

References

- Adolphs, R. (2003). Cognitive neuroscience of human social behaviour. *Nature Reviews Neuroscience*, 4(3), 165–178.
- Ainsworth, M. D. S., Blehar, M. C., Waters, E., & Wall, S. N. (1978). *Patterns of attachment: A psychological study of the strange situation*. Hillsdale, NJ: Lawrence Erlbaum.
- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Washington, DC: American Psychiatric Publishing.
- Anderson, T. (1987). The reflecting team: Dialog and metadialogue in clinical work. *Family Process*, 26(4), 415–428.
- Arntz, A. (2012). Imagery rescripting as a therapeutic technique: Review of clinical trials, basic studies, and research agenda. *Journal of Experimental Psychopathology*, 3(2), 189–208.
- Arntz, A., & Jacob, G. (2013). *Schema therapy in practice: An introductory guide to the schema mode approach*. Chichester, UK: Wiley-Blackwell.
- Arntz, A., Rauner, M., & van den Hout, M. (1995). "If I feel anxious, there must be danger": ex consequentia reasoning in inferring danger in anxiety disorders. *Behaviour Research and Therapy*, 33(8), 917–925.
- Arntz, A., & van Genderen, H. (2009). *Schema therapy for borderline personality disorder*. Chichester, UK: Wiley-Blackwell.
- Atkinson, T. (2012). Schema therapy for couples: Healing partners in a relationship. In M. van Vreeswijk, J. Broersen, & M. Nadort (Eds.), *The Wiley-Blackwell handbook of schema therapy: Theory, research, and practice* (pp. 323–335). Chichester, UK: Wiley-Blackwell.
- Baars, B. J. (1997). In the theatre of consciousness: Global workspace theory, a rigorous scientific theory of consciousness. *Journal of Consciousness Studies*, 4(4), 292–309.
- Ball, S. A. (1998). Manualized treatment for substance abusers with personality disorders: Dual focus schema therapy. *Addictive Behaviors*, 23(6), 883–891.
- Ball, S. A., Maccarelli, L. M., LaPaglia, D. M., & Ostrowski, M. J. (2011). Randomized trial of dual-focused versus single-focused individual therapy for personality disorders and substance dependence. *Journal of Nervous and Mental Disease*, 199(5), 319–328.
- Bamber, M. (2004). "The good, the bad and the defenceless Jimmy"—a single case study of schema mode therapy. *Clinical Psychology and Psychotherapy*, 11(6), 425–438.
- Bamber, M., & McMahon, R. (2008). Danger—early maladaptive schemas at work! The role of early maladaptive schemas in career choice and the development of occupational stress in health workers. *Clinical Psychology and Psychotherapy*, 15(2), 96–112.
- Bamelis, L., Bloo, J., Bernstein, D., & Arntz, A. (2012). Effectiveness studies. In M. van Vreeswijk, J. Broersen, & M. Nadort (Eds.), *The Wiley-Blackwell handbook of schema therapy: Theory, research, and practice* (pp. 495–510). Chichester, UK: Wiley-Blackwell.

- Bamelis, L. L., Evers, S. M., Spinhoven, P., & Arntz, A. (2014). Results of a multicenter randomized controlled trial of the clinical effectiveness of schema therapy for personality disorders. *American Journal of Psychiatry*, 171(3), 305–322. Retrieved from <http://ajp.psychiatryonline.org/doi/suppl/10.1176/appi.ajp.2013.12040518>.
- Bamelis, L. L., Renner, F., Heidkamp, D., & Arntz, A. (2011). Extended schema mode conceptualizations for specific personality disorders: An empirical study. *Journal of Personality Disorders*, 25(1), 41–58.
- Bandura, A. (1977). Self-efficacy: Toward a unifying theory of behavioral change. *Psychological Review*, 84(2), 191–215.
- Bargh, J. A. (2014). Our unconscious mind. *Scientific American*, January, 30–37.
- Barr, A. (2006). An investigation into the extent to which psychological wounds inspire counsellors and psychotherapists to become wounded healers, the significance of these wounds on their career choice, the causes of these wounds and the overall significance of demographic factors. The Green Rooms. <http://www.thegreenrooms.net/wounded-healer>.
