Index

12-step program 205
abandonment
  affairs 179, 184
  assessment 35, 38–39
  mode model 70
  relational styles 53
acceptance
  friendship 247
  needs and wants 217, 220
  therapy tools and interventions 168–169
acceptance and commitment therapy 129, 250
activation levels 99–101, 139
active listening 60
affairs 173–194
  as a symptom of deep malaise 174–175
  cautionary advice 193–194
  conflict avoidance affairs 176–177
  emotions 174–176
  empty nest affairs 181–182
  expectations 173–174
  first interview 15–16, 18–19
  forgiveness 190–192
  friendship 244
  ground rules 189
  healing with ritual 192–193
  homosexual affairs 183–184
  intimacy avoidance affairs 176, 177–178
  mode model 186–189
  motivational interviewing 179–181
  nature of 175–176
  out-the-door affairs 182–183
  past and present-tense affairs 15–16, 193
  schema therapy 184–185
  sexual addiction affairs 179–181
  statistics 173
  types of affairs 176
affect
  calming with voice regulation 97
  containing affect for a couple 107, 149
  enthusiasm and calming 251
  infant modes 81, 84–85
  mode cycle clash-cards 122
  separation and divorce 209
  therapy tools and interventions 140, 141
  time out and 213
  After the Affair (Spring) 189, 191, 194
  age indication 85

