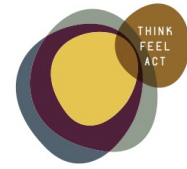


Schema Therapy empirical evidence base



ACADEMY OF
SCHEMA THERAPY

Schema Therapy has shown an empirical progression which has evolved over twenty years during which time treatments have been operationalised, manualised and evaluated through RCTs. Empirical research indicates that Schema Therapy is effective for borderline personality disorder and Cluster C presentations. Other studies have demonstrated that Schema Therapy can be successful in treating individuals with Axis I presentations including chronic depression and eating disorders.

Due to the broadening evidence base, Schema Therapy is gaining increasing recognition and appeal for practitioners working in a range of settings. For those starting out in Schema Therapy, we recommend the following list:

Introductory recommended reading

Arntz, A. & Jacob, G. (2012). *Schema therapy in practice: An introductory guide to the schema mode approach*. Chichester: Wiley-Blackwell.

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Further reading :

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Self-Help Books for Clients

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