SCHEMA BASED PSYCHOTHERAPY

Integrating both traditions of Grawe and Young

[Integration beider Traditionen von Grawe und Young]

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subsequent to the Teaching Therapists' Conference of the AVM (Arbeitsgemeinschaft für Verhaltensmodifikation)
on March 25, 2023 in Vienna, Austria.

One tradition

„Schema THEORY“

- Klaus Grawe
- Martin Grosse-Holtforth
- Franz Caspar

The other tradition

„Schema THERAPY“

Other important persons::
- Zarbock Gerhard**
- Loose Christof*
- Gitta Jacob

Grawe‘s tradition

Youngs‘ tradition

Basic constructs within Grawe's tradition:

- Consistency-Theory
- Basic psychological needs
- Motivational Schemata (central construct)
- Plan Analysis (the therapy-steerage via case-conceptualization)
- Motive oriented therapeutic relationship (praxis)

Basic constructs within Young's tradition:

- Early-Maladaptive-Schemas (central construct)
- Dysfunctional Coping strategies
- Modus-Model (the therapy-steerage via case-conceptualization)
- Therapy relationship: limited re-parenting & empathic confrontation (praxis)
- Experiential strategies towards emotional experience (praxis)

CONSISTENCY THEORY

(KONSISTENZTHEORIE)

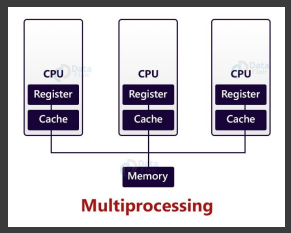
Grawe's Consistency Theory

Fundamental idea of consistency theory:

- always, many processes run simultaneously
- striving for internal maintenance of system condition

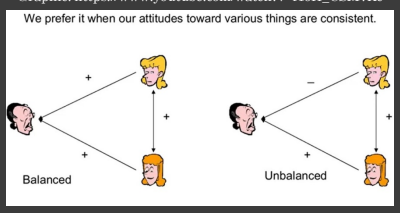
therefore

- question of relation of the processes among each other (compatibility)
- idea of the consistency theory: regulatory principle of all organisms
- core needs as the most important source



Graphic:tothegrowlery.com

Graphic: https://www.youtube.com/watch?v=f1oH_CSM7Xc



Fritz Heider's Balance Theory based on cognitive consistency
(i.e. balance of values in relationships)

Grawe's Consistency Theory

Compatibility of simultaneously running processes

Superordinate term: Consistency

- (a) Congruency - the External Consistency (Alignment/Conformity: Person vs Environment)
- (b) Concordance - the Internal Consistency (Alignment/Conformity within the person)

Superordinate term: Inconsistency

- (a) Incongruency - the External Inconsistency Person vs Environment disalignment/disconformity
- (b) Discordance - the Internal Inconsistency Disalignment/disconformity within the person

Graphic:dreamstime.com

Young's Cognitive Consistency

Graphic: psychologistworld.com

people are motivated to maintain a consistent view of themselves and the world

and

that people tend to interpret situations in ways that confirm their schemata

explaining why schemas are persistent, why people do not change their painful patterns

Consistency revisited!

Establishment and Maintenance of System Compatibility and Sustainability

as well as

functioning of the organism as a system,
based on compatible need fulfilment
and
equilibrium (i.e. balance of needs)

perception of sameness when questioned by
(fact of) ongoing change (lifespan-identity)

BASIC NEED MODEL

(GRUNDBEDÜRFNISMODELL)

Basic Needs

Grawe:

1. the need for attachment
2. the need for orientation and control
3. the need for self-esteem protection and enhancement
4. the need for pleasure and avoidance of displeasure.

Consistency vs. Needs:
While consistency refers to the relations of intrapsychic processes to each other and the condition thereby,
needs are satisfied or violated by relevant sensory experiences.

Young:

1. secure attachments to others (includes safety, stability, nurturance, and acceptance),
2. autonomy, competence, and sense of identity,
3. freedom to express valid needs and emotions
4. spontaneity and play,
5. realistic limits and self-control

Note: Young's distinction of basic needs is still unsubstantiated and should be used with caution!

These core emotional needs are significant in that their violation or non-fulfillment leads to the so called "early maladaptive schemas"

Basic Needs revisited!

better underpinned by mirror neurons than by the attachment theory

not increase, but maintaining high level

not later, but from start.

