



Short-term Schema Therapy Group

Understanding and Breaking Negative Patterns

Schema therapy is a form of psychotherapy for people with severe psychological problems, such as a personality disorder or a frequently recurring depression. During therapy, you will explore the origins of your behavior patterns, allowing you to change them.

You will learn to

- Recognize situations or comments that trigger strong emotions in you.
- Understand your sensitive emotions and better identify your needs.
- Develop ways to take better care of yourself.

A key aspect of Schema therapy is exploring and experiencing what happens in interactions with others. This is why the therapy takes place in a group setting.

The interactions with group members often bring up emotions and reactions more quickly than individual sessions with a therapist.

By sharing your experiences and emotions in a safe group environment, you will learn how to respond differently to situations that used to feel difficult or painful. You will practice recognizing and breaking unhealthy patterns and discover new ways to care for yourself and your relationships.

Please note!

Before starting this therapy group, you will first participate in a *preparatory group for Short-term Schema Therapy*. This consists of 3 weekly sessions of 1.5 hours each.

Meetings: once a week
Length of time: 1.5 hours
Number of meetings: 18
Materials: You will receive a workbook.

Sign Up or Learn More?

Consult with your practitioner whether he or she can register you. For more information, please contact training@ggze.nl.

Short-term Schema Therapy Group is a product of GGzE



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