

**McGinn, L.K., & Young, J.E. (1996). Schema-focused therapy. In P.M. Salkovskis (Ed.), *Frontiers of cognitive therapy* (pp. 182-207). New York: Guilford Press.**

From the cover:

In its opening chapters, the book provides a comprehensive overview of the way in which the cognitive theory of emotional disorders accounts for the most commonly observed psychological problems. A chapter by Aaron T. Beck discusses how the cognitive model accounts for phenomena that are commonly regarded as disturbances of personality. Building on these theoretical concepts, the cognitive approach to more complex problems such as personality disorder and suicidal behavior is described in detail. In addition, important but all too often neglected issues such as therapist competency, the therapeutic relationship, and empathy are systematically examined. A key feature of the cognitive model is the explicit recognition of the importance of specificity. That is, different emotional problems are characterized by negative thinking that focuses on particular themes. The specific ways this type of thinking affects the individual patient are also highly idiosyncratic. This volume demonstrates how cognitive therapy helps to make sense of the almost infinite variety of these individual reactions in ways that enable the therapist to structure effective interventions that are sensitive to the patient's needs. Among the many clinical problems covered are depression, eating disorders, hypochondriasis, obsessive-compulsive disorder, panic, personality disorder, sexual problems, social phobia, and substance abuse. Particular populations, including children, adolescents, and the medically ill are also discussed in detail. Bringing together the work of key cognitive therapy experts who address an unusually wide array of topics, *Frontiers of Cognitive Therapy* is a resource both clinicians and researchers will want to keep close at hand. The book is also ideal for the classroom, as it provides students with a broad, yet deep understanding of cognitive therapy and its many applications in clinical practice today.