Domain: Relationship (Beziehung)	Domain: Self-Esteem (Selbstwert)
Core Psychological Needs (CPNs) „was die Seele gedeihen lässt“	
Domain: Mastery (Handhabbarkeit)	Domain: Pleasure (Lust)

- Powers (scope of actions)
- Österreich (Handlungsspielraum),
- Flammer (control interest & control need)
- Rotter (control: freedom of action),
- Sullivan (human as creator),

pleasure is different from "bonus-malus principle”

CPNs in Experience Economy

Importing **J.Zeig's** approach of combining "hypnotherapy" with **C.Mikunda's** "dramaturgy" towards "impact strategy in psychotherapy" to support this treatise on the four core psychological needs:

Desire (affilation)	Glory (Erhabenheit)
CPNs in Experience Economy	
Power (incl. ingenuity)	Joy (incl. Chill)

we humans do not simply buy products,
but particularly also the "elation" (Ger.: „Hochgefühl“) that can be experienced with it

Intercultural Study on CPNs

Research questions:
(1) Are the Needs equally important?
(2) Is the construct cross-cultural?

- To what extent it can be assumed that there is no significant difference in the relevance of the four CPNs in the lives of the participants
- and that there are no cross-cultural differences (i.e., that the distinction transcends culture).

- The first study hypothesis formulation (the null-hypothesis of the first research question) states:
  all CPNs are equally relevant for the participants.
  That is, there are **no** significant differences in relevance of "relationship," "self-worth," "mastery," and "pleasure".

- The second study hypothesis formulation (the null-hypothesis of the second research question) states: there is no difference between regions in terms of participants' attributions.

Offurum, C. J. (2021). Towards a deductive approach for identifying maladaptive and salubrious schemas - Linking schemas to needs: Contribution to schema-oriented cognitive behavioral therapy. Journal of Professional Counselling and Psychotherapy Research (JPCPR), 3(2), 392–407. https://journals.aphriapub.com/index.php/JPCPR/article/view/1215/1158

Intercultural Study on CPNs

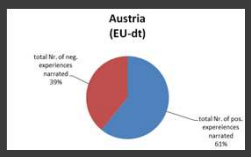
INTERVIEW, 166 participants

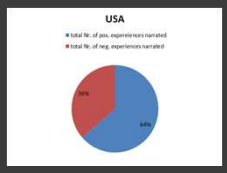
- opening stage:
- First narrative impulse: Request to narrate positive experiences
- Second narrative impulse: Request to narrate the meaning of each experience)
- Steps repeated for negative experiences and their associated meaning.
- Request to attribute their answers to the four CPNs
- closing stage:

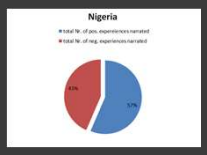
Graphic: akademie.dw.com

Intercultural Study on CPNs

Descriptive (on the narratives)

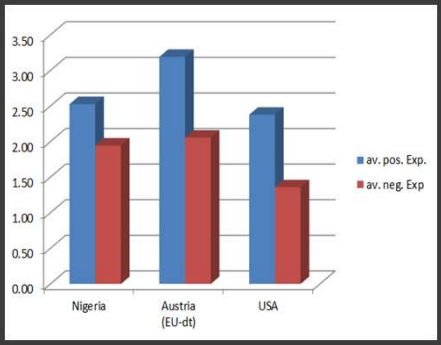






A total of 166 people were interviewed:
52 (31.3%) from Central Europe,
55 (33.1%) from West Africa, and
59 from North America
(among them 50 [30.1%] grew up in the US, and nine [5.4%] were non-residents or immigrants to the US).

The proportion of women was 51.8% (n = 86) and that of men was 48.2% (n = 80).



Intercultural Study on CPNs

Analysis per SPSS; Question 1

NEED FULFILLMENT

Related-Samples Friedman's Two-Way Analysis of Variance by Ranks Summary	
Total N	156
Test Statistic	7,709[a]
Degree Of Freedom	3
Asymptotic Sig.(2-sided test)	,052

a. Multiple comparisons are not performed because the overall test retained the null hypothesis of no differences.

P-value of .052, no significant difference

	Ratio of attributions to PLEASURE Positive	Ratio of attributions to SELF-ESTEEM Positive	Ratio of attributions to RELATIONSHIP Positive	Ratio of attributions to MASTERY Positive
Mean	27.91	23.31	25.85	20.54
Median	25.00	25.00	25.00	20.00

Similar means and medians

NEED VIOLATION

Related-Samples Friedman's Two-Way Analysis of Variance by Ranks Summary	
Total N	150
Test Statistic	15,541
Degree Of Freedom	3
Asymptotic Sig.(2-sided test)	,001

p-value of .001 a significant difference

	Ratio of attributions to PLEASURE Positive	Ratio of attributions to SELF-ESTEEM Positive	Ratio of attributions to RELATIONSHIP Positive	Ratio of attributions to MASTERY Positive
Mean	20.38	27.74	30.33	19.09
Median	0.00	22.50	25.00	0.00

