

Contents

About the Authors	vii
Foreword	ix
Acknowledgments	xii
Part I Theoretical Background	1
1 Introduction	3
2 Schema Therapy	6
3 Mindfulness	14
Part II Training Manual	45
4 Framework	47
5 (Contra)indications	50
6 Training	53
<i>Session 1—Schemas, Modes, and Mindfulness Training</i>	62
<i>Session 2—Mindfulness of Your Environment</i>	64
<i>Session 3—Mindful Breathing</i>	66
<i>Session 4—Mindfulness of Schema Coping</i>	66
<i>Session 5—Allowing and Accepting What Is</i>	68
<i>Session 6—Schemas: Fact or Fiction?</i>	68
<i>Session 7—Caring for Yourself through the Healthy Adult and the Happy Child</i>	69

Contents

<i>Session 8—The Future</i>	70
<i>Follow-up Sessions</i>	71
<i>Follow-up Session 1</i>	72
<i>Follow-up Session 2</i>	73
7 Pitfalls	74
8 Conclusion	83
<i>Appendix II-A: Test Result Example</i>	85
<i>Appendix II-B: Mindfulness and Schema Therapy Handout</i>	87
<i>Appendix II-C: Schema and Modes Worksheet</i>	98
Part III Participant Workbook	99
9 Participant Workbook	101
<i>Session 1—Schemas, Modes, and Mindfulness Training</i>	102
<i>Session 2—Mindfulness of Your Environment</i>	114
<i>Session 3—Mindful Breathing</i>	120
<i>Session 4—Mindfulness of Schema Coping</i>	126
<i>Session 5—Allowing and Accepting What Is</i>	135
<i>Session 6—Schemas: Fact or Fiction?</i>	143
<i>Session 7—Caring For Yourself Through the Healthy Adult and the Happy Child</i>	150
<i>Session 8—The Future</i>	161
<i>Follow-up Session 1</i>	169
<i>Follow-up Session 2</i>	174
<i>Appendix III-A: Homework Sheet—Everyday Mindfulness</i>	181
<i>Appendix III-B: Homework Sheet—Five-Facet M Questionnaire</i>	183
<i>Appendix III-C: Homework Sheet—Cultivating Schema Mindfulness</i>	186
<i>Appendix III-D: Homework Sheet—Writing a Summary</i>	188
<i>Appendix III-E: Schema Coping Questionnaire</i>	190
Part IV List of Audio Files	193
Bibliography	195
Index	204