Chiara Simeone-DiFrancesco, Eckhard Roediger, and Bruce A. Stevens.
© 2015 John Wiley & Sons, Ltd. Published 2015 by John Wiley & Sons, Ltd.
Companion website: www.wiley.com/go/difrancesco/schematherapywithcouples
agendas 45–47
agreement 105
alcohol abuse 200–203
assessment 30–31
first interview 15–16
returning to couple therapy 204–205
social drinking guidelines 203
therapy tools and interventions 140
Alcoholics Anonymous 205
alienation see social isolation
anger
kindling effect 161–162
mode model 73–75, 79, 82, 89, 93
therapy tools and interventions 144–145, 151–154, 156–159, 161–162
violence 199–200
angry child
affairs 186
friendship 249, 252
mode cycle clash-cards 134
mode mapping 111–112, 114–116, 119, 121, 132
mode model 73, 82, 89, 93
needs and wants 226
resistance 206
returning to couple therapy 204
separation and divorce 212
therapy tools and interventions 145, 152, 156, 162, 166, 169–171
violence 199–200
antisocial personality disorder 207
approval seeking 37, 184
assertiveness 162
assessment 29–44
autobiography of relationships 33
coping styles 39–42
core and compensatory schemas 39
disconnection and rejection domain 34–35
first interview 15, 18
genogram 11, 30–33
impaired autonomy and performance domain 35–36
impaired limits domain 36
other directedness domain 36–37
over-vigilance and inhibition domain 37–38
psychopathology 30–32
questionnaires 29–30, 38, 43–44
schema chemistry in therapy 41–44
schema identification 33–39
supervision 43
transference and counter-transference 41–42
attachment
assessment 32
development of schema therapy 4, 7–9
evidence-based practice 64, 66
friendship 243, 245, 248–249
mode model 71–72, 87
substance abuse 204
therapy tools and interventions 145, 152, 156, 162, 169–171
violence 197
attention seeking 79
attraction
affairs 184
friendship 249
neural attractors 51–52
attunement 60
audio flashcards 86, 235
autobiography of relationships 33
automatic thoughts 123
autonomy
assessment 35–36
impaired autonomy and performance domain 35–36, 50, 219
infant modes 82
mode model 82
relational styles 50
therapy tools and interventions 143–144, 163
avoidance
assessment 40–42
mode cycle clash-cards 127
mode model 71–72, 74–75
balanced attention 96–97
basic emotions
evidence-based practice 62–64
mode cycle clash-cards 123, 127
mode mapping 110–111, 114–115
needs and wants 215
Beck, Aaron 3, 4
behavioral marital therapy 2
behavioral pattern breaking 164–166, 236
belonging 217, 220
betrayal 175–176, 190–192, 244
blanket 86–88
body awareness 85
borderline personality disorder (BPD) 2–3, 207
brain
automatic thoughts 105
beliefs 250
brain chemistry and schemas 51–52
communication skills 93, 100
mindfulness 166
mode cycle clash-cards 123, 230
mode mapping 113–115, 117
substitution 145
triune brain 259
Buddhism 168
bully and attack
affairs 186
mode model 75, 83–84
therapy tools and interventions 153, 155, 157
violence 200
care behaviors 242
case conceptualization
affairs 186
evidence-based practice 61–62
first interview 26–28
mode mapping 113, 130–132, 137–138
mode model 69–70
needs and wants 231–232, 234–236
personality disorders 208
relational styles 54–55, 56
resistance 205–207
therapy tools and interventions 139, 171
treatment planning 8, 11, 69–70
CBT see cognitive behavioral therapy
chair-work
affairs 189
assessment 43
first interview 23
mode dialogs on multiple chairs 155–161
mode mapping 112, 128, 155
mode model 88
passive individuals 103
rescripting 144
standing and floating above position 156, 159–162
substance abuse 201
change talk 179–181
countertransference 1–2, 8
check out 149–150
child modes
affairs 186, 188–190
friendship 241, 248–249, 251–252
infant modes 82–83, 86–88
mode cycle clash-cards 124–125, 133–134
mode mapping 111–116, 119, 121, 131–132
mode model 6–8, 71–74, 78–79, 82–83, 86–90
needs and wants 221–223, 226, 231–235
resistance 206
returning to couple therapy 204
separation and divorce 211–212
therapeutic space 102–103, 105
therapy tools and interventions 140–142, 145–159, 162–163, 166, 169–172
violence 199–200
child sexual abuse 46–47
