cube
- Think about a typical situation that made you feel like the particular smiley on the cube
- Talk about your goal in this particular situation; and the best fitting mode you want to set on the throne; what are the pros and cons of this mode?
- All discuss if there is a better solution (i.e. mode). If desired install a reward system (gummy bears (:-))
- Next situation; use the smiley-cube, and so on.
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„My House Inside“
Three-Level-Model

Mode-Level

Schema-Level

Experience-Level

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Inner House

1. Mode level

2. Experience level

3. Schema level
Mode and Schema Work

1. Mode level

- Picture frame; representing the upper floor / level of the Inner House
- Modes: here as animals
- Throne
2. Experience level

Telling a concrete experience to a particular mode; resembles an imagination exercise;
Ground-floor of the Inner House
The mode (here: tiger e.g. impulsive mode) has been there when the child was ... years; in the school class .. at the board, he failed to solve the problem, the children laughed, and he reactet in a impulsive way, and gained respect.
Mode and Schema Work

Find a symbol/sign/ an icon for that very experience (~ schema)
Demo Decoder glasses: What happens with the colour?
**Central question:** Are the Decoder-glasses good or bad? Why?

**Demo Decoder glasses:** What happens with the colour? Can you read the message?
Demo: Heart glasses
Mode and Schema Work
Mode Work for Children
Mode and Schema Work

Exercise 2: “Inner House“

1. Mode level

2. Experience level

3. Schema level

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Mode and Schema Work

Exercise 2: “Inner House“

start exercise
Mode Work for Adolescents
Mode Work for Children
Mode Work for Children
Mode Work for Children
Summary for ST with Children

New Approaches for Schema Therapy with Children

Mode Work for Children

Exercise 1: “Find the right mode – coming to the throne”

Mode and Schema Work

Central question: Are the Decoder glasses good or bad? Why?

Demo Decoder glasses: What happens with the colour? Can you read the message?
Thank you for your attention

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