

## The goals of Schema Therapy for Children are the following:

- to focus on and validate the children's emotional needs and help them meet these needs in the present and future,
- to avoid, weaken, reduce and/or heal early maladaptive schemas (EMS) and maladaptive modes (MM) by using methods of Gestalt-, Hypno- and Cognitive Behavioral Therapy (CBT),
- to learn how to change from self-defeating schema modes („Mode model“)
- to emphasize the therapeutic relationship („limited reparenting“ concept) in order to offer emotional security,
- to educate and support caregivers (parents, teachers, child/youth care worker etc.) in recognizing emotional needs and teaching them how to meet the needs („Schema Pedagogy“) and
- to support parents in the recognition and reduction of dysfunctional, maladaptive emotional and behavior patterns caused by their own schemas („Schema Coaching“).