clash-cards see mode cycle clash-cards
closure 149
cobras 196
cognition 81–82
cognitive behavioral marital therapy 2
cognitive behavioral therapy (CBT) 3, 9, 140, 168
cognitive dissonance 168
cognitive restructuring 165
collaborative case formulation 56
committed relationships 194–195
communication skills
  affairs 173, 182
  friendship 241–242
  therapeutic space 97, 103–107
co-morbid conditions 16
companionship 220
compensation 41–42
compensatory schemas 39
complementary functioning 45
complexity 5
compliant surrender
  affairs 178, 190–191
  friendship 240
  mode cycle clash-cards 126–127
  mode mapping 120, 131
  mode model 72, 74, 80, 83, 91–92
  needs and wants 216, 228
  personality disorders 208
  therapy tools and interventions 159–160
  violence 200
conditional love 48–49
confidentiality 193
confirming 60
conflict avoidance affairs 176–177
conflict monitor 111, 117
conflict-solving communication 104–105
connection 217, 219
Connect-Talk 104–105, 217–218
conning-manipulative mode 79
consistency theory 168
constructive anger 144–145
contempt 60
context 32, 85
control 197
cooparenting 136
coping styles 39–42
  see also avoidance; compensation;
  maladaptive coping modes;
  surrender
core beliefs
  friendship 250
  literature review 9–10
  mode cycle clash-cards 123, 127
  mode mapping 111, 117–118
core needs see needs
core schemas 39
cot-therapists 197
counter-transference 42
couple contracts 237
couple interaction 5
couple schema plan 169–171
cri ses interventions 20–22
criticizing 59, 60
cultural prejudices 163
date nights 243
dealing with the past 49–50
defectiveness-shame
  affairs 185
  assessment 35, 41
  friendship 240
  relational styles 48
  therapy tools and interventions 158
defensiveness 60
deliberate enthusiasm 251
demanding parent
  affairs 186–187
  friendship 247
  mode mapping 116
  mode model 75, 80, 84, 89
returning to couple therapy 204
separation and divorce 210–212
substance abuse 203
therapeutic space 102
therapy tools and interventions 150–152, 157–158, 169–171
dependence-incompetence 35, 185
depression 3, 176
depth picture 5
desactualization 99
descriptive mode map 109–112
destructive conflict 100–101
destructive entitlement 47–48
detached protector
  friendship 240, 247
  mode cycle clash-cards 123–124, 127–128, 134–135
  mode mapping 119, 131
  mode model 72, 74, 77, 83, 91–92
  personality disorders 208
  resistance 206–207
  therapy tools and interventions 157–158
  violence 200
detached self-soother
  affairs 180, 186, 188
  friendship 246, 248
  mode cycle clash-cards 123–124, 127, 135
  mode mapping 119–120, 132
  mode model 72, 74–75, 83, 86, 89, 91–92
  personality disorders 208
  substance abuse 201, 203
  therapy tools and interventions 140, 169–170
dialectical behavior therapy 3
dialog 220
dimensional mode model 109–113, 128–129
discipline 74, 83
disconnection and rejection
  domain 34–35
distance and isolation cascade 176
distancing 13–14, 129
distractions 96, 106
divorce 209–214
domestic violence see violence
dominant defining 60
drinking 200–203
  social drinking guidelines 203
  see also alcohol abuse
dynamic mode model 109–113, 128–129
eating disorders 53, 54, 85–86
echo-listening 104–105
EEG see electroencephalography
EFT see emotion-focused therapy
EFT-C see emotion-focused therapy for couples
ego-dystonic beliefs 117–118
ego-syntonic beliefs 116–118, 155
Ekman’s model of basic emotions 63–64
ekstasis 247
electroencephalography (EEG) 180
emergency plans 165
emotional abuse 52–53
emotional activation 99–101, 139
emotional damage 46–48
emotional deprivation
  affairs 184
  assessment 35, 39, 43
  friendship 246
  mode model 69–70
  relational styles 53
emotional inhibition
  affairs 185
  assessment 37
  mode model 70
emotional participation 95–97
emotion-focused therapy (EFT) 4, 110
emotion-focused therapy for couples
  (EFT-C) 2–3, 57, 58–59, 206
emotions
  affairs 174–176
  assessment 32
  evidence-based practice 58–67
  mode cycle clash-cards 123, 127
  mode mapping 113–115, 136–137
  mode model 110–111
  needs and wants 236
empathic confrontation 235
 Index

