

*Prinse*stichting



GENTLE
TEACHING
INTERNATIONAL

How to overcome toxic beliefs



Schema therapy within a GT framework

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The people we meet....



- intellectual disability/borderline functioning
- social and emotional problems
- psychiatric disorders / personality disorders
- traumatic life events (abuse, neglect)

Bilal



- abusive father, abusive aunts
- emigration
- black sheep
- dropping out, behavioral problems and drug abuse
- borderline intellectual functioning, PTSD, personality disorder
- convicted for domestic violence 5 times

Bilal: toxic beliefs?



- moral memories: I am a monster, I am no good
- not feeling safe, loved, loving and engaged
- people are out to get me
- people will deceive me

Our challenge as Gentle Teachers



- create new moral memories
- memory over a memory
- a memory of what life is all about:
companionship, community, feeling safe and loved, loving others, becoming an active participant in life

How?



- creating a safe environment where learning can take place
- show ongoing acceptance and appreciation
- being allowed to make choices and mistakes
- develop skills

Using the tools of GT



- soft tone
- lifting up
- no yelling, no talking down (are you disappointed, are you mad at me)
- start and end together
- drink coffee
- have fun
- touch carefully
- sit close
- warm gaze

But.....



Toxic beliefs prevent the soul from healing:

- core beliefs created in the past
- keep feeding anxiety
- prevent you to create new healthy memories and build safe and loving relationships
- trauma, personality disorders, attachment disorders



Schema therapy as supplement



JEFFREY YOUNG

What about schema therapy?



5 basic needs

- secure attachment
- autonomy, sense of identity
- freedom to express needs and emotions
- spontaneity and play
- realistic limits and self control

Unmet core needs



- How does this happen?
 - genes
 - family
 - environment
 - traumata
- Keywords:
unsafe, punitive, neglecting, depriving, unstable

Schema's



When emotional needs are not met, core themes and patterns (thoughts, feelings, behavior) that we keep repeating in our lives develop.

→ schemas

Schema's



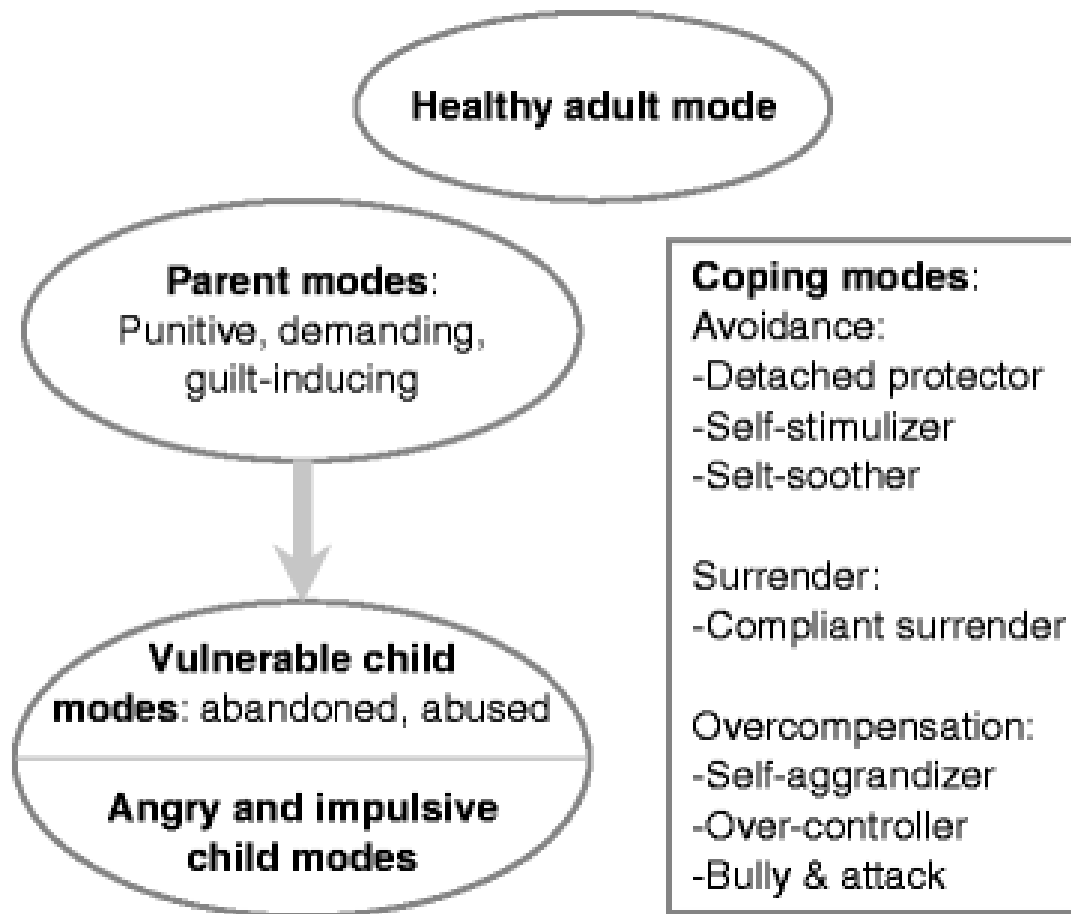
- schemas affect our thoughts, feelings and behavior in the present
- schemas feel familiar, but don't fit in our present lives to build healthy self image, relationships
- feelings of mistrust, inferiority, incompetence, failure

