

# Positive Psychology, Psychotherapy & Cognitive Behavioral Sciences

May 01-03, 2017 Toronto, Canada

## Schema therapy for children, adolescents and parents

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Schema Therapy (ST) developed by Jeffrey Young is an enhancement and development of cognitive behavioral therapy (CBT) and particularly integrates emotions, but also developmental aspects centrally in their diagnostic and therapeutic considerations. In addition, ST is based on a model of early maladaptive schemas (EMS), modes and the basic core needs and their fate during the life course. Therefore, ST in terms of technical and strategic variant of CBT seems to be also and especially in the field of child and adolescent therapy particularly suited to generate action-guiding, diagnostic and therapeutic concept. In this workshop, first the schema therapeutic conceptual model (schemas, modes, coping strategies), the underlying theory (central importance of core needs in the context of developmental tasks) and requirements in the therapeutic attitude (e.g., concept of limited reparenting and empathic confrontation) are briefly outlined. Related to the children's age one of the 18 schemas described by Young are outlined with their typical child and adolescent cognitions, coping strategies and parental characteristics. In a glance, schema therapeutic strategies with younger patients are demonstrated: Working with drawings, board-games, using storytelling and fairy tale therapy techniques, cartoons, marionettes, sand-play, metaphors and working with finger puppets. Another focus is laid on the work with parents (Schema Coaching). The participants will learn how to conduct a mode interview with children using finger puppets, hand puppets, people or character puppets, living puppets®, marionettes or other play figures.

### Biography

Christof Loose works at the Institute of Experimental Psychology, Department of Clinical Psychology and in his own Private Practice in Dusseldorf, Germany. He is certified in Schema Therapy with Children/Adolescents (ST-CA) and is the Chair of the Working Group ST-CA (ISST e.V.), editor and author of ST-CA books and Video-Learning (DVD) in Germany. He also conducts workshops and seminars in ST-CA worldwide.

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