

Keynote Title:

Reclaiming the Unconscious in Schema Therapy

Abstract

Jeffrey Young developed the evidence-based Schema Therapy which has always been eclectic. He drew on psychoanalytic object relations theory along with other perspectives. This paper argues that the unconscious factors are important in the formation of maladaptive schemas. The unconscious of both Freud and Jung tend to be a ‘grab bag’ of different processes, but an early or implicit learning perspective highlights a more useful mechanism. This presentation proposes the intervention of sentence completion as a way of giving voice to such learning and leading to far more effective targeting of dysfunctional learning at the base of maladaptive schemas and modes.

Presenter



Dr. Bruce A. Steven