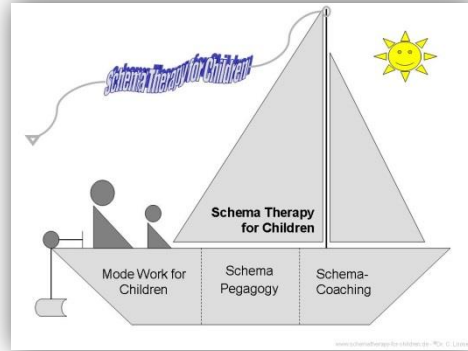


### **Definition Schema Therapy:**

Schema Therapy can be understood as a further development of cognitive behavioural therapy (CBT).

Schema Therapy is conceptualized as an integrative therapy, combining psychodynamic, hypnotherapeutic and gestalt-therapeutic concepts in a CBT-approach.

The intensive work with the child and the parental caregivers, the therapeutic relationship to them and the use of emotion-focused methods such as hand puppets, imagination techniques, and chair dialogues, are particularly helpful.



### **Definition Schemas:**

Schemas are proposed to be the result of intense psychosocial key moments in one's life, a conglomeration of memories, cognitions, emotions and physical reactions of the body.

One could also speak of a complex conditional respondent reflex.