



# Breaking Negative Thinking Patterns: A Schema Therapy Self-Help and Support Book

By Gitta Jacob, Hannie van Genderen, Laura Seebauer

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*Breaking Negative Thinking Patterns* is the first schema-mode focused resource guide aimed at schema therapy patients and self-help readers seeking to understand and overcome negative patterns of thinking and behaviour.

- Represents the first resource for general readers on the mode approach to schema therapy
- Features a wealth of case studies that serve to clarify schemas and modes and illustrate techniques for overcoming dysfunctional modes and behavior patterns
- Offers a series of exercises that readers can immediately apply to real-world challenges and emotional problems as well as the complex difficulties typically tackled with schema therapy
- Includes original illustrations that demonstrate the modes and approaches in action, along with 20 self-help mode materials which are also available online
- Written by authors closely associated with the development of schema therapy and the schema mode approach

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### Editorial Review

#### Review

The authors have distilled their extensive clinical experience as therapists, supervisors, trainers and researchers in Schema Therapy into a wonderfully clear and enlightening self-help guide. Their ability to explain and address complex issues in such a straightforward and compassionate manner means that this book will be invaluable for people struggling with ‘negative thinking patterns’, and a great inspiration for therapists looking to explain the concepts and ideas of schema therapy to others. Harnessing the use of mental imagery is a useful addition too to many standard texts. Super case examples and vivid images illustrate the concepts throughout.—**Emily Holmes, MRC Cognition & Brain Sciences Unit, Cambridge UK and Department for Clinical Neuroscience, Karolinska Institutet, Sweden**

This book is an amazingly successful explanation of the essence of Schema Therapy. It is perfect for anyone interested in understanding what drives our emotional, thinking and behavioral patterns, and how those patterns can be changed. It is already a bestseller in the Netherlands and Germany and a great help to its readers, so it is fantastic that it is now available in English.—**Arnoud Arntz, PhD, Professor of Clinical Psychology, University of Amsterdam, the Netherlands**

#### From the Back Cover

*Breaking Negative Thinking Patterns* presents the first schema-mode focused resource guide aimed both at current schema therapy patients and anyone interested in changing thinking and behavior patterns that are standing in the way of happiness, fulfillment, or success. Written by three experts, the book combines engaging discussions with illuminating case studies to provide readers with proven, schema-focused cognitive therapy techniques and self-improvement strategies. A variety of illustrations, exercises, and a glossary of technical terminology enhance accessibility. Innovative and timely, *Breaking Negative Thinking Patterns* offers invaluable guidance for breaking free from self-destructive habits and paving the way to a healthier, happier future.

#### About the Author

Gitta Jacob is a Clinical Psychologist and Schema Therapist at GAIA, a therapy development and research company in Hamburg, Germany. A founding board member of the International Society for Schema Therapy (ISST), Dr. Jacob is also co-author of *Schema Therapy in Practice: An Introductory Guide to the Schema Mode Approach* (2012).

Hannie van Genderen is a Clinical Psychologist, Supervisor of the Dutch Association for Behavioural and Cognitive Therapy, and Chair of the Dutch Schema Therapy Association. She is also a Psychotherapist at the Maastricht Community Mental Health Centre and co-author of *Schema Therapy for Borderline Personality Disorder* (2009).

Laura Seebauer is a Psychologist, Psychotherapist and Schema Therapist in the Department of Clinical Psychology and Psychotherapy, University Medical Centre, University of Freiburg, Germany.

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#### **Frances Heath:**

Reading a publication tends to be new life style in this particular era globalization. With reading through you can get a lot of information that can give you benefit in your life. Having book everyone in this world may share their idea. Textbooks can also inspire a lot of people. Lots of author can inspire their reader with their story or maybe their experience. Not only the storyplot that share in the publications. But also they write about the ability about something that you need instance. How to get the good score toefl, or how to teach your children, there are many kinds of book that you can get now. The authors nowadays always try to improve their proficiency in writing, they also doing some study before they write with their book. One of them is this Breaking Negative Thinking Patterns: A Schema Therapy Self-Help and Support Book.

#### **Richard Horgan:**

Spent a free time for you to be fun activity to try and do! A lot of people spent their leisure time with their family, or their own friends. Usually they undertaking activity like watching television, about to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? May be reading a book can be option to fill your no cost time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to try look for book, may be the publication untitled Breaking Negative Thinking Patterns: A Schema Therapy Self-Help and Support Book can be fine book to read. May be it could be best activity to you.

#### **Betty Freeman:**

The reason? Because this Breaking Negative Thinking Patterns: A Schema Therapy Self-Help and Support Book is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will shock you with the secret the idea inside. Reading this book adjacent to it was fantastic author who else write the book in such remarkable way makes the content within easier to understand, entertaining technique but still convey the meaning totally. So , it is good for you because of not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of benefits than the other book have got such as help improving your ability and your critical thinking means. So , still want to hold up having that book? If I ended up you I will go to the book store hurriedly.

#### **Brad Sharpe:**

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