

CONTENTS

Chapter 1	Schema Therapy: Conceptual Model	1
Chapter 2	Schema Assessment and Education	63
Chapter 3	Cognitive Strategies	91
Chapter 4	Experiential Strategies	110
Chapter 5	Behavioral Pattern-Breaking	146
Chapter 6	The Therapy Relationship	177
Chapter 7	Detailed Schema Treatment Strategies	207
Chapter 8	Schema Mode Work	271
Chapter 9	Schema Therapy for Borderline Personality Disorder	306
Chapter 10	Schema Therapy for Narcissistic Personality Disorder	373
	References	425
	Index	430