From schema to mode



- schemas can be triggered and alternate quickly
- when schemas are activated we are in a certain emotional state that defines our thoughts, feelings and behavior
- this is called a mode
- we flip from mode to mode depending over time, depending what gets triggered

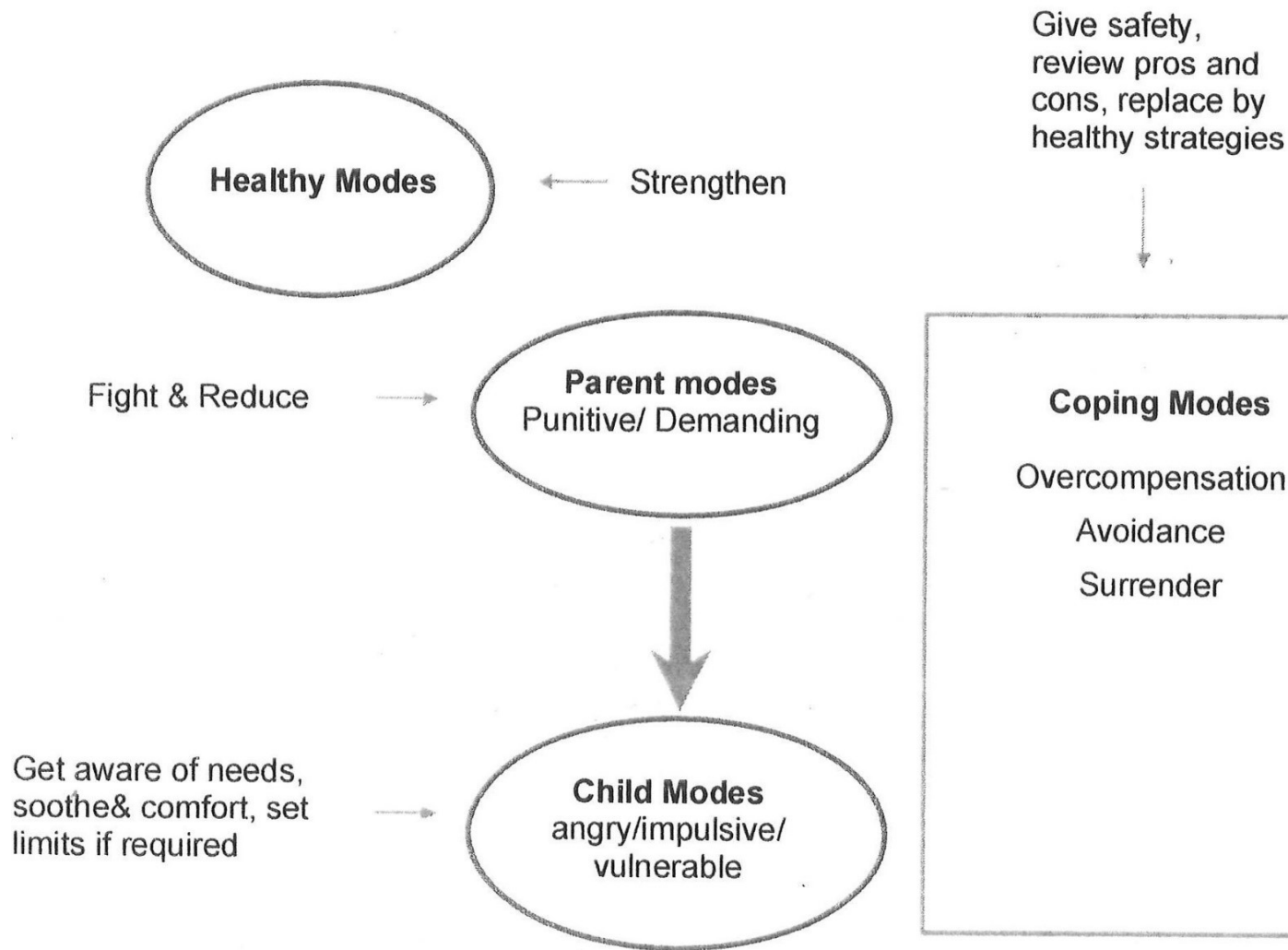
Modusmodel



Alfred



Goals of schema therapy



Core interventions



- limited reparenting
- experiential imagery / dialogue work
- cognitive restructuring and education
- behavioral pattern breaking

Let's try it!!!



- Imagery work:
 - Ice cream exercise
 - Little girl on the street

Schema therapy in a GT framework



- both focus on teaching how to build safe and loving relationships,
- both focus on elements as attachment, nurturing/reparenting, align with needs, creative/personal, fun/engagement
- both do not focus on changing behavior

Schema therapy in a GT framework



- toxic core beliefs get in the way of learning
- ST will diminish the toxic beliefs and teaches new healthy core beliefs
- so we reach for the soul, with empathy, respect, curiosity and attunement
- to teach new memories and build companionship

Schema therapy in a GT framework

- GT basic principles in everyday life: our homes, workplaces and therapeutic sessions
- in addition when needed schema therapy:
 - individual / group treatment
 - training of caregivers

Connection in progress



- future steps:
 - more trained ST therapists
 - increase of individual treatment
 - start grouptherapy
 - pilot: ST training for teams that already work with GT
- effect study

Questions?



Join us!!!

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Connection in progress!!!