empathic engagement 11
empathic immersion 14–15, 27
empathy
  evidence-based practice 59
  marriage preparation and commitment 195
  mode cycle clash-cards 122–123
  needs and wants 219, 222, 233–235
  therapeutic space 99, 101–105
  therapy tools and interventions 139–140, 149–150, 161
empowered child 125
empty nest affairs 181–182
enmeshment
  affairs 185
  assessment 36, 38
  mode model 8–9
  relational styles 53
enraged child
  mode model 74, 82, 89
  therapy tools and interventions 166
  violence 199–200
enthusiasm 251
entitlement
  affairs 184
  friendship 246
  mode model 69
  relational styles 47–48, 50–51
entitlement-grandiosity 36, 38
equality 217–218
escape strategy 170
evidence-based practice 57–67
  accessing full spectrum of basic emotions 62–64
  attachment theory 64, 66
  case study 57–67
  concepts and definitions 57
  development of schema therapy 2–3
  emotion-focused therapy for couples 57, 58–59
  emotions 58–59
  empathy 59
  Love Lab 57, 59–62
  needs and wants 65–66
  repair attempts 59–62
therapist activities 66–67
  validation and invalidation 59–60
evidence logs 165
expectations
  affairs 173–174
  first interview 17
  relational styles 45, 48–49
extended dimensional mode model 117
extension 145
eye contact 243
face painting 243
failure
  affairs 185
  assessment 36
  needs and wants 221, 231
family
  affairs 175, 181–182
  assessment 30–33
  infant modes 84
  therapy tools and interventions 163
family models 98–99
family therapy 30
fantasy mode 208
fear 102
fighting styles 16, 22–23
first interview 13–28
  case conceptualization 26–28
  clash-cards 22–23
  co-morbid conditions 16
  crisis interventions 20–22
  empathic immersion 14–15, 27
  ending the first session 15, 22–23
  expectations 17
  fighting styles 16, 22–23
  goodwill 19
  infidelity 15–16, 18–19
  initial contract 17–19
  issues that present 14–16
  mode model 22–24
  multiple therapists 24–25
  reluctant/distancing participants 13–14
  safety first 20
  secrets 15
starting with one partner first 23–24
trust 21
first to talk 104
Fitzgibbons, Richard 181
floating above 88, 156, 159–160
focus 104
forgiveness 190–192
Forgiveness Institute 190
formulation 11
Freud, Sigmund 41–42
friendship 12, 239–252
  building the positives 242–244
care behaviors 242
  communicating as healthy adults 241–242
happy child 248, 251–252
mode model 239–241, 246–249
needs and wants 216
out-of-session trust building 244–245
payments into a relationship 239–241
schemas and modes in sexual therapy 246–249
sexual relationship 245–249
strengthening the healthy adult 249–251
surprise behaviors 243
values 250–251