- Bateman, A., & Fonagy, P. (1999). Effectiveness of partial hospitalization in the treatment of borderline personality disorder: A randomized controlled trial. *American Journal of Psychiatry*, 156(10), 1563–1569.
- Bateman, A., Fonagy, P. (2009). Randomized controlled trial of outpatient mentalization-based treatment versus structured clinical management for borderline personality disorder. *American Journal of Psychiatry*, 166(12), 1355–1364.
- Bateson, G. (1972). *Steps to an ecology of mind: Collected essays in anthropology, psychiatry, evolution, and epistemology*. Chicago: University of Chicago Press.
- Beauchamp, T. L., & Childress, J. F. (2001). *Principles of biomedical ethics* (5th ed.). Oxford: Oxford University Press.
- Beaulieu, D. (2006). *Impact techniques for therapists*. New York: Routledge.
- Beck, A. T. (1967). *Depression: Causes and treatment*. Philadelphia: University of Pennsylvania Press.
- Behary, W. T. (2013). *Disarming the narcissist. Surviving and thriving with the self-absorbed*. Oakland, CA: New Harbinger Publications.
- Bennet-Goleman, T. (2001). *Emotional alchemy: How the mind can heal the heart*. New York: Harmony Books.
- Bernstein, D. P., Nijman, H. L., Karos, K., Keulen-de Vos, M., de Vogel, V., & Lucke, T. (2012). Schema therapy for forensic patients with personality disorders: Design and preliminary findings of a multicenter randomized clinical trial in the Netherlands. *International Journal of Forensic Mental Health*, 11, 312–324.
- Berridge, K. C., & Robinson, T. E. (1998). What is the role of dopamine in reward: Hedonic impact, reward learning, or incentive salience? *Brain Research Reviews*, 28(3), 309–369.
- Bliss, T. V., Lomo, T., & Blane, H. (1973). Long-lasting potentiation of synaptic transmission in the dentate area of the anaesthetized rabbit following stimulation of the perforant path. *Journal of Physiology*, 232(2), 331–356.
- Boston Change Process Study Group. (2008). Forms of relational meaning: Issues in the relations between the implicit and reflective-verbal domains. *Psychoanalytic Dialogues*, 18(2), 125–148.

- Botvinick, M. M., Braver, T. S., Barch, D. M., Carter, C. S., & Cohen, J. D. (2001). Conflict monitoring and cognitive control. *Psychological Review*, 108(3), 624–652.
- Bowlby, J. (1969). *Attachment and loss*. New York: Basic Books.
- Brockman, R. (2013, July). *Schema modes and psychological flexibility processes: An approach to functional integration and initial cross-sectional data*. Presentation at 11th Annual World Conference of the Association for Contextual Behavioral Science, University of New South Wales, Sydney, Australia.
- Brockman, R. N., & Calvert, F. L. (2016). Imagery rescripting for PTSD and personality disorders: Theory and application. *Journal of Contemporary Psychotherapy*, 47(1), 23–30.
- Buchheim, A., Heinrichs, M., George, C., Pokorny, D., Koops, E., Henningsen, P., et al. (2009). Oxytocin enhances the experience of attachment security. *Psychoneuroendocrinology*, 34(9), 1417–1422.
- Cahill, L., Prins, B., Weber, M., & McGaugh, J. L. (1994). Beta-adrenergic activation and memory for emotional events. *Nature*, 371(6499), 702–704.
- Cannon, W. B. (1915). *Bodily changes in pain, hunger, fear and rage: An account of recent researches into the function of emotional excitement*. New York: Appleton.
- Clark, A., & Chalmers, D. J. (1998). The extended mind. *Analysis*, 58(1), 10–23.
- Clarkin, J. F., Levy, K. N., Lenzenweger, M. F., & Kernberg, O. F. (2007). Evaluating three treatments for borderline personality disorder: A multiwave study. *American Journal of Psychiatry*, 164(6), 922–928.