However, the means do not vary extremely

Intercultural Study on CPNs

Analysis per SPSS; Question 1

BOTH NEED FULFILLMENT AND VIOLAITON

Related-Samples Friedman's Two-Way Analysis of Variance by Ranks Summary	
Total N	156
Test Statistic	13,635
Degree Of Freedom	3
Asymptotic Sig.(2-sided test)	,003

P-value of .003, significant difference found

	Ratio of attributions to PLEASURE Positive & Negative	Ratio of attributions to SELF-ESTEEM Positive & Negative	Ratio of attributions to RELATIONSHIP Positive & Negative	Ratio of attributions to MASTERY Positive & Negative
Mean	25.62	24.37	27.20	20.51
Median	25.00	25.50	28.57	20.00

This difference can be assumed to be small as the means fluctuate only between 20.51 and 27.20

In summary: The question of equivalence (i.e. equality in relevance) of core psychological needs, which might be the basis of the consistency principle in the sense of balance/equilibrium, still remained open, although these data tend to support the assumption of such equivalence. Presumably, one can theoretically assume equivalence in principle, whereas in practice, depending on life situations, a relative equivalence may turn out or can be assumed.

Intercultural Study on CPNs

Analysis per SPSS; Question 2

Regional Differences of the CPN-Items.

		PLEASURE POSITIVE			SELF-WORTH POSITIVE			RELATIONSHIP POSITIVE			MASTERY POSITIVE		
POSITIVE	*Region*	*Austria (Europe)*	*Nigeria (Africa)*	*USA (America)*	*Austria (Europe)*	*Nigeria (Africa)*	*USA (America)*	*Austria (Europe)*	*Nigeria (Africa)*	*USA (America)*	*Austria (Europe)*	*Nigeria (Africa)*	*USA (America)*
	Mean	24.45	21.92	38.33	26.01	25.99	17.52	34.11	20.69	22.31	15.43	27.08	19.04
	Median	25.00	25.00	33.33	25.00	25.00	16.67	33.33	18.34	21.43	16.67	25.00	14.29
	Kruskal-Wallis H		9.186			6.685			11.750			5.848	
	df		2			2			2			2	
	p-value[1)]		.121			.424			.034*			.645	

		PLEASURE NEGATIVE			SELF-WORTH NEGATIVE			RELATIONSHIP NEGATIVE			MASTERY NEGATIVE		
NEGATIVE	*Region*	*Austria (Europe)*	*Nigeria (Africa)*	*USA (America)*	*Austria (Europe)*	*Nigeria (Africa)*	*USA (America)*	*Austria (Europe)*	*Nigeria (Africa)*	*USA (America)*	*Austria (Europe)*	*Nigeria (Africa)*	*USA (America)*
	Mean	15.34	27.68	17.32	29.11	23.89	30.80	34.06	24.21	33.45	20.78	20.82	15.10
	Median	0.00	14.59	0.00	25.00	7.15	25.00	25.00	26.79	25.00	16.67	0.00	0.00
	Kruskal-Wallis H		3.273			1.493			1.667			2.266	
	df		2			2			2			2	
	p-value[1)]		1.000			1.000			1.000			1.000	

		PLEASURE POS & NEG			SELF-WORTH POS & NEG			RELATIONSHIP POS & NEG			MASTERY POS & NEG		
POSITIVE & NEGATIVE	*Region*	*Austria (Europe)*	*Nigeria (Africa)*	*USA (America)*	*Austria (Europe)*	*Nigeria (Africa)*	*USA (America)*	*Austria (Europe)*	*Nigeria (Africa)*	*USA (America)*	*Austria (Europe)*	*Nigeria (Africa)*	*USA (America)*
	Mean	21.99	24.38	30.22	27.54	24.27	21.51	31.29	23.76	26.51	18.82	23.95	18.83
	Median	23.08	22.22	28.57	27.27	25.00	20.00	30.77	25.00	25.00	16.67	25.00	16.67
	Kruskal-Wallis H		3.467			5.232			6.779			4.092	
	df		2			2			2			2	
	p-value[1)]		1.000			.877			.405			1.000	

Remarks: * p-value ≤ .05, ** p-value ≤ .01, *** p-value ≤ .001; 1) p-values Bonferroni corrected

Kruskal Wallis Test: 3 Groups, ordinal

- Apart from RELATIONSHIP POSITIVE, no item has shown significant differences between countries
- In light of all the results one could assume the concept may be generally viewed as culture-independent with good invariances among countries and thus without huge cultural distortions.

Covid-19 Study: Understanding compliance behavior during Pandemic (740 participants)

Results regarding Covid-19 study

- People with the psychological needs of "pleasure" and "efficacy" and the coping style of "surrender" were more likely to comply with anti-pandemic measures.
- People with the coping style of "confrontation" were less likely to comply.

