

Peter Graaf

Schematherapie. Mit Bedürfnissen, Emotionen und Modi arbeiten

Kartenset mit 56 Bildkarten.

Mit zwölfseitigem Booklet im Stülpkarton, Kartenformat 9,8 x 14,3 cm.

GTIN 9783621283175

Here you will find the instructions for the card set in English. There is no text on the cards themselves.

Schema therapy to work with needs, emotions and modes

We are pleased to present a second card set for Schema Therapy!

This card set complements the first set (Graaf: Schema Therapy with children, adolescents and adults, 2014), but can also be used independently. It contains a further selection of »types« to characterize different personality traits. We have developed images that show vulnerable human conditions and their coping styles in an even more differentiated way. In order to be able to depict as many emotions and reaction patterns as possible despite the limited number of cards, we had to limit some characters to a feminine or male variant.

Besides 50 mode cards you will find six cards for basic psychological and physical needs. They can be used for education or inspiration in counselling/therapy. To keep the number of cards presented at a manageable level, the counsellor/therapist should only display those which generally seem suitable for the client/patient.

Concept

Every human being has different inner parts and reacts with different (emotional and mind) states (so-called »modes« in Schema Therapy) to our life situations. Schema Therapy groups these modes in four categories: child modes, maladaptive coping modes, maladaptive parent modes and healthy adult or competent child modes. For a healthy self-confidence and satisfying relationships it is very useful to get to know the different facets of oneself in order to be able to deal with them.

Working with modes

Various therapy concepts base upon working with parts of oneself (Watkins & Watkins, 2012; Bradshaw, 2000; Schwartz, 2008), this approach is also increasing in professional business consultancy (e.g. Schulz von Thun, 2004) and coaching (Migge, 2013). Schema modes are particularly useful in engaging challenging parts with children, adolescents and adult clients. These can be visualized playfully by hand or finger puppets or drawings (Loose et al., 2013). Inner states can therefore be depicted with illustrated cards, by which a patient (or client in counselling) can learn to play with!

The description of the individual therapeutic steps in mode work can be found in Loose et al. (2013, S. 179–182) or in the online material.

Cards as therapeutic tool

- Visuals to explore feelings and reactions of children and adolescents
- Entry in counselling or therapeutic sessions to raise awareness of the own personality traits
- Initiation of behaviour change (playing other »cards« in life, template for role plays)
- Reminder (small memory aid to take home or to the workspace)
- Visualization of interaction patterns between different parts

The therapeutic use of the cards

The therapist, counsellor or educator encourages the patient or client to identify his or her different aspects of personality using the cards (»Which types suit you?«).

The selected types are now explored in more detail (»Which feelings, thoughts and behavioral patterns do these personality traits or ›modes‹ have?«). They receive names for characterisation, for example ›the show-off Fritz‹. Special attention is given to unhappy states (»How come does ›lonely Fritz‹ feel like this? What would make him feel better?«). Also the purpose of certain modes is explored (»Where does this mode come from? What is it useful for? Which are its advantages and disadvantages? What are the consequences of its appearance?«). The therapist then encourages a reorientation. He strengthens positive and competent parts (»What could ›clever Fritz‹ do?«) and helps to improve the meeting of needs in everyday life. Then the patient/client decides which modes he/she should bring into action in certain life situations and, if necessary, practise this in the field (»What exactly could you do in the healthy adult/competent child mode if ...«). A particular card can be copied, laminated and handed out to the patient as a reminder of positively coping.

Cards for child modes

(emotional states originated in childhood, suitable for children and adults)

- (1) Contented boy (also suitable as young healthy adult)
- (2) Contented happy child in a man (also applicable as healthy adult)
- (3) Contented happy child in a woman (also applicable as healthy adult)
- (4) Lonesome child (potentially also pensive healthy adult)
- (5) The outsider (hurt, rejected child)
- (6) The brooder (vulnerable, insecure child)
- (7) The shy one (vulnerable, anxious child)
- (8) The culprit (vulnerable, ashamed child)
- (9) The fearsome (vulnerable, frightened child)
- (10) The beaten one (hurt, threatened child)
- (11) The abused child (hurt child)
- (12) The overburdened (vulnerable, overstressed child)
- (13) The exhausted, tired or depressed
- (14) The bored one, listless or chaotic (frustrated or undisciplined child)
- (15) The envious, disadvantaged (vulnerable, neglected child)
- (16) The loser (vulnerable, sad male child)
- (17) The loser (vulnerable, sad female child)
- (18) The angry one (angry or enraged child)
- (19) The chaotic one (undisciplined child, potentially also contented child)

Cards for coping modes

(a selection of rather dysfunctional coping patterns, suitable for children and adults)

