

**Bamber, M. (2004). 'The good, the bad and defenceless Jimmy' – A single case study of schema mode therapy. *Clinical Psychology and Psychotherapy*, 11, 425-438.**

This paper presents a single case study, which outlines the innovative application of a new approach to working with a complex clinical case, for whom all other forms of therapy, including drug therapy, psychoanalytic therapy, hypnotism and traditional CBT interventions, had been found to be ineffective. It describes the use of Jeffrey Young's Schema Mode Therapy in the treatment of a 47 year old man with a 30 year history of chronic agoraphobia. The results obtained in terms of the clinical outcome of this single case study are very encouraging and indicate that Schema Mode Therapy may indeed be an effective form of therapy for certain types of complex case, for which more traditional approaches have been unsuccessful.