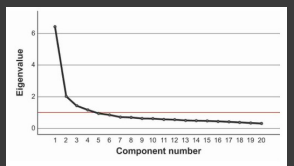
Regression analysis of the effect of CPNs, CBSs and concerns on compliance

Dependent Variable: Scale Compliance			R^2=.232	$F_{(18,681)}$=12.640	p=.000***
Items	*Coeff*	*SE (HC)*	*Coeff (Std.)*	*t*	*p>|t|*
(Constant)	1.923	0.248		7.741	.000***
Scale CPN-Relationship	0.053	0.046	0.052	1.158	.247
Scale CPN-Self-Esteem	0.022	0.045	0.014	0.504	.482
Scale CPN-Efficacy	0.116	0.058	0.107	1.988	.047*
Scale CPN-Pleasure	0.181	0.051	0.180	3.524	.000***
Scale CBS-Soother	0.024	0.042	0.027	0.562	.574
Scale CBS- Confrontation	-0.165	0.047	-0.177	-3.531	.000***
Scale CBS-Surrender	0.310	0.042	0.309	7.393	.000***
Scale CBS-Diver Attention	0.037	0.037	0.042	1.006	.315
Scale CBS-Existential Concerns	-0.047	0.034	-0.061	-1.377	.169

Remarks: * p-value ≤ .05, ** p-value ≤ .01, *** p-value ≤ .001; HC=Heteroscedasticity consistent standard errors. Covariates: Age, Gender, Educational level, Country, Savings.
CPN = core psychological need; CBS = coping behavior style

Relevant to Core Psychological Needs (CPNs)

- To elicit meaningful and valid meta-scales based on the items,
  we conducted exploratory factor analyses (EFAs).
  The EFA results "show that the items can be meaningfully grouped following the CPN theory model.
- Further, regarding the variance, each factor explained approximately the same amount, indicating a similar level of importance.



Supplementary Figure 3. Scree plot of the exploratory factory analysis of core psychological needs, with the eigenvalue of the factor above the Kaiser criterion of 1, denoting four as the optimal number of factors.

Supplementary Table 3. Exploratory factor analysis of core psychological needs (CPNs): Rotated component matrix, communalities, and rotation sums of squared loadings.

Rotated Component Matrix[a]

	Factors				Communalities
	1	2	3	4	
Items	Efficacy	Pleasure	Relationship	Self-Esteem	
RV46_02 talk to others about the situation			0.687		0.561
RV46_02 prevent people from knowing how bad things are				0.718	0.537
RV46_03 keep my feelings from affecting what I do or say	0.435			0.341	0.522
RV46_06 give myself a time-out (e.g., break, rest)		0.718			0.581
RV46_08 not let negative pleasure in what is happening		0.726			0.572
RV46_09 seek help from others			0.687		0.511
RV46_07 try to still look good despite all adversities	0.447			0.477	0.476
RV46_12 try to see the bright side of things	0.401			0.368	0.374
RV46_09 re-energize myself (e.g., self-exercise)	0.481	0.550			0.532
RV46_14 am inspired to do something creative	0.514	0.607			0.669
RV46_15 try to see the positive in what happened to me / feel		0.512	0.644		0.614
RV46_02 try not to lose my reputation	0.488			0.533	0.518
RV46_03 concentrate on coming up with possible solutions	0.752				0.684
RV46_04 carefully consider my options in order to meet the situation	0.776	0.516			0.654
RV46_07 meet something from it	0.556	0.398			0.498
RV46_09 seek emotional support from friends or relatives			0.803		0.708
RV46_09 try to see what I can learn from the situation				0.719	0.577
RV46_09 double my efforts and try harder to handle the situation	0.483			0.610	0.627
RV46_09 make myself feel better by doing something pleasurable		0.600	0.518		0.556
RV46_12 write the items to develop a meaningful conclusion		0.649	0.419	0.342	0.646
Rotation Sums of Squared Loadings	3.108	3.019	2.324	2.187	
% of Variance	15.540	15.095	11.620	10.935	
Cumulative %	15.540	30.635	42.255	53.190	

Extraction Method: Principal Component Analysis. Rotation Method: Varimax with Kaiser Normalization. For better visualization only loadings > .30 are displayed.
a. Rotation converged in 7 iterations.