gambling 53, 54
genogram 11, 30–33
Genograms in Family Assessment (McGoldrick and Gerson) 33
gestalt therapy 155
Glass, Shirley 187, 189
goodwill 19
Gottman, John 2, 21, 57, 59–62, 64–65
grounding techniques 143
ground rules 189

happy child
friendship 248, 251–252
mode cycle clash-cards 127
mode mapping 114
mode model 7, 12, 71, 76, 83
resistance 206
therapy tools and interventions 155
harm principle 18
healing metaphors 98–99
healing with ritual 192–193
healthy adult
  affairs 180, 187–192
  evidence-based practice 61
  first interview 22, 24–25, 27
  friendship 239–242, 247–252
  mode cycle clash-cards 122–124, 126–128, 134–135
  mode mapping 112–116, 121, 131–132, 136
  mode model 7, 10–12, 71–73, 75, 77, 84, 88–89
  needs and wants 221–226, 231, 233–235
  separation and divorce 211–214
  therapeutic space 98–99, 107
  violence 198–199
healthy co-functioning 45–47
heroes 98–99
homework
  mode model 77, 86
  relational styles 50
  therapy tools and interventions 165–166
  homosexual affairs 183–184
hyper-criticalness see unrelenting standards
hypnotherapy 232
ignoring 59
imagery work 140–154
  assessment 32
  caring for the child 146–148
  case study 151–154
  impeachment 144–145
  making safe for individuals and couples 148–151
  rescripting 141–145, 148, 171
  safe spot or safe place imagery 141–142
impatience 95–96
impeachment 142, 144–146
impulsive child
  affairs 189
  mode model 74, 83
therapy tools and interventions
  163, 166
individual therapy
  first interview 23–24, 26
literature review 10
mode mapping 130
infant modes
  assessing and working with 84–86
  general characteristics 80–84
  mode cycle clash-cards 127
  mode mapping 115
  mode model 80–89
  treatment 86–89
infidelity see affairs
informed consent 25
initial contract 11, 17–19
inquisitive stance 96
instability 5
  see also abandonment
insufficient self-control 36, 38, 184
integration 10, 227–231
integrative adaptive modes 6–7,
  10, 71–73, 75–76, 83, 84,
  88–89
integrative couple therapy 2
interlocking schema perspective 52–54
internalized parent modes
  affairs 186–188, 191
  friendship 247
  mode cycle clash-cards 124–125,
    133–134
  mode mapping 116, 128
  mode model 6–7, 71, 75, 80,
    84, 89
  needs and wants 219, 221–222,
    234–235
  returning to couple therapy 204
separation and divorce 210–212
substance abuse 203
therapy tools and
  interventions 144–146, 150–152,
  155–159, 163, 169–171
violence 199–200
internal motivational behavior 110–113,
  115
interpersonal conflict 118
interruption 95–96
interventions see therapy tools and
  interventions
intimacy
  affairs 176, 177–178, 181
  friendship 245–246, 248–249
  mode mapping 130–132
  needs and wants 220
intimacy avoidance affairs 177–178
intrapersonal conflict 118
invalidation 59–60
  joint referencing perspective 93
four fixe 100, 106, 245
kindling effect 161–162
language 9, 97, 234–235
law of ekstasis 247
letter writing 165
limited re-parenting 66–67, 181
limits domain 36
literature review 9–11
love 48–49, 217, 220
Love Lab 2, 57, 59–62
love languages 243
love target-practice 195, 224–227
magical thinking mode 208
maladaptive coping modes
  affairs 178–180, 184–186, 190
  evidence-based practice 63
  first interview 15, 22–23
  friendship 240–241, 246–247
  literature review 9
mode cycle clash-cards 121–127,
  132–135
mode mapping 111–113, 116–121, 130–132
returning to couple therapy 204
therapy tools and interventions 140, 145, 157–159, 169–171
violence 197
Marriage Fitness program 244
marriage preparation 70, 194–195
meaning in life 220
memory 141
mentalization 99–100, 162
mental status 43
metacognitive treatment goal 129
mid-life issues 176
mindfulness
  affairs 186
  friendship 250
  therapy tools and interventions 166, 168–169
mistrust-abuse
  affairs 185
  assessment 35, 40
  mode model 69
  relational styles 51, 52–53
misunderstanding 60
modal cycles in couples 91–93
mode cycle clash-cards 121–128
  basic emotions and core beliefs 123, 127
  dominant affect 122
  extended case example 124–128, 132–135
  first interview 22–23
  interventions 165
  needs and wants 227–231
  suggested usage 126–127
  triggering situations 121–122, 125
mode dialogs on multiple chairs 155–161
mode management plans 165
mode mapping 111–121
  advantages 128–130
basic emotions and core beliefs 111, 114–115, 117–118
ego-syntonic and ego-dystonic beliefs 116–118
extended case example 130–135
extended dimensional mode model 117
integration 227–231
internal motivational behavior 111–113, 115
intra- and interpersonal conflict 118
needs and wants 223, 227–231
progress in schema therapy for couples 135–137
resistance 205–206
road map 137
substance abuse 201–203
mode model 6–8, 69–94
additional modes 77–80
affairs 186–189
assessing and working with infant modes 84–86
case conceptualization 69–70
comparing the two mode models 110
dimensional and dynamic mode models 109–113
first interview 22–24
friendship 239–241, 246–249
infant modes 80–89
joint referencing perspective 93
modal cycles in couples 91–93
most important modes 71
personality disorders 208
resistance 205–206
therapeutic space 102
treating infant modes 86–89
treatment planning 69–70
trigger points 70
see also individual modes
morality 27
motivational interviewing 179–181
Motivational Interviewing (Miller and Rollnick) 103
Index

