Contents

	Foreword Caramana and Salvia shippo (and Johns Date)	vii
	Introduction—Why This Book?	saubi1
1	Conceptual Underpinnings	5
2	The Schema Model—Mapping the Badlands	25
3	Modes—In the Present Tense	39
4	From Past Tense to Present Tense—The Case Conceptualization	57
5	Harnessing the Therapy Relationship	83
6	Dealing with Child, Inner Critic, and Coping Modes	109
7	Building the Healthy Adult Mode	125
8	How to Bring Change	143
9	Imagery Techniques to Induce Mode Change	149
10	Mode Dialogues on Chairs	179
11	Behavior Change Techniques	197
12	Treatment Planning	215
13	Dealing with Difficult Clients	227
14	It Takes Two to Tango—Including the Client's Partner in Therapy	251
15	Therapist Schemas and Self-Care	259
	Epilogue—Training Opportunities and Resources	273
	Afterword	275
	References	277
	Index	289

Figures

FIGURE 1–1.	Basic emotions, coping styles, and self-expression	9
FIGURE 1–2.	An exercise in dual focusing	13
FIGURE 1–3.	A second exercise in dual focusing	14
FIGURE 1–4.	Attractors and the energetic landscape	15
FIGURE 1–5.	The emotional tolerance window	17
FIGURE 1–6.	Socialization and constitution of the self	20
Figure 3–1.	The mode model	41
FIGURE 3–2.	Connecting schemas, schema-coping styles, and coping modes in terms of learning processes	53
Figure 3–3.	Maladaptive coping modes and clinical symptoms	55
Figure 4–1.	Genogram for Joanne	61
FIGURE 4–2.	Mode monitoring form for Joanne	69
FIGURE 4–3.	Descriptive mode diagram for Joanne	71
FIGURE 4–4.	Mode map for Joanne	75
FIGURE 4–5.	Schemas, schema coping, coping modes, and ACT processes integrated into the behavioral analysis system	81
FIGURE 5–1.	Connecting the biographical, current life, and therapy scenes	84
FIGURE 5–2.	The dimensions of the therapy relationship	86
FIGURE 5–3.	Sitting positions to support emotional activation	87
FIGURE 5–4.	Therapist and client positions while reflecting on the process in a working alliance	90

Figure 6–1.	Chair positions according to the mode map	111
FIGURE 6–2.	Chair positions for empathic confrontation	116
FIGURE 6–3.	How to place the chairs when working with overcompensators	118
Figure 7–1.	The attention time line	130
FIGURE 7–2.	Two ways to consistency	134
FIGURE 7–3.	Values road map	142
Figure 8–1.	Emotional processing using the two-minds metaphor	144
FIGURE 8–2.	Steps for lasting change	148
Figure 9–1.	Working with the two systems of information processing in imagery (based on Schacter, 1992)	150
FIGURE 9–2.	The healing process in experiential work	173
Figure 10–1.	Chair positions in historical role-play	181
Figure 10–2.	Chair dialogue based on the mode map	185
FIGURE 10–3.	The vicious cycle of an alarm reaction, and how to escape	194
FIGURE 11–1.	Joanne's coping mode tracking sheet	202
FIGURE 11–2.	Joanne's schema-mode flash card (modified from Young, Klosko, & Weishaar, 2003)	205
FIGURE 11–3.	Joanne's talking-back diary	207
FIGURE 11-4.	Joanne's diary card	208
FIGURE 11–5.	Joanne's behavioral activation form	211
FIGURE 13–1.	Schemas and modes of a narcissistic client	229
FIGURE 14–1.	The maladaptive mode cycle of Joanne and Brandon	253

Contents

Tables

TABLE 1-1.	The two poles of human organization	UDI
TABLE 2-1.	Schemas, domains, need states, and resulting modes	27
TABLE 3–1.	The relations between schemas, schema-coping styles, and presented coping modes	51
TABLE 5–1.	Dropout rates in borderline personality disorder treatments	97
TABLE 15-1.	Possible mode cycles in the therapy relationship	260