- Cousineau, P. (2012). Mindfulness and ACT as strategies to enhance healthy adult mode: The use of the mindfulness flash card as an example. In M. van Vreeswijk, J. Broersen, & M. Nadort (Eds.), *The Wiley-Blackwell handbook of schema therapy: Theory, research, and practice* (pp. 249–258). Chichester, UK: Wiley-Blackwell.
- Craske, M. G., Kircanski, K., Zelikowsky, M., Mystkowski, J., Chowdhury, N., & Baker, A. (2008). Optimizing inhibitory learning during exposure therapy. *Behaviour Research and Therapy*, 46(1), 5–27.
- Damasio, A. R. (1999). *The feeling of what happens: Body and emotion in the making of consciousness*. New York: Harcourt Brace.
- DeCharms, R. C. (2008). Applications of real-time fMRI. *Nature Reviews Neuroscience*, 9(9), 720–729.
- De Klerk, N., Abma, T. A., Bamelis, L. L., & Arntz, A. (2017). Schema therapy for personality disorders: A qualitative study of patients' and therapists' perspectives. *Behavioural and Cognitive Psychotherapy*, 45(1), 31–45.
- DeRubeis, R. J., Hollon, S. D., Amsterdam, J. D., Shelton, R. C., Young, P. R., Salomon, R. M., et al. (2005). Cognitive therapy vs. medications in the treatment of moderate to severe depression. *Archives of General Psychiatry*, 62(4), 409–416.
- De Shazer, S. (1985). *Keys to solution in brief therapy*. New York: W. W. Norton.
- Dibbets P., & Arntz A. (2016). Imagery rescripting: Is incorporation of the most aversive scenes necessary? *Memory*, 24(5), 683–695.
- Doering, S., Hötz, S., Rentrop, M., Fischer-Kern, M., Schuster, P., Benecke, C., et al. (2010). Transference-focused psychotherapy versus treatment by community psychotherapists for

- borderline personality disorder: Randomised controlled trial. *British Journal of Psychiatry*, 196(5), 389–395.
- Donabedian, A. (1966). Evaluating the quality of medical care. *Milbank Memorial Fund Quarterly*, 44(3), 166–206.
- Edwards, D., & Arntz, A. (2012). Schema therapy in historical perspective. In M. van Vreeswijk, J. Broersen, & M. Nadort (Eds.), *The Wiley-Blackwell handbook of schema therapy: Theory, research, and practice* (pp. 3–26). Chichester, UK: Wiley-Blackwell.
- Eisenberg, L. (1995). The social construction of the human brain. *American Journal of Psychiatry*, 152(11), 1563–1575.
- Eisenberger, N. I., Lieberman, M. D., & Williams, K. D. (2003). Does rejection hurt? An fMRI study of social exclusion. *Science*, 302(5643), 290–292.
- Ellis, A. (1969). A cognitive approach to behavior therapy. *International Journal of Psychiatry*, 8(6), 896–900.
- Ekman, P. (1993). Facial expression and emotion. *American Psychologist*, 48(4), 384–392.
- Ekman, P. (n.d.). Atlas of emotions. <http://atlasofemotions.org>.
- Erskine, R. G. (1998). The therapeutic relationship: Integrating motivation and personality theories. *Transactional Analysis Journal*, 28(2), 132–142.
- Farrell, J. M., Reiss, N., & Shaw, I. A. (2014). *The schema therapy clinician's guide: A complete resource for building and delivering individual, group and integrated schema mode treatment programs*. Chichester, UK: Wiley-Blackwell.
- Farrell, J. M., & Shaw, I. A. (2012). *Group schema therapy for borderline personality disorder: A step-by-step treatment manual with patient workbook*. Chichester, UK: Wiley-Blackwell.
- Farrell, J. M., & Shaw, I. A. (2018). *Experiencing schema therapy from the inside out: A self-practice/self-reflection workbook for therapists*. New York: Guilford.
- Farrell, J. M., Shaw, I. A., & Webber, M. A. (2009). A schema-focused approach to group psychotherapy for outpatients with borderline personality disorder: A randomized controlled trial. *Journal of Behavior Therapy and Experimental Psychiatry*, 40(2), 317–328.
- Ferenczi, S. (1932/1988). *Ohne Sympathie keine Heilung: Das klinische Tagebuch von 1932*. Frankfurt: S. Fischer.
