

Group Schema Therapy Short-term

What is schema therapy?

Schema therapy (ST) is a form of psychotherapy. Schema therapy can help you if you keep running into the same patterns of behaviour in your life. Those patterns are called schemas, which explains the name schema therapy. These patterns have a number of characteristics:

- They come with unpleasant feelings.
- You have strong negative thoughts about yourself or other persons.
- You automatically keep reacting in the same way. For instance:
 - You feel sad because you are convinced you are not worthy and you distance yourself.
 - You get angry because you feel you are not being taken seriously and then get into arguments with others.
 - You are afraid that you are not good enough and end up working even harder.
 - You are afraid that people will abandon you and you cling on to those people.

Schema therapy helps you to recognise these patterns, or schemas, and gain insight into the emotions and thoughts that emerge with those patterns. We call these modes. You will learn to feel your emotions without being overwhelmed by them. You will also learn what your wants and needs are, and how you can deal with this in a healthy manner. You will learn to understand your patterns and to change them so that you start to think differently, feel better and do things differently. This will help you better define what you want in your life, and you can improve your relationships with others.

It has been scientifically proven that schema therapy works.

Who is short-term group schema therapy for?

The short-term group schema therapy is available for you if you have already had several therapies and want practical tips on dealing with your patterns differently. We particularly focus on why and when your old patterns are triggered, and how you can deal with them differently.

This is what we expect from you at short-term group schema therapy:

- You take part in the exercises.
- You are prepared to explore and discuss what is happening in your contact with others.
- You can deal with the fact that change can be uncomfortable.
- You will practice different behaviour independently in your daily life.

At present:

- Are you suffering from serious self-injurious behaviour, e.g. injuring yourself or attempting suicide?
- If you lack daily routine and take poor care of yourself,

we recommend you to first work on that, before starting short-term group schema therapy.

Before the group starts, you have two interviews with the group therapists to discuss whether this group treatment is a match for you.

What happens in short-term group schema therapy?

The short-term group schema therapy is a six-month treatment. You join a group of seven to nine participants, who will all start at the same time as you. As a group, you will have a weekly two-hour session for 20 weeks.

The programme of the short-term group schema therapy consists of five phases:

- In the **first phase** you will learn how schemas and modes are generated in your life and why they keep coming back.
- In the **second phase** you will work towards reducing the unhelpful modes.
- In the **third phase** you will learn to take care of your vulnerable sides.
- In the **fourth phase** you will learn to strengthen your healthy modes.
- The **fifth phase** focuses on how to sustain all the things you have learned and achieved, including outside the therapy sessions.

Homework assignments and reading assignments are a major component of the treatment.

You have three individual evaluation interviews to discuss your progress: after 10 group sessions, after 20 group sessions and three months after the last session.

You will also get a voucher with five individual (one- to-one) sessions. You can schedule these sessions when you need to.

Would you like to find out more about schema therapy?

- Please check out the videos on this website:
<https://www.schematherapie.nl/schematherapie>.
- Read the book *Patronen doorbreken, Negatieve gevoelens en gewoonten herkennen en veranderen* [Breaking free from negative thought patterns, Recognising and changing negative feelings and habits] by H. van Genderen, G. Jacob & L. Seebauer (2012). Amsterdam: Uitgeverij Nieuwezijds.
- Read the book *Reinventing your life* by J.E. Young J.S. Klosko & M.E. Weishaar (1999). Houten: Bohn Stafleu van Loghum.

Publications

- Arntz, A., & Jacob, G. (2012). *Schematherapie in de praktijk* [Schema therapy in practice]. Amsterdam: Uitgeverij Nieuwezijds.
- Vreeswijk, van, M.F., Broersen, J., Nadort, M. (2008). *Handboek schematherapie* [Handbook on schema therapy]. Houten: Bohn Stafleu van Loghum.
- Young, J.E., Klosko, J.S., Weishaar, M.E. (2005). *Schema Therapy: A Practitioner's Guide*. Houten: Bohn Stafleu van Loghum.

Costs

For all adults (18 years or over), treatment at the NPI is covered by the Healthcare Insurance Act. You will need Dutch health insurance for this. Payment is then handled via the health insurer. A general excess applies. You pay this excess each year to your health insurer on all care needed that year. The government decides the level of this excess on an annual basis.

Privacy

The NPI protects your privacy as regulated by law. It means that we keep information about you and your treatment secure and do not share it with others unless you have given your consent. We adhere to Arkin's privacy regulations. These regulations outline the rules by which our employees are bound when it comes to handling personal data and medical files.

You can read the privacy regulations here: <https://arkin.nl/privacyverklaring/>. You can also request a copy from our secretariat by calling +31 (0) 20 590 4700.

Contact

If you are interested in treatment from the NPI, first discuss this with your GP or treatment provider. They can refer you to us. You can only make an appointment for an intake, an introductory meeting, if you have a letter of referral from your GP or therapist.

If you have any questions about the registration or if you would like to schedule an appointment for the intake, please call Arkin's Central Registration (the NPI is part of Arkin): +31 (0) 88 505 12 02. Another option is for your GP or treatment provider to register you with Arkin for treatment at the NPI.

If you are the referring physician, please contact Arkin's Central Registration on weekdays from 8.30 to 17.00 via telephone number +31 (0) 590 55 55 for registrations, peer consultation and any questions you may have.

If you are an Arkin treatment provider, please contact the Consultation and Registration Team (CAT). More information is available at <https://www.npispécialist.nl/voor-verwijzers/consultatie-expertise-en-second-opinion/>.