Offurum, C. J., Leibetseder, M., & Jenull, B. (2022). Understanding Compliant Behavior During a Pandemic: Contribution From the Perspective of Schema-Based Psychotherapy. *Frontiers in Psychology*, *13*, Article 805987. https://doi.org/10.3389/fpsyg.2022.805987

SCHEMA MODEL

(SCHEMA MODELL)

Grawe's Schema Model [varying notions]

Schemas, which have neurological imprinting and emerge from childhood, are

- organized (and organizing) units of psychological regulation
  - for the purpose of reduction of complexity
  - through classification in a pattern [order patterns (Ordnungsmuster)

- Arousal Pattern and Arousal Readines [neuronalen Erregungsmuster/-bereitschaft]
- Expectancy, Postulate, "World-View" [implizite Erwartungen/Postulate/Hypothesen]
- Attractor

Important distinction between
(a) Schema as Einheit and
(b) Schema as Component [Organismusvariable]

Grawe's Schema Model

Avoidance Schema (Vermeidungsschema)	Approach Schema (Annäherungsschema)
the system of self-regulation that minimizes the presence of undesired outcomes or maximizes their absence	the system of self-regulation that maximizes the presence of desired outcomes or minimizes their absence

Motivational Schema	
Avoidance motivational goals (Vermeidungs**ziele**)	Approach motivational goals (Annäherungs**ziele**)
• **mental representations** of undesired transactions with the environment	• **mental representations** of desired transactions with the environment
• Function: to ensure that basic needs are satisfied	• Function: to protect the individual from repetition of aversive experiences

9 avoidance goals:	14 approach-goals:
1. Loneliness/Separation, 2. Deprecation/Derogation (contempt:Verachtung), 3. Humiliation/Embarrassment, 4. Accusations/Criticisms, 5. Dependency/Autonomy-Loss, 6. Hostility/Aggression, 7. Vulnerability, 8. Helplessness, 9. Failure	1. intimacy, 2. socializing, 3. helping others, 4. recognition, 5. impressing, 6. autonomy, 7. performance, 8. control, 9. education, 10. faith, 11. variety, 12. self-confidence, 13. self-rewarding, 14. being helped

Young's Schema Model

"Early Maladaptive Schemas (EMS)

- developed in childhood and adolescence (and continue to be further elaborated throughout life)

What kind of experiences are influential?

1. toxic frustration of needs
2. traumatization or victimization
3. too much of a good thing
4. identification with significant others

Young criticizes that the notion of "basic assumptions" does not seem to get to the core of the patient's "life issue/themes"

Definition: "a broad, pervasive theme or pattern; comprised of memories, emotions, cognitions, and bodily sensations; regarding oneself and one's relationships with others; developed during childhood or adolescence; elaborated throughout one's lifetime and; dysfunctional to a significant degree."

Concern : EMS is more fundamental than rational assumptions.

Young‘s Schema Model

The 18 EMS

1. Abandonment/Instability
2. Mistrust/Abuse
3. Emotional Deprivation
4. Defectiveness/Shame
5. Social Isolation/Alienation
6. Dependence/Incompetence
7. Vulnerability to Harm or Illness
8. Enmeshment/Undeveloped Self
9. Failure
10. Entitlement/Grandiosity
11. Insufficient Self-Control/Self-Discipline
12. Subjugation
13. Self-Sacrifice
14. Approval-Seeking/Recognition-Seeking
15. Negativity/Pessimism
16. Emotional Inhibition
17. Unrelenting Standards/Hypercriticalness
18. Punitiveness

Schema Model Revisited!

Intercultural Study on CPNs
Advocating for a Critical Overhaul of Schema Conceptualizations

Deductive vs. inductive way:

- Inductive Approach:
  one generates codes emerging from the data, working towards constructing a theory.
- Deductive approach:
  is theory-driven; one starts with the theory and analyses the data to see how the data coding fits the theory.

Manifestations of fulfillment and non-/mis-fulfillment of the Core Psychological Needs (CPN)		
non-/mis-fulfillment of the CPN		fulfillment of CPN
maladaptive Schemas through **deficiency** of CPN	maladaptive Schemas through **infringement** of CPN	positive Schemas through adequate **fulfillment** of CPN

Atlas.ti: in line with grounded theory, which integrates the three cycles of coding:

- initial or focused coding (earlier called "open coding"),
- axial coding, and
- theoretical (earlier called "selective") coding.

Schema Model Revisited!

