

# Integration of Klaus Grawe's Consistency-Schema Approach and Jeffrey Young's Schema-Mode Approach: Contribution to Schema Therapy



Presentation: AVM Teaching Therapist Conference. Vienna, 24-25 March 2023

Presentation: AVM 25th Scientific Congress. Salzburg, 19-22 October 2023

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## Consistency Theory

### Grawe

In the mental system, there are always many processes running simultaneously, thus system sustainability becomes fundamental and is achieved through consistency.

#### Consistency

- (a) Congruency: external consistency (person - environment alignment)
- (b) Concordance: internal consistency (alignment within the individual)

#### Inconsistency

- (a) Incongruency: external inconsistency (person - environment disalignment)
- (b) Discordance: internal inconsistency (disalignment within the individual)

### Young

Cognitive Consistency: People tend to maintain a consistent, i.e., longer-term coherent view of themselves and the world, which explains why people do not change their painful patterns.

### Further development

Consistency: system sustainability	1 <sup>st</sup> category	<ul style="list-style-type: none"> <li>• that needs are successfully gratified</li> <li>• their compatibility or non-contradiction</li> <li>• equilibrium or balance in need fulfillment</li> </ul>
	2 <sup>nd</sup> category	<ul style="list-style-type: none"> <li>• the maintenance of an ideal status quo</li> <li>• the transcendence of the status quo</li> </ul>

## Basic Needs Model

### Grawe: the need for:

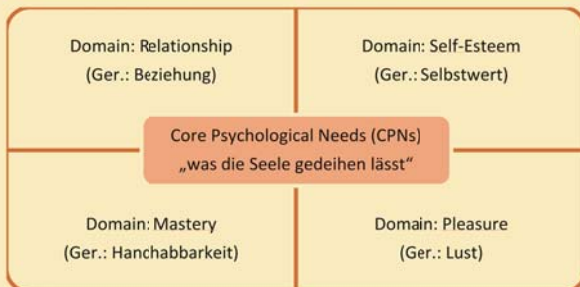
1. attachment
2. orientation and control
3. self-esteem protection and enhancement
4. pleasure and avoidance of displeasure

- 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.
- According to Grawe, these are the specific basic psychological needs, beyond the biological needs, that are common to all humans, and must be met in order for a person to be well, thrive, have good mental health, and be more likely to reproduce.
- They are omnipresent for everyone. Their violation or persistent non-satisfaction leads to a deterioration of mental health and well-being, and as such they are indispensable.

### Young:

1. Secure attachments to others (incl. 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
- According to Young, the violation or non-fulfillment of these core emotional needs in childhood leads to the so called "early maladaptive schemas".

### Further development



Manifestations of adequate vs. inadequate fulfillment of the core psychological needs (CPNs)		
need fulfillment violation, i.e. non-/mis-fulfillment of the CPNs		Adequate fulfillment of the CPNs
Maladaptive schemas through DEFICIENCY of CPNs	Maladaptive schemas through INFRINGEMENT of CPNs	Positive schemas through ADEQUATE FULFILLMENT of CPNs

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 CPNs: According to Mikunda, people don't just buy the products alone, but also and above all the elation (Ger.: Hochgefühl) that can be experienced with them. The Elations of (a) *desire* (in terms of attraction/affiliation), (b) *glory*, (c) *power* (incl. ingenuity), and (d) *joy* (incl. chill) correspond to the four CPNs demonstrated.

## Schema Model

Grawe: Schemas, which have neurological imprinting and emerge from childhood, for the purpose of reduction of complexity, through classification in a pattern [order patterns (Ordnungsmuster)] are:

- 1) Organized (and organizing) unit of psychological self-regulation:
  - (a) Approach Schema (Annäherungsschema): the system of self-regulation that maximizes the presence of desired outcomes or minimizes their absence.
  - (b) Avoidance Schema (Vermeidungsschema): the system of self-regulation that minimizes the presence of undesired outcomes or maximizes their absence
- 2) The components: cognitive, emotional, action-readiness, and behavioral components:
  - i. Cognitive Components: Implicit theory or mental representations of desired/undesired transactions:
    - a. Approach motivational goals (Annäherungsziele): (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.
    - b. Avoidance motivational goals (Vermeidungsziele): (1) Loneliness/Separation, (2) Deprecation/Derogation (contempt), (3) Humiliation/Embarrassment, (4) Accusations/Criticisms, (5) Dependency/Autonomy-Loss, (6) Hostility/Aggression, (7) Vulnerability, (8) Helplessness, (9) Failure.
  - ii. Behavior Components: Schemata interpreted as behavioral strategies (what individuals must do) towards their need fulfillment. (a) Approach strategies (Annäherungsstrategien); (b) Avoidance strategies (Vermeidungsstrategien)

Young: Early Maladaptive Schemas (EMS): broad, pervasive themes or patterns, regarding oneself and one's relationships with others; developed during childhood or adolescence; elaborated throughout one's lifetime and; dysfunctional to a significant degree. 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.

Note: Young's EMS are conceptualized to 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!

$O_{emo}$  = 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)

### Cognition-Emotion-Body-Behavior-Network