- Foa, E. B., & Kozak, M. J. (1986). Emotional processing of fear: Exposure to corrective information. *Psychological Bulletin*, 99(1), 20–35.
- Fonagy, P., Gergely, G., Jurist, E., & Target, M. (2004). *Affect regulation, mentalization and the development of the self*. London: Karnac.
- Freud, S. (1915). Instincts and their vicissitudes. In J. Strachey (Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 14, 1914–1916, pp. 109–140). London: Vintage.
- Freud, S. (1923). The ego and the id. In J. Strachey (Trans.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol. 19, 1923–1925, pp. 1–16). London: Vintage.
- Fuster, J. M. (2002). Physiology of executive functions: The perception-action cycle. In D. T. Stuss & R. T. Knight (Eds.), *Principles of frontal lobe function* (pp. 96–108). New York: Oxford University Press.

- Gallagher, H. L., & Frith, C. D. (2003). Functional imaging of “theory of mind.” *Trends in Cognitive Sciences*, 7(2), 77–83.
- Giesen-Bloo, J., van Dyck, R., Spinhoven, P., van Tilburg, W., Dirksen, C., van Asselt, T., et al. (2006). Outpatient psychotherapy for borderline personality disorder: Randomized trial for schema-focused therapy versus transference-focused psychotherapy. *Archives of General Psychiatry*, 63(6), 649–658.
- Gilbert, P. (2010). *The compassionate mind: A new approach to life's challenges*. Oakland, CA: New Harbinger Publications.
- Goleman, D. (1995). *Emotional intelligence: Why it can matter more than IQ*. New York: Bantam Books.
- Grawe, K. (2004). *Psychological therapy*. Cambridge, MA: Hogrefe and Huber.
- Greenberg, L. S. (2015). *Emotion focused therapy: Coaching clients to work through their feelings* (2nd ed.) Washington, DC: American Psychological Association.
- Haken, H. (1983). *Synergetics: Introduction and advanced topics* (3rd ed.). Heidelberg, Berlin, New York: Springer.
- Harris, R. (2009). *ACT made simple: An easy-to-read primer on acceptance and commitment therapy*. Oakland, CA: New Harbinger Publications.
- Hawley, L. C., & Cacioppo, J. T. (2010). Loneliness matters: A theoretical and empirical review of consequences and mechanism. *Annals of Behavioral Medicine*, 40(2), 218–227.
- Hayes, S. C., Strosahl, K. D., & Wilson, K. G. (2012). *Acceptance and commitment therapy: The process and practice of mindful change* (2nd ed.). New York: Guilford Press.
- Hebb, D. O. (1949). *The organization of behavior: A neuropsychological theory*. New York: John Wiley and Sons.
- Heim, C., Shugart, M., Craighead, W. E., & Nemeroff, C. B. (2010). Neurobiological and psychiatric consequences of child abuse and neglect. *Developmental Psychobiology*, 52(7), 671–690.
- Holman, G., Kanter, J., Tsai, M., & Kohlenberg, R. J. (2017). *Functional analytic psychotherapy made simple: A practical guide to therapeutic relationships*. Oakland, CA: New Harbinger Publications.
- Holmes, E. A., & Mathews, A. (2010). Mental imagery in emotion and emotional disorders. *Clinical Psychology Review*, 30(3), 349–362.
- Holt-Lunstad, J., Smith, T. B., Baker, M., Harris, T., & Stephenson, D. (2015). Loneliness and social isolation as risk factors for mortality: A meta-analytic review. *Perspectives on Psychological Science*, 10(2), 227–237.
- Ivey, G. (2010). Plying the steel: A reconsideration of surgical metaphors in psychoanalysis. *Journal of the American Psychoanalytic Association*, 58(1), 59–82.
- Jacob, G., van Genderen, H., & Seebauer, L. (2015). *Breaking negative thinking patterns: A schema therapy self-help and support book*. Chichester, UK: Wiley-Blackwell.
- Jacob, G. A., & Arntz, A. (2013). Schema therapy for personality disorders—a review. *International Journal of Cognitive Therapy*, 6(2), 171–185.

