

Fitzsimmons, K., Gallagher, S., Blayone, S., Chan, D., Leitch, W., Veals, N., & Wilkinson, N. (2009). The young schema questionnaire in group therapy: A client-focused approach. *Social Work in Mental Health, 7*, 176-185.

Abstract:

The purpose of this research was to determine the most common schemas of clients presenting for group therapy and to evaluate how these schemas change after treatment. Schemas are defined as pervasive themes about oneself, others, and expectations in relationships, which begin to develop in childhood and continue throughout one's lifetime. The research was done in a 6-week mental health day treatment program servicing clients discharged from an inpatient psychiatric unit or the emergency crisis clinic. Clients completed the Young Schema Questionnaire during the assessment phase of the program and again upon discharge. Clients were given immediate feedback on their specific schemas, followed by a discussion about how the schemas fit with their current situation and treatment goals. During treatment, clients were encouraged to reflect upon and discuss their identified schemas. The most common schemas in our setting are presented, as well as a rationale for why schemas decreased over the course of treatment. The implications of using the schema questionnaire to facilitate clients' progress in the course of treatment and for program evaluation is addressed.