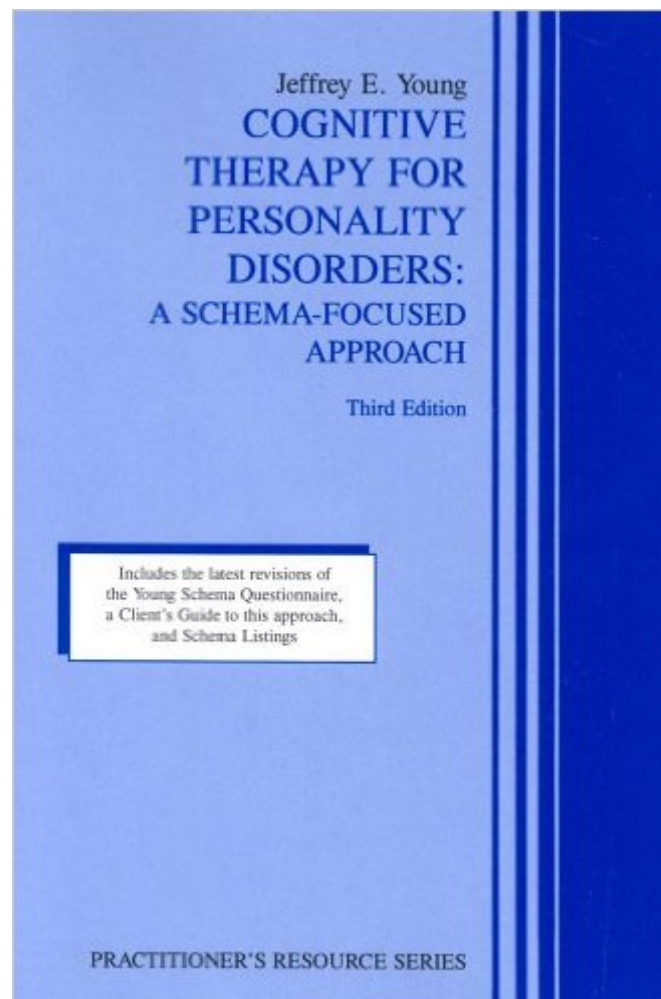


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# Cognitive Therapy For Personality Disorders: A Schema-Focused Approach (Practitioner's Resource Series)(3rd Edition)



## Synopsis

Cognitive Therapy for Personality Disorders: A Schema-Focused Approach (Practitioner's Resource Series)(3rd Edition) 3/E by Jeffrey E. Young

## Book Information

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## Customer Reviews

I have a personality disorder and I've found it difficult to change. This book explained why and gave me a concrete method to effectuate change. I read the lay version "Reinventing Your Life" but I found this version more useful. After almost 5 years of therapy with a competent therapist, I felt like a cognitive therapy failure. Now I know that cognitive therapy can work, but not the way I expected it to--not the way it works for many people. No "Ten Days to Self Esteem" for me. I have to work harder, at a deeper level, in order to get better. This book gives practical advice on how to achieve the change I want.

I highly recommend this illuminating and comprehensive guide. Young's ability to integrate various theoretical orientations and provide a clinically systematic, straightforward method for working with maladaptive traits is astonishing. This book rocks. For a more conversational style that can be used for client homework, check out his companion book, "Reinventing Your Life."

As a practicing psychologist I found that managed care insidiously pulled me away from looking at the personality conflicts behind psychological problems, huge mistake! This book reminds the therapist that it is imperative to understand one's irrational beliefs and defenses protecting self

esteem.

Glorious, easy to understand book. Use it to develop Tx plans for my Schema Therapy group along with our own approved Tx program. Nice for extra ideas and ways to approach lessons that may be confusing in group Tx. Comprehensive and a nice addition to the curriculum I was using.

First of all, let's start with the PROS: short and easy to read. Contains enough information to get one started using Schema Therapy. Those who are well-versed with the Beck et al. manual for Cognitive Therapy will identify many familiar concepts here. CONS: Although Schema Therapy is presented as a variation of "short-term Cognitive Therapy", a psychodynamically-informed therapist will see many familiar concepts disguised with "cognitive" terminology. It is interesting that early in the book, Dr. Young makes a statement that cognitive therapists reject psychodynamic principles. Interesting, because a number of the "unique" contributions of Schema Therapy are actually re-branded psychodynamic key concepts. To name just one example: individuals learn to separate parts of their schemas so that they exist separate from other schemas. The goal of Schema Therapy is to help them gain access to those automatic emotions (and thoughts) and integrate them with their other schemas. Is this not uncomfortably close to Compartmentalization???? In a nutshell: buy this manual if you are interested in enhancing your psychotherapy toolbox. However, don't expect any groundbreaking theoretical insights.

A very well written book, easy enough for the lay person to follow, yet a must have for the professional. The author is highly knowledgeable of this subject, well, he pretty much perfected it, and the approach (therapy) lies in the powers of the mind, ie cognitive, to will.

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