

# Group Schema Therapy



## For whom?

Would you like to have more control over your emotions? Do you suffer from recurring complaints such as mood, anxiety and / or obsessive compulsive complaints? Do you notice certain behavioral patterns that are difficult to change, even though you really want to? And even though you understand they are not helpful?

Would you like to work on changing these patterns?

## What?

At Adagio you can participate in schema group therapy. If negative patterns keep repeating in your life, there could be counterproductive schemes. Schematherapy focuses on discovering the origins of your ideas, convictions about yourself, others and the world and your behavioral patterns and intends to change them. The solutions that you have

previously learned because they were helpful at that time, can hinder you in your current life. In the group we discuss how previous experiences affect you in the here and now. We examine your needs and how to fulfill these needs in a more effective, healthier way. This changes your behavior, but also your thoughts and feelings. The group consists of 7-9 participants.

## Why?

It is precisely in a group that the patterns become tangible in interaction with others. In contact with the group members and the therapists, alternative behavior can be practiced with. This practicing also gives you the opportunity to have 'corrective experiences'. The group therapy that we offer is based on the international model of group therapy (Farrel and Shaw, 2012).

## When?

Every Tuesday from 13.00 am to 14.30 pm, except for school holidays. The group is composed of cycles of 13 sessions. Participants can enter and exit after completing a cycle. The average treatment duration within the group is approximately 3-4 cycles per participant. Each participant can, in addition to the group

sessions, request a total of 7 individual sessions with one of the therapists involved.

## How?

In an intake session with the therapist(s) involved, we will discuss with you whether the group therapy matches your therapeutic needs and more information is given about the group. Personal goals will be set together with you, based on two schema therapy questionnaires. These will be re-evaluated. Upon reaching your personal goals, we will determine your last group session together.

## Where?

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