COGNITIVE SCHEMA MODEL

Linking Schemas to Needs

	Manifestation of non-fulfilment/fulfilment of the *core psychological needs* (CPNs) into schemas		
BASIC PSYCH. NEEDS	Maladaptive *schemas* through **deficient** fulfilment of the basic psychological needs *Gff*[+]	Maladaptive *schemas* through **infringement** of the basic psychological needs GB[−]	Salubrious *schemas* through **adequate fulfilment** of the basic psychological needs* GB[+] (perhaps also *Gff*[−])
Bonding	- **Abandonment**, forsaken (German: Verlassenheit) - **Repudiation**, alienation, rejection, exclusion, (German: Zurückweisung, Ausgrenzung) - Deprivation (German: Entbehrung)	- **Enmeshment**, entanglement (German: Verstrickung) - **Mistrust**, skeptical, suspicious of abuse (German: Misstrauisch) - **Self-sacrifice** (German: Aufopferung)	- **Belongingness**, attachment (German: Dazugehören, Bindung) - **Confidence** (German: Vertrauen) - **Geborgenheit** (German: Geborgenheit)
Self-Worth	- **Fragility**, vulnerability, flawed, defective (German: Zerbrechlichkeit, Verwundbarkeit, Fehlerhaft)* - **Self-estrangement**, spurious, fake, inauthentic (German: Selbstentfremdung, falsch, unauthentisch) - **Inferiority complex** (German: Minderwertigkeitskomplex)	- **Inviolable**, Invulnerable (German: unantastbar, unverwundbar) - **Overzealous admiration seeking** (German: Übereifrige Bewunderung suchend) - **Supremacy**/superiority complex (German: Vormachtstellung, Überlegenheitskomplex)	- **Robustness**, resilience (German: Robustheit, widerstandsfähig) - **Genuineness**, authenticity (German: Echtheit, Authentizität) - **Dignity**, regard, appreciation (German: Würde, Achtung, Wertschätzung)
Mastery	- **Powerlessness**, Helplessness clueless (German: Ohnmacht; Hilflosigkeit, ahnungslos) - **Failure in performance**, scallywag (German: Versagen bei Leistung; Taugenichts) - **Lack of aspiration**[1], Inadequacy of vocation[1] (German: Unzulänglichkeit einer Berufung, fehlende Ambition)[1]	- **Omnipotence**, almighty complex (German: Allmächtigkeitskomplex) - **Perfectionism**, inflated standards (German: Perfektionismus, überzogene Standards) - **Indispensability** (German: unentbehrlich)	- **Comprehension**, orientation (German: Verstehen, Orientierung) - **Manageability** (German: Handhabbarkeit) - **Mission**, Purpose (German: Mission, Sinnhaftigkeit)
Pleasure	- **Flintiness**, averse to ease (German: Flintigkeit, der Leichtigkeit abgeneigt) - **Anhedonia**, hostile to amusement (German: Anhedonie, vergnügungsfeindlich) - **Pessimism**, negativity, ominous minded (German: Pessimismus, Negativität, ominös gesinnt)	- **Faineance**, complacency, inertia (German: Müßiggang, Gleichmut, Trägheit) - **Rapacity**, gluttonous, insatiability (German: raubgierig, gefräßig, Unersättlichkeit) - **Unsavory**, hideosity, obnoxiousness (German: widerwärtig, abscheulich)	- **Tranquil**, restful/recreation, serenity (German: ruhig, erholsam, Gelassenheit) - **Fun**, playful, enjoyment (German: Spaß/Gaudi, spielerisch, Genuss) - **Aesthetics**, beauteousness (German: Ästhetik, Schönheit)

[1] Termini not yet fully developed.

Schema Model Revisited!

Advocating for a Critical Overhaul of Schema Conceptualizations

Distinction necessary between
(a) schema as "the unit", as organized (and organizing) psycho-structure of self-regulation, encompassing the whole/entire, and which composes of
(b) cognitive, emotional, behavioral, and body schema-components

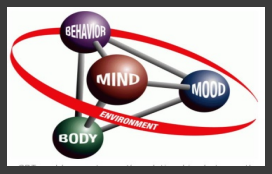
Grawe's Motivational Goals

as „mental representation" of Schema
resp. the "cognitive component"
i.e. avoidance vs. approach goals

⇔

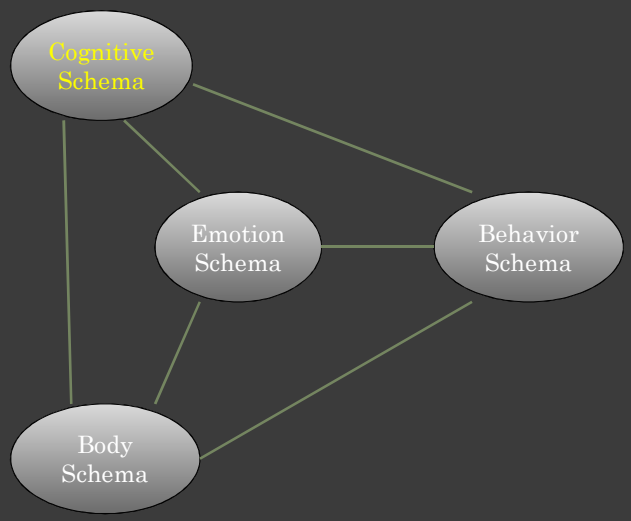
Young' s (maladaptive) Schemas
- which differ from intellectually rationalized cognitions, however
- they ultimately refer to cognitive schema components, *whereby the strength of the individual's cognition ("the coreness of a belief") is represented by "the amount of affect associated with its activation!!*

These components [cf. Organism Variable]
(a) are distinguishable
(b) but not separable from each other



Schema Model Revisited!

