

Prof. dr Tijana Mirović

Faculty of Music, University of Arts Belgrade

Counseling center Mozaik, Belgrade

Schema Therapy Center Belgrade

Schema therapy – A new outlook at modern age problems and “old” disorders

Modern age, brings many changes, the most significant probably being the way we connect to each other. It seems that we had never communicated more and connected less. In just 20 years (1985-2005) an average number of close people one might have, reduced for one whole person (from 2.94 to 2.08 people). At the same time, the number of people who have no one to share important news with tripled. Parenting practices changed in such a way that we see significant increase in number of entitled, dependent and overprotected children. Also, being liked by others became more important than authenticity, while fame became more valued than achievement.

It has been hypothesized that these changes contribute to the growth in personality disorders or other increasingly widespread problems such as depression and loneliness. Having this in mind, it is important for psychologists to develop competencies necessary for addressing these issues and populations. Knowledge derived from Schema therapy can help meet this goal.

Schema therapy is a fairly new and integrative approach unifying elements from cognitive-behavioral, psychodynamic (object relations), Gestalt and attachment schools. A number of studies support its effectiveness in treating a variety of disorders including personality disorders which were previously predominantly considered non-treatable. Schema Therapy is also, associated with higher levels of patient satisfaction thus benefiting both clients and therapists.

This plenary lecture will present Schema therapy and how using this approach could help enhance competencies of psychologist working with modern age problems and disorders.