



# Mindfulness and Schema Therapy: A Practical Guide

By Michiel van Vreeswijk, Jenny Broersen, Ger Schurink

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**Mindfulness and Schema Therapy: A Practical Guide** By Michiel van Vreeswijk, Jenny Broersen, Ger Schurink

*Mindfulness and Schema Therapy* presents an eight-session + two follow up sessions protocol for schema mindfulness for therapists and their patients.

- Represents the first book to integrate the theory of schema therapy with the techniques of mindfulness
- Enhances schema therapy with techniques drawn from mindfulness-based cognitive therapy (MBCT) - a unique integration of two of the most popular treatment approaches in clinical psychology today.
- Merges two of the hottest topics in contemporary clinical psychology and psychotherapy
- Offers a practical guide for training and practice, with detailed coverage of theory followed by dedicated sections for therapists and patients
- Features a variety of exercises enabling readers to immediately implement the protocol
- Written by authors with expertise and experience in both schema therapy and mindfulness
- Includes a Foreword by Mark Williams, renowned for his contribution to the development of MBCT

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### Editorial Review

From the Back Cover

Schema therapy is now firmly established as an effective treatment for borderline personality disorder, and new applications are constantly being explored. Among the most promising is schema mindfulness, an approach that integrates schema therapy with techniques of Mindfulness-Based Cognitive Therapy (MBCT). *Mindfulness and Schema Therapy* presents an innovative eight-session + two follow up sessions protocol for schema mindfulness. Structured in three sections—theoretical background, therapist's guide and patient workbook—*Mindfulness and Schema Therapy* explores how mindfulness can be used to better understand schema triggered responses and how patients can learn to respond in more healthy ways towards themselves and others. Innovatively combining theory, research, and practical guidance, *Mindfulness and Schema Therapy* represents an invaluable resource for therapists and patients seeking the very latest developments in schema therapy.

About the Author

**Michiel van Vreeswijk** is a clinical psychologist, cognitive behavioral therapist, certified supervisor in schema therapy, and co-director at G-kracht mental health care institute.

**Jenny Broersen** is a mental health care psychologist and psychotherapist, and a supervisor in CBT and schema therapy. She teaches post-doctoral courses in schema therapy and CBT.

**Ger Schurink** is a mental health care psychologist, psychotherapist, cognitive behavioral therapist and certified supervisor in CBT. He runs a private practice in the Netherlands and is a trainer in MBCT.

### Users Review

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