- (20) The well-behaved male child/adult (overadapted, enduring)
- (21) The well-behaved female child/adult (overadapted, enduring)
- (22) The resigned one (overadapted, enduring, avoiding sad)
- (23) The intimidated or frozen one (overadapted, enduring)
- (24) The overprotective one, self-sacrificing helper (overadapted)
- (25) The pullback, avoidant withdrawal (shy, vulnerable child)
- (26) The rejector, defiant or indifferently defensive (avoidance or overcompensation)
- (27) The drinker, detached protector with the help of alcohol (avoiding emotions)
- (28) The junkie, detached protector with the help of drugs or pills (avoiding emotions)
- (29) The comfort eater, detached protector through eating (avoiding emotions)

- (30) The media junkie and gamer, detached protector with the help of pc-games (avoiding emotions)
- (31) The clingy protector (avoiding anxiety)
- (32) The offended protector or the defiant one (overcompensation, making others feel guilty)
- (33) The perfectionist (overcontroller male) or the driver (demanding male parent)
- (34) The perfectionist (overcontroller female) or the driver (demanding female parent)
- (35) The workaholic (overcompensation) – possibly also healthy adult (manager)
- (36) The selfaggrandizer (overcompensation), know-it-all, possibly also contented adult
- (37) The intimidator (overcompensation)
- (38) The provocateur (overcompensation)
- (39) The accuser (overcompensation), possibly also dominant overcompensator or enraged child
- (40) The proud one or the contented

Cards for parent modes or inner supporters

(parts internalized through parents or other important caregivers)

- (41) Inner companion and guardian angel (supportive ally, inner imagined protector)
- (42) The scratching one or self injurer (female; punishing parent or selfsoother)
- (43) The self-punisher (punishing parent)
- (44) The driver and own evil shadow (demanding parent, possibly also self-punisher)
- (45) Superwoman (internalised female ideal of beauty)
- (46) Superman (internalised male image)
- (47) The super-father (demanding parent)
- (48) The caring, appreciative father, brother or friend with a happy child
- (49) The caring, appreciative mother, sister or friend with a happy child

Card for the female healthy adult

- (50) Self-confident or contented woman (healthy adult)

Cards for basic needs

- (51) Structure, limits and orientation
- (52) Pleasure and spontaneity
- (53) Autonomy, self-efficacy and self-determination
- (54) Bonding and belonging
- (55) Self-worth and appreciation/acknowledgement
- (56) Security and health as a basic physical need

Blank card for own drawing

Use of the basic needs cards

Meeting our basic needs is a prerequisite for mental health. The cards help to become aware of basic needs and their unsatisfaction: »Look at all six pictures and decide which of the depicted/illustrated needs are sufficiently fulfilled. What contributes to their satisfaction in the present? What else would you need? Which basic need was violated in the past?«

The cards can also help to become aware of the connection between frustration and dysfunctional coping reactions. The role of certain inner parts can be brought out more clearly by assigning them to the needs cards:

»Assign appropriate need cards to your selected coping types. Which needs should they serve? Are they really helpful in the long run?«

Cards as pictures of emotions/feelings and reactions

Even without mode concept, the picture cards are suitable for exploration with children and young people. In a guessing game, the cards are linked with questions to explore emotional states: »What is going on with the people in the pictures? Do you know this or that too? What did you do then? What helped you? Which needs could the person in the picture have? What could they do to improve meeting their needs?«

Literature

- Bradshaw, J. (2000). Das Kind in uns. Wie finde ich zu mir selbst? München: Droemer Knaur.
- Graaf, P. (2014). Schematherapie mit Kindern, Jugendlichen und Erwachsenen. Kartenset mit 56 Bildkarten. Weinheim: Beltz.
- Loose, C., Graaf, P. & Zarbock, G. (Hrsg.; 2013). Schematherapie mit Kindern und Jugendlichen. Weinheim: Beltz.
- Loose, C., Graaf, P. & Zarbock, G. (Hrsg.; 2015). Störungsspezifische Schematherapie mit Kindern und Jugendlichen. Weinheim: Beltz.
- Schulz von Thun, F. (2004). Das innere Team in Aktion. Praktische Arbeit mit dem Modell. Reinbek bei Hamburg: rororo.
- Schwartz, R. (2008). IFS – Das System der Inneren Familie. Ein Weg zu mehr Selbstführung. Norderstedt: Books on Demand.
- Watkins, H. & Watkins, J. (2012). Ego-States – Theorie und Therapie: Ein Handbuch. Heidelberg: Carl Auer.

Further reading

- Migge, B. (2013). Schema-Coaching. Weinheim: Beltz.
- Peichl, J. (2012). Hypno-analytische Telearbeit. Stuttgart: Klett-Cotta.

Note

If required the cards can be written on with an overhead marker which can easily be removed afterwards.