Multimodal Life History Inventory 38
multiple therapists 24–25
mutual re-parenting 232–234

needs 215–238
  advantages of distinguishing from wants 224–226
  concepts and definitions 215–216
  Connect-Talk 217–218
  difference between needs and wants 216–220
  evidence-based practice 65–66
  first interview 27
  focusing on unmet needs 224–227
  friendship 252
  integration 227–231
  literature review 10
  love target-practice 224–227
  mode cycle clash-cards 127
  mode mapping 113–114, 129
  mode model 89–90
  practical application 220–223
  preparing for termination 236–238
  reconnecting the vulnerable child 231–234
  relational styles 49–50, 52
  therapeutic space 106
  tone of voice 234–236
  versus wants 217

negativity-pessimism
  affairs 185
  assessment 37
  relational styles 53
  neglect 46–47, 50–51
  neural system 51–52
  neurobiology 128
  neuroimaging 180
  neutrality 96–97
  no escape clause 18
  non-essential differences 169
  Not just Friends (Glass) 189
  not keeping agreement 194

obstinate child 102–103, 163
open marriages 178
orbital frontal cortex 117
other directedness domain 36–37
out-of-session trust building 244–245
out-the-door affairs 182–183
overall view 129
overcompensation
  friendship 240
  mode cycle clash-cards 123,
  126–127, 135
  mode mapping 116, 119–120,
  131–132
  mode model 71–72, 75, 79–80,
  91–93
  needs and wants 222
  violence 197
over-vigilance and inhibition domain 37–38