- Kabat-Zinn, J. (1990). *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness*. New York: Delta.
- Kandel, E. R. (1989). Genes, nerve cells, and the remembrance of things past. *Journal of Neuropsychiatry and Clinical Neurosciences*, 1(2), 103–125.
- Kanfer, F. H., & Schefft, B. K. (1988). *Guiding the process of therapeutic change*. Michigan: Research Press Publications.
- Kellogg, S. H., & Young, J. E. (2006). Schema therapy for borderline personality disorder. *Journal of Clinical Psychology*, 62(4), 445–458.
- Kliem, S., Kröger, C., & Kosfelder, J. (2010). Dialectical behavior therapy for borderline personality disorder: A meta-analysis using mixed-effects modelling. *Journal of Consulting and Clinical Psychology*, 78(6), 936–951.
- Kosfeld, M., Heinrichs, M., Zak, P. J., Fischbacher, U., & Fehr, E. (2005). Oxytocin increases trust in humans. *Nature*, 435(7042), 673–676.
- Kosslyn, S. M., Thompson, W. L., Kim, I. J., & Alpert, N. M. (1995). Topographical representations of mental images in primary visual cortex. *Nature*, 378(6556), 496–498.
- Lambert, M. J. (1992). Psychotherapy outcome research: Implications for integrative and eclectic therapists. In J. C. Norcross & M. R. Goldfried (Eds.), *Handbook of psychotherapy integration* (pp. 94–129). New York: Basic Books.
- Lambert, M. J. (2013). The efficacy and effectiveness of psychotherapy. In M. J. Lambert (Ed.), *Bergin and Garfield's handbook of psychotherapy and behavior change* (6th ed., pp. 169–218). Hoboken, NJ: John Wiley and Sons.
- Lazarevic, D., Hough, M., & Brockman, R. (2013) *The relationship between the healthy adult schema mode and psychological flexibility*. Master's thesis, University of Western Sydney.
- Leahy, R. L. (2001). *Overcoming resistance in cognitive therapy*. New York: Guilford Press.
- Leary, M. R. (2009). The self and emotion: The role of self-reflection in the generation and regulation of affective experience. In R. J. Davidson, K. R. Scherer, & H. H. Goldsmith (Eds.), *Handbook of affective sciences* (pp. 773–786). New York: Oxford University Press.
- LeDoux, J. E. (1996). *The emotional brain: The mysterious underpinnings of emotional life*. New York: Simon and Schuster.
- Lee, C. W., Taylor, G., & Dunn, J. (1999). Factor structures of the schema questionnaire in a large clinical sample. *Cognitive Therapy and Research*, 23(4), 421–451.
- Leslie, A. M. (1987). Pretense and representation: The origin of “theory of mind.” *Psychological Review*, 94(4), 412–426.
- Lewis, D. J. (1990). The experimental and theoretical foundation of behavior modification. In A. S. Bellack, M. Hersen, & A. E. Kadzin (Eds.), *International handbook of behavior modification and therapy* (pp. 27–51). New York: Plenum Press.
- Lieberman, M. D., Eisenberger, N. I., Crockett, M. J., Tom, S. M., Pfeifer, J. H., & Way, B. M. (2007). Putting feelings into words: Affect labeling disrupts amygdala activity in response to affective stimuli. *Psychological Science*, 18(5), 421–428.
- Linehan, M. M. (1993). *Cognitive-behavioral treatment of borderline personality disorder*. New York: Guilford Press.

- Lobbestael, J., van Vreeswijk, M., Spinhoven, P., Schouten, E., & Arntz, A. (2010). Reliability and validity of the short Schema Mode Inventory (SMI). *Behavioural and Cognitive Psychotherapy*, 38(4), 437–458.
- Lockwood, G., & Perris, P. (2012). A new look at core emotional needs. In M. van Vreeswijk, J. Broersen, & M. Nadort (Eds.), *The Wiley-Blackwell handbook of schema therapy: Theory, research, and practice* (pp. 41–66). Chichester, UK: Wiley-Blackwell.
- Marlatt, G. A., & Gordon, J. R. (1985). *Relapse prevention: Maintenance strategies in the treatment of addictive behaviors*. New York: Guilford Press.
