

SCHEMA THERAPY

Understanding patterns that may be keeping you stuck



WHAT IS SCHEMA THERAPY?

Schema Therapy explores long-standing patterns in the way we think, feel, relate to others and respond to situations.

These patterns often develop for understandable reasons and may have helped us cope earlier in life — but sometimes they continue even when they're no longer helpful.

WHAT MIGHT WE EXPLORE?

Therapy may help you understand:

- Recurring relationship patterns
- Strong emotional reactions
- Unhelpful beliefs about yourself
- Why certain situations feel especially triggering
- Your emotional needs
- Coping responses developed over time
- Patterns that affect everyday functioning

MOVING FROM UNDERSTANDING TO CHANGE

Together, you and Beth may identify patterns affecting your wellbeing, relationships or participation in everyday life.

Therapy can then focus on developing healthier ways of responding and meeting your emotional needs.

A COMPASSIONATE APPROACH

Schema Therapy isn't about blaming you for your patterns.

Instead, it aims to understand where they came from, what purpose they may have served and what you need now.

IS THIS SERVICE RIGHT FOR YOU?

Schema Therapy may be helpful if you notice the same difficult patterns occurring repeatedly in your emotions, relationships or everyday life.

Beth can discuss your needs and goals with you to determine whether this therapeutic approach may be appropriate.

Ready to Make a Referral?

SCAN TO REFER