paranoid over-controller 79
parental messages 127
parental models 32
parentified child 46, 145
partner visualizing 148
passive individuals 101–103
PD see personality disorders
perfectionist 116
permission 148
personality disorders (PD) 207–209
  assessment 32
  character traits 1–2
  cognitive behavioral therapy 3
  emotion-focused therapy for couples 2–3
  evidence-based practice 64–65
  first interview 15, 17
  literature review 9
  resistance 207
Personal Values Questionnaire 251
pit bulls 196
playful child 153–154
pornography 180
practicalities 95–96
predator mode 79
prostitution 180
protector child mode 211–212
Index 283

psychodynamic models 110, 118–119
psychoeducation 49, 126
psychopathology 30–32, 54–55
punitiveness
  affairs 185
  assessment 38
  mode model 70
  relational styles 51, 53
punitive parent 75, 80, 84, 89
  affairs 186–188, 191
  mode cycle clash-cards 134
  needs and wants 219
  returning to couple therapy 204
  separation and divorce 210–212
  therapeutic space 102
  therapy tools and
    interventions 144–145, 150–151, 154, 157–160
    violence 199–200
questionnaires 29–30, 38, 43–44, 251
reality testing 18–19, 162
recognition seeking see approval seeking
reconciliation 190, 192
reflective team perspective 160
rehearsal of appropriate
  assertiveness 162
relapse prevention 12, 187, 236–237
relational styles 45–56
  agendas 45–47
  attraction 51–52
  brain chemistry and schemas 51–52
  case formulation 54–55, 56
  childhood needs 49–50
  complementary functioning 45
  dealing with the past 49–50
  destructive entitlement 47–48
  emotional damage 46
  evidence-based practice 59–61
  expectations 45, 48–49
  healthy and unhealthy co-functioning 45–47
  interlocking schema perspective 52–54
  theory 55–56
  unconditional love 48–49
relationship assessment see assessment
religion 98–99, 234
reluctant participants 13–14
repair attempts 59–62
re-parenting
  affairs 181, 185
  evidence-based practice 61–62, 66–67
  first interview 26
  infant modes 87–89
  mode cycle clash-cards 123, 133, 135
  mode mapping 136
  mode model 7
  needs and wants 232–235
  therapy tools and
    interventions 143–144, 150–154, 161
repeating conflict 139
rescripting 141–145, 148, 171
resistance 101–103, 154, 205–207
respect 60, 217
responsibility
  affairs 182–183
  needs and wants 237
  violence 197–198
reverse roles 104
rewinding the video 163–164
ritual healing 192–193
road map 137
role play practice 165
sadism–masochism 79
safe spot or safe place imagery 141–142
safety 220
safety rules 20
satisfaction 252
schema activation 85
schema chemistry 41–44, 51, 54, 70
schema coping behaviors 42
Schema Mode Inventory (SMI) 38
Schema Therapy with Couples (Young) 232–233
secondary emotions 114–115
secrets 15, 174–175
security 217, 244
self-actualization 99, 220
self-aggrandizer
  mode mapping 117–118
  mode model 75, 83, 89
  personality disorders 208
  therapy tools and interventions 153,
  169–171
  violence 200
self-control see insufficient self-control
self-disclosure 98
self-reflection 99
self-sacrifice
  assessment 37, 41, 43
  mode model 70
  relational styles 53
separation 209–214
service 220
sexual addiction affairs 179–181
sexualized behavior 130–132
sexual relationship 245–249
sexual therapy 246–249
shifting gears metaphor 167–168
sin 27
SMI see Schema Mode Inventory
social drinking guidelines 203
social emotions 63–64
social isolation 35, 185
social undesirability 38
somatic bridge therapist 141
soothing 148
spirituality 98–99
standing up 156, 159, 160, 162
ST-C essential elements 232
stonewalling 60
Studies in Hysteria (Freud) 41–42
stupid therapist 162
Subjective Units of Distress Scale
  (SUDS) 142–143, 146, 166, 170
subjugation
  affairs 190
  assessment 36–37, 38
  mode model 69
  relational styles 51, 53
submission 197
substance abuse 47, 200–205
  see also alcohol abuse
substitution 145
SUDS see Subjective Units of Distress
  Scale
suggestions 105
supervision 43
surprise behaviors 243
surrender
  assessment 40, 42
  mode mapping 116, 120
  mode model 71–72, 74
  substance abuse 203–204
suspicion 193
suspicious overcontroller 208
tango metaphor 105
temptresses 179–181
termination 12, 236–238
theory of mind 119
therapeutic space
  balanced attention versus
  neutrality 96–97
  balancing the level of activation
  99–100
  creating a safe place 95–96
  distractions 96, 106
  emotional participation 95–97
  enhancing communication
  skills 103–105
  healing metaphors 98–99
  jour fixe 100, 106
language, tonal regulation and word
  choice 97
passive individuals 101–103
schema therapy and the
  communication process 105–107
self-disclosure 98
volatile couples 100–101
therapy tools and interventions 11–12,
  139–172
  behavioral pattern breaking 164–166
caring for the child 146–148
case study 151–154
couple schema plan 169–171
dealing with anger 161–162
empathy 139–140, 149–150, 161
extension and substitution 145
first interview 20–22
grounding techniques 143
homework 164–166
imagination work 140–154, 170
impeachment 142, 144–146
impulsive and undisciplined child
modes 162–163
making imagination work safe for
individuals and couples 148–151
mindfulness 166–169
mode dialogs on multiple
chairs 155–161
re-parenting 143–144, 150
rescripting 141–145, 148, 171
rewinding the video 163–164
Subjective Units of Distress
Scale 142–143, 146, 166, 170
third-person perspective 186, 199
thought diffusion 129
tone of voice 97, 234–236
touch 243
transactional analysis 110
transference 41–42
trauma
infant modes 84–85, 90
mode cycle clash-cards 123
relational styles 46–47
therapy tools and interventions 141, 145, 151
treatment interventions see therapy
tools and interventions
treatment planning
mode mapping 137
mode model 69–70
needs and wants 234
triggers
mode cycle clash-cards 121–122, 125
mode model 70
needs and wants 228
triune brain 259
trust
first interview 21
friendship 244–245
out-of-session trust building 244–245
trusted connection 219
unconditional love 48–49
understanding 60, 217
undisciplined child
friendship 249
mode model 74, 83
therapeutic space 102–103
therapy tools and interventions 162–163, 166, 169
unhealthy co-functioning 45–47
unrelenting standards
assessment 37, 38, 43
mode cycle clash-cards 126
mode model 69
relational styles 53
urge surfing 250
validation 60
values 250–251
ventilate 161
violence 195–200
first interview 14–16, 26
mode mapping 130
perpetrator classification 196
relational styles 46–47
risk factors 195–196
safety and refuge 198–199
treatment focus 197–198
visualization see imagery work
voices inside the head see internalized
parent modes
volatile couples 100–101
vulnerability
affairs 185
assessment 35, 42–43
character traits 1
evidence-based practice 59, 66
first interview 19, 27
mode model 6, 73, 79–80, 82, 86–90, 93
needs and wants 237
schema model 5
vulnerability to harm or illness 53, 185
vulnerable child
  affairs 186, 188–190
friendship 241, 252
mode cycle clash-cards 125, 133–134
mode mapping 111–112, 114–116, 119, 121, 131–132
mode model 73, 79–80, 82, 86–90, 93
needs and wants 221–223, 226, 231–235
resistance 206
returning to couple therapy 204
separation and divorce 212
therapeutic space 105
therapy tools and interventions 140, 142, 146, 150, 152–160, 162, 170
violence 199

walking around 161
wants
  advantages of distinguishing from needs 224–226
  Connect-Talk 217–218
difference between needs and wants 216–220
evidence-based practice 65
integration 227–231
mode cycle clash-cards 127
practical application 220–223
Wiley-Blackwell Handbook of Schema Therapy (van Vreeswijk) 9
wisdom 251
wishes 104
womanizers 179–181
word choice 97
working alliance 156, 160

Young, Jeff
  development of schema therapy 4–8
  mode model 70
  needs and wants 232–233
  relational styles 50–51
  schema identification 33–34
Young Parenting Inventory (YPI) 38
Young Schema Questionnaire version 3 (YSQ-3) 38, 43