- Maslow, A. H. (1970). *Motivation and personality* (2nd ed.). New York: Harper and Row.
- Maturana, H. R., & Varela, F. J. (1998). *The tree of knowledge: The biological roots of human understanding*. Boston: Shambhala Publications.
- McAdams, D. P. (2001). The psychology of life stories. *Review of General Psychology*, 5(2), 100–122.
- McCullough, J. P. (2000). *Treatment for chronic depression: Cognitive behavioral analysis system of psychotherapy* (CBASP). New York: Guilford Press.
- McKay, M., Lev, A., & Skeen, M. (2012). *Acceptance and commitment therapy for interpersonal problems: Using mindfulness, acceptance, and schema awareness to change interpersonal behaviors*. Oakland, CA: New Harbinger Publications.
- Meaney, M. J. (2001). Nature, nurture, and the disunity of knowledge. *Annals of the New York Academy of Sciences*, 935, 50–61.
- Meichenbaum, D. H. (1979). *Cognitive-behavior modification: An integrative approach*. New York: Plenum Press.
- Menninger, K. (1958). *Theory of psychoanalytic technique*. New York: Basic Books.
- Merton, R. K. (1948). The self-fulfilling prophecy. *Antioch Review*, 8(2), 193–210.
- Messer, S. B. (2001). Introduction to the special issue of assimilative integration. *Journal of Psychotherapy Integration*, 11(1), 1–4.
- Metzinger, T. (2000). *Neural correlates of consciousness: Empirical and conceptual questions*. Cambridge, MA: MIT Press.
- Miller, W. R. (2000). Rediscovering fire: Small interventions, large effects. *Psychology of Addictive Behavior*, 14(1), 6–18.
- Miller, W. R., & Rollnick, S. (2002). *Motivational interviewing: Preparing people for change* (2nd ed.). New York: Guilford Press.
- Millon, T. H. (1990). *Toward a new personology: An evolutionary model*. New York: John Wiley and Sons.
- Nader, K., & Hardt, O. (2009). A single standard for memory: The case for reconsolidation. *Nature Reviews Neuroscience*, 10(3), 224–234.
- Nadort, M., Arntz, A., Smit, J. H., Giesen-Bloo, J., Eikelenboom, M., Spinhoven, P., et al. (2009). Implementation of outcome schema therapy for borderline personality disorder with versus without crisis support by the therapist outside office hours: A randomized trial. *Behaviour Research and Therapy*, 47(11), 961–973.

- Nissen, L., & Sturm, M. (2014). Schematherapeutische Strategien bei chronischer Emotionsvermeidung. Zum Konzept des "emotionalen Resonanzraumes." *Verhaltenstherapie und Verhaltensmedizin*, 35(3), 270–286.
- Norcross, J. C., & Guy, J. D. (2007). *Leaving it at the office: A guide to psychotherapist self-care*. New York: Guilford Press.
- Nummenmaa, L., Glerean, E., Hari, R., & Hietanen, J. K. (2014). Bodily maps of emotions. *Proceedings of the National Academy of Sciences of the United States of America*, 111(2), 646–651.
- Panksepp, J. (2011). Cross-species affective neuroscience decoding of the primal affective experiences of humans and related animals. *PLoS One*, 6(9), e21236.
- Parfyonoff, E. (2012). Schema therapy, mindfulness, and ACT—differences and points of contact. In M. van Vreeswijk, J. Broersen, & M. Nadort (Eds.), *The Wiley-Blackwell handbook of schema therapy: Theory, research, and practice* (pp. 229–238). Chichester, UK: Wiley-Blackwell.
- Pearson, J. L., Cohn, D. A., Cowan, P. A., & Cowan, C. P. (1994). Earned- and continuous-security in adult attachment: Relation to depressive symptomatology and parenting style. *Development and Psychopathology*, 6, 259–373.
- Pennebaker, J. W. (1997). *Opening up: The healing power of expressing emotions*. New York: Guilford Press.
- Perls, F. S. (1973). *The gestalt approach: Eye witness to therapy*. Palo Alto, CA: Science and Behavior Books.