Advocating for a Critical Overhaul of Schema Conceptualizations



Schema Model Revisited!

EMOTION SCHEMA MODEL

In Grawe's tradition,

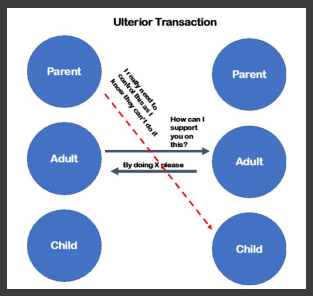
- no concept for the "emotion template/component" is elaborated

in Young's tradition,

- emotions are <u>considered integrated</u> into the rather *cognitive* schema construct, and therefore, not further explicitly conceptualized *in the schema model.*
- Nevertheless, ***in the mode model*** [which integrates schemas that are activated in a particular "here and how"] emotions (referred to as "child modes") have been distinguished from cognitions (referred to as parent modes) for therapeutic practice.

This is problematic [Error of Category!!]

- It implies that the <u>child state lacks cognition</u> and the <u>parent state lacks emotion</u>
- It <u>violates correct distinction</u> between schema model and mode model



Graphic: tothegrowlery.com

Schema Model Revisited!

EMOTION SCHEMA MODEL

Underlying traditions:

- ✓ Charles Darwins: Functionality of Adaptation and Survival - evolutionary perception
- ✓ William James: Physiology constitutes emotion psychophysiological perception
- ✓ Walter Cannon: Neurons produce emotions - neurological perception
- ✓ Sigmund Freud: unveiling subconscious emotions - psychodynamic perspection:
- ✓ Cognitive Behavior Therapy: Influence of Cognition on Emotion
- ❖ Robert Plutchik: Evolutionary Theory of Emotions
- ❖ Leslie Greenberg: Emotion Focused Therapy

They provide us with the resources necessary to establish the concept of emotional schemas that are compatible with both schema therapy traditions

You are cordially invited to read the forthcoming publication in which I detail a concept for the Emotion Schema.

EMOTION SCHEMA MODEL

My lucid conceptualization viable for schema-based psychotherapy

What makes dealing with emotions a challenge: "category mistake/error" (philosophy)

A **category mistake/error,** is described as "a semantic or ontological error in which things [resp. items] belonging to a particular category are presented as if they belong to a different category.

Examples:

Category Errors by Young:
Emotion = child mode, cognition = parent mode (error by importing from transactional analysis concept)

Category Errors by Zarbock:
(a) primary emotions in terms of basic emotions, from (from Ekman, cf. Plutchik)
(b) so-called "social emotions" (referring to the social function)
then he defined social emotions in terms of "complex emotions" (d.h. emotions with "evaluation").
Later he differentiates the above two from
(c) **secondary** emotions, "that occur later" (form a sequential perspective)

Category Errors by Greenberg:
the 4 types of emotional experience: primary adaptive, primary maladaptive, secondary and instrumental emotions
[differentiation between primary and secondary emotions is from a **sequential** perspective, the distinction between adaptive and maladaptive emotions is from a perspective of beneficence]

BEHAVIOR SCHEMA MODEL

Grawe (pro-active or goal-oriented)

Grawe did not delve into this subject as such

- hierarchical organization of mental functioning: behavior is controlled by the intentions, which are superordinate to it within the hierarchy
- approach versus avoidance schemata can be and are understood by some authors of this tradition (cf. Krampe; Fries) in terms of behavioral strategies.

Graphic:tothegrowlery.com

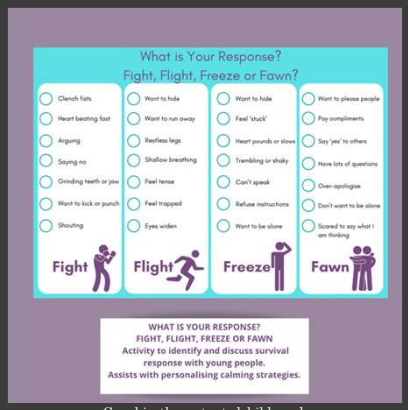
BEHAVIOR SCHEMA MODEL

Young (reactive, coping oriented, maladaptive)

