

Martin, R., & Young, J.E. (2010). Schema therapy. In Dobson, K.S. (Ed.), *Handbook of cognitive-behavioral therapies (3rd ed.)* (pp. 317-346). New York: Guilford Press.

Schema therapy is an integrative therapy approach and theoretical framework used to treat clients with personality disorders, characterological issues, some chronic Axis I diagnoses, and various other difficult individual and couples' problems. This chapter discusses the origins of schema therapy, differentiation of schema therapy, assessment techniques, treatment techniques, how it can be applied specifically to borderline personality disorder, and finally empirical support for schema therapy.