- Piaget, J. (1985). *The equilibration of cognitive structures: The central problem of intellectual development*. Chicago: University of Chicago Press.
- Pope, K. S. (1990). Therapist-patient sexual involvement: A review of the research. *Clinical Psychology Review*, 10(4), 477–490.
- Porges, S. W. (2007). The polyvagal perspective. *Biological Psychology*, 74(2), 116–143.
- Power, W. T. (1973). *Behavior: The control of perception*. New York: Aldine.
- Rafaeli, E., Bernstein, D. P., & Young, J. (2011). *Schema therapy: Distinctive features*. New York: Routledge.
- Remond, A., Hough, M., & Brockman, R. (2013). *The relationship between self-compassion and schema modes*. Master's thesis, University of Western Sydney.
- Roediger, E. (2012). Why are mindfulness and acceptance central elements for therapeutic change in schema therapy? An integrative perspective. In M. van Vreeswijk, J. Broersen, & M. Nadort (Eds.), *The Wiley-Blackwell handbook of schema therapy: Theory, research, and practice* (pp. 239–248). Chichester, UK: Wiley-Blackwell.
- Roediger, E., & Laireiter, A. R. (2013). The schema therapeutic mode cycle in behavior therapy supervision. *Verhaltenstherapie*, 23, 91–99.
- Roediger, E., & Zarbock, G. (2013). Schematherapie. In T. Heidenreich & J. Michalak (Eds.), *Die "dritte Welle" der Verhaltenstherapie: Grundlagen und Praxis* (pp. 199–218). Weinheim: Beltz Verlag.
- Rogers, C. R. (1951). *Client-centered therapy: Its current practice, implications, and theory*. London: Constable.

- Rotter, J. B. (1966). Generalized expectancies for internal versus external control of reinforcement. *Psychology Monograph*, 80(1), 1–28.
- Ryan, R. M., & Deci, E. L. (2017). *Self-determination theory: Basic psychological needs in motivation, development, and wellness*. New York: Guilford Press.
- Schacter, D. L. (1992). Priming and multiple memory systems: Perceptual mechanisms of implicit memory. *Journal of Cognitive Neuroscience*, 4(3), 244–256.
- Schnarch, D. (2009). *Intimacy and desire: Awaken the passion in your relationship*. New York: Beaufort Books.
- Schore, A. N. (1994). *Affect regulation and the origin of the self: The neurobiology of emotional development*. Hillsdale, NJ: Erlbaum.
- Schore, A. N. (2014). The right brain is dominant in psychotherapy. *Psychotherapy*, 51(3), 388–397.
- Schulte, D. (1996). Tailor-made and standardized therapy: Complementary tasks in behavior therapy. A contrarian view. *Journal of Behavior Therapy and Experimental Psychiatry*, 27(2), 119–126.
- Seebauer, L., Froß, S., Dubaschny, L., Schönberger, M., & Jacob, G. A. (2014). Is it dangerous to fantasize revenge in imagery exercises? An experimental study. *Journal of Behavior Therapy and Experimental Psychiatry*, 45(1), 20–25.
- Segal, Z. V., Williams, J. M. G., & Teasdale, J. D. (2002). *Mindfulness-based cognitive therapy for depression: A new approach to preventing relapses*. New York: Guilford Press.
- Selye, H. (1936). A syndrome produced by diverse nocuous agents. *Nature*, 138, 32.
- Siegel, D. J. (1999). *The developing mind: How relationships and the brain interact to shape who we are*. New York: Guilford Press.
- Simeone-DiFrancesco, C., Roediger, E., & Stevens, B. A. (2015). *Schema therapy with couples: A practitioner's guide to healing relationships*. Chichester, UK: Wiley-Blackwell.
- Smucker, M. R., & Dancu, C. V. (1999). *Cognitive-behavioral treatment for adult survivors of childhood trauma: Imagery rescripting and reprocessing*. New York: Rowman and Littlefield.
- Sterelny, K. (2003). *Thought in a hostile world: The evolution of human cognition*. Oxford: Blackwell.
- Stern, D. N. (1985). *The interpersonal world of the infant: A view from psychoanalysis and developmental psychology*. New York: Basic Books.