Surrender (freeze)
- "yield to it", "accept that the schema is true"
- Choice of partner (compliance in relationship)
- Information processing (confirms the schemas)
- Submissively staying in situation (surrender)

Avoidance (fight)
- Emphasis on "avoidance of stimuli"
- Emphasis on "avoidance of reaction"
- active and passive avoidance

Overcompensation (fight)
- "doing the opposite of the schema/EMS
- transforming behavior from victims to perpetrators
- in behavior to others
- towards (internal or external) stimuli
- towards one's emotion



Graphic: thecontentedchild.co.uk

The updated distinction gives:
- ✓ Follow: corresponds to surrender, endurance or submission
- ✓ Flee: corresponds to active avoidance
- ✓ Freeze: corresponds to passive avoidance
- ✓ Fight: corresponds to "overcompensation"

BEHAVIOR SCHEMA MODEL

Distinguish between.
(a) Behavior as reaction/response in situation
(b) Behavior as cross-situational pattern within organism variable.

Organism variables
cross-situational Behavior-Pattern (O_{beh})

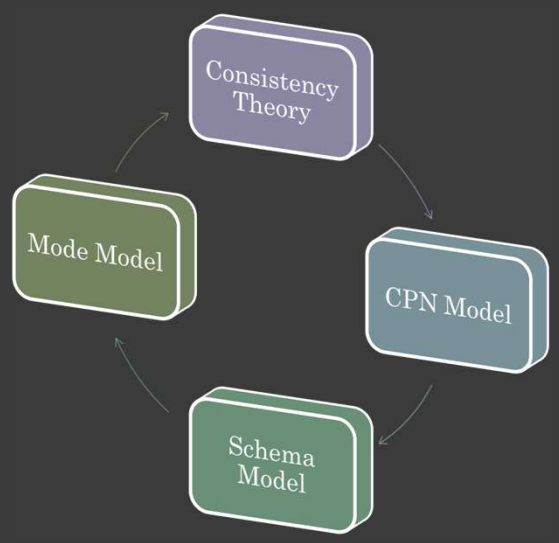
O_{emo} = emotion Schema/Pattern (Alpha variables),
O_{cog} = cognitive Schema/Pattern (Beta variables),
O_{som} = soma/body Schema/Pattern (Gamma variables)
O_{beh} = behavioral Schema/Pattern (Delta variables),

Response variables
Behavioral Reaction (R_{beh}) in a situation :

R_{emo} = emotion Schema/Pattern (Alpha variables),
R_{cog} = cognitive Schema/Pattern (Beta variables),
R_{som} = soma/body Schema/Pattern (Gamma variables)
R_{beh} = behavioral Schema/Pattern (Delta variables),

You are cordially invited to read the forthcoming publication in which I detail a concept for the Behavior Schema.

OVERALL FUNCTIONAL MODEL OF THE MENTAL EVENT



OVERALL: (SCHEMATA AS ORGANISM VARIABLE) [ESSENCE vs. ATTRIBUTES]

Kontinguity – **HOW** (e.g. Timing)
Zeitinterval zw. Beginn von CS und Beginn von UCS:
- bei **verzögerte**: 5 sec bis 5 min "
  [Engl.: short delay conditioning bzw. long delay conditioning]
- bei **spuren-**: keine zeitliche Überschneidung
  [Engl.: trace conditioning]
- bei **simultan**: 0 bis 5 sek [
  Engl.: simultaneous conditioning]
- bei **rückwärts**: UCS zeitlich vor dem CS
  [Engl.: backward conditioning]

Contingency rate – **HOW REGULAR**:
(a) continuous vs.
(b) intermittent (interval, quotas, installments)

Reinforcement QUALITY
- Positive reinforcement (C+):
  pleasant consequence occurs
- Negative reinforcement (Ȼ-):
  unpleasant condition is ended
- Positive punishment (C-):
  unpleasant (aversive) consequence occurs
- Negative punishment (Ȼ+):
  pleasant condition is terminated.

➢ **DURATION**. short term vs long term

➢ Externe (Se) vs internal (Si) Stimuli

➢ Discriminative vs. determinative stimulus

Stimulus S → Organismus O → Response R → Consequence C

O_{emo} = emotion schema/pattern (alpha variables),
O_{cog} = cognitive schema/pattern (beta variables),
O_{beh} = behavioral Schema/pattern (gamma variables),
O_{som} = soma/body schema/pattern (delta variables)

Rcog: cognitive modality
Rbeh: behavior modality
Remo: emotional modality
Rbdy: physiological-body modality

Rr: Respondente Reaktion to Stimulus
Ro: Operante Reaktion to Consequence

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und das letzte Wort ist <u>nicht</u> gesprochen!

Aber, für heute:

„I rest my case“

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