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Schema therapy works with cognitive assessment, cognitive techniques, internal dialogues, behaviour change methods, or home work assignments and can therefore be seen as an extension of cognitive therapy on the area of

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undergoes cognitive-behavioral therapy for his obsessive-compulsive disorder. Some cognitive-behavioral therapists have adapted these protocols to work with difficult patients in ways that are consistent with schema therapy (c.f. Beck, Freeman, & Associates, 1990). We discuss some of these modifications later in this chapter (see pp. 48-53).

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