- Teasdale, J. D., Moore, R. G., Hayhurst, H., Pope, M., Williams, S., & Segal, Z. V. (2002). Metacognitive awareness and prevention of relapse in depression: Empirical evidence. *Journal of Consulting and Clinical Psychology*, 70(2), 275–287.
- Tronick, E. (2009). “The still face experiment.” <https://www.youtube.com/watch?v=apzXGEbZht0>.
- Van Asselt, A. D., Dirksen, C. D., Arntz, A., Giesen-Bloo, J. H., van Dyck, R., Spinhoven, P., et al. (2008). Outpatient psychotherapy for borderline personality disorder: Cost-effectiveness of schema-focused therapy versus transference-focused psychotherapy. *British Journal of Psychiatry*, 192(6), 450–457.

- Van der Hart, O., Nijenhuis, E. R. S., & Steele, K. (2006). *The haunted self: Structural dissociation and the treatment of chronic traumatization*. New York: W. W. Norton.
- Van der Meulen, M., van IJzendoorn, M. H., & Crone, E. A. (2016). Neural correlates of prosocial behavior: Compensating social exclusion in a four-player cyberball game. *PLoS ONE*, 11(7), e0159045.
- Vansteenkiste, M., & Ryan, R. M. (2013). On psychological growth and vulnerability: Basic psychological need satisfaction and need frustration as a unifying principle. *Journal of Psychotherapy Integration*, 23(3), 263–280.
- Van Vreeswijk, M., Broersen, J., & Schurink, G. (2014). *Mindfulness and schema therapy: A practical guide*. Chichester, UK: Wiley-Blackwell.
- Weaver, I. C., Cervoni, N., Champagne, F. A., D'Alessio, A. C., Sharma, S., Seckl, J. R., et al. (2004). Epigenetic programming by maternal behavior. *Nature Neuroscience*, 7(8), 847–854.
- Wells, A. (2009). *Metacognitive therapy for anxiety and depression*. New York: Guilford Press.
- Wieczorek, M., & Brockman, R. (2016). *The schema model and core emotional needs: A self-determination theory perspective*. Master's thesis, University of Technology Sydney.
- Winnicott, D. W. (1958). *Collected papers: From paediatrics to psycho-analysis*. London: Tavistock.
- Wright, J. H., Basco, M. R., & Thase, M. E. (2006). *Learning cognitive-behavior therapy: An illustrated guide*. Washington, DC: American Psychiatric Publishing.
- Yalom, I. D. (1983). *Inpatient group psychotherapy*. New York: Basic Books.
- Yang, M., Coid, J., & Tyrer, P. (2010). Personality pathology recorded by severity: National survey. *British Journal of Psychiatry*, 197(3), 193–199.
- Yehuda, R., & McFarlane, A. C. (1995). Conflict between current knowledge about post-traumatic stress disorder and its original conceptual basis. *American Journal of Psychiatry*, 152(12), 1705–1713.
- Yerkes, R. M., & Dodson, J. D. (1908). The relation of strength of stimulus to rapidity of habit-formation. *Journal of Comparative Neurology and Psychology*, 18, 459–482.
- Young, J. E. (1990). *Cognitive therapy for personality disorders: A schema-focused approach*. Sarasota, FL: Professional Resource Exchange.
- Young, J. E. (2008). An interview with Jeffrey Young by Eckhard Roediger. <https://schematherapysociety.org/Interview-with-Jeffrey-Young-by-Eckhard-Roediger/>.
- Young, J. E., & Klosko, J. S. (1993). *Reinventing your life: The breakthrough program to end negative behavior...and feel great again*. New York: Plume.
- Young, J. E., Klosko, J. S., & Weishaar, M. E. (2003). *Schema therapy: A practitioner's guide*. New York: Guilford Press.
- Zarbock, G., Lynch, S., Ammann, A., & Ringer, S. (2015). *Mindfulness for therapists: Understanding mindfulness for professional effectiveness and personal well-being*. Chichester, UK: Wiley-Blackwell.
- Zindel, J. P. (2009). Hypnose—eine ganz besondere Beziehung. *Hypnose-ZHH*, 4(1–2), 107–125.