



GROUP SCHEMA THERAPY – WHAT IS IT?

Schema group therapy at Adagio consists of schema therapy in a group and a number of individual sessions.

If negative patterns in your life keep repeating themselves, that may be caused by counterproductive schemas. Schema therapy focuses on discovering the origins of the ideas and convictions you have about yourself, others and the world and on your behavioral patterns and attempts to change them.

FOR WHOM?

- You would like to be more in control of your emotions.
- You suffer from recurring mood swings, anxiety and/or obsessive compulsive thoughts and/or behaviour.
- You notice certain behavioural patterns that are difficult to change, even though you really want to and even though you understand that these patterns are not helpful.

WHY IN A GROUP?

In a group patterns become tangible in interaction with others. In contact with group members and the therapists, alternative behaviour can be practiced.

Practicing also gives you the opportunity to have 'corrective experiences'.

HOW DOES IT WORK?

Solutions you 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 basic needs and how to fulfill them in more effective healthier ways. This will change your behaviour, your thoughts and feelings.

HOW TO JOIN

In an intake session with the therapists 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.

WHEN AND WHERE

DAY	Friday
TIME	13 - 14.30 hrs
PLACE	Adagio • Plantage Middenlaan 52-A, Amsterdam

PRACTICALITIES

- We work in cycles of +/- 14 sessions. You can enter or exit after completion of a cycle.
- The treatment duration is three cycles.
- Each participant can, in addition to the group sessions, request a limited number of individual sessions with one of the therapists involved.
- The group consists of 6 to 8 participants.

FOR

MORE

INFORMATION



020 – 7761042



INFO@ADAGIOAMSTERDAM.NL