

Breaking Old Patterns: Schema Therapy Pathway

Do you find yourself repeating the same painful patterns in relationships, work, or life — no matter how hard you try to change? Perhaps you've carried deep feelings of shame, unworthiness, abandonment, or mistrust for as long as you can remember, without ever quite understanding where they came from or why they won't go away. Schema Therapy offers a compassionate and powerful route to understanding these deeply held patterns and finally breaking free from them. This online Schema Therapy pathway has been designed for adults with longstanding emotional difficulties — guided throughout by a skilled Schema Therapy professional.

Rather than working through content alone, you'll be supported by a qualified therapist who brings expertise, warmth, and clinical insight to your journey. Schema Therapy is an integrative, evidence-based approach that draws on CBT, attachment theory, and experiential techniques to help you understand the origins of your emotional patterns, heal old wounds, and build healthier ways of thinking, feeling, and relating to others. Your therapist will work collaboratively and compassionately with you, at a pace that feels safe. Together, you'll explore:

- **Schema identification** — understanding the deeply held beliefs and emotional patterns, known as schemas, that developed in response to unmet needs in childhood or early life
- **Schema modes** — recognising the different emotional states and coping responses that drive your behaviour, often without your awareness
- **Understanding your history** — making compassionate sense of how your past experiences have shaped the way you think, feel, and relate to others today
- **Limited reparenting** — experiencing a safe, boundaried therapeutic relationship that helps meet previously unmet emotional needs and models healthy relating
- **Experiential techniques** — using imagery rescripting, chair work, and other powerful methods to process painful memories and emotions at a deeper level
- **Cognitive and behavioural work** — challenging schema-driven thoughts and gradually breaking unhelpful behavioural patterns in day-to-day life

- **Building the Healthy Adult** — strengthening your capacity to meet your own emotional needs, set boundaries, and make choices that truly reflect who you want to be

Delivered online for flexibility and convenience, this pathway combines the depth and effectiveness of Schema Therapy with the personal guidance of a trained professional — so you have consistent, compassionate support as you do this important work. Sessions are paced carefully to suit your individual needs, with your therapist providing ongoing reflection, encouragement, and skill-building throughout.

Flexible Appointments to Fit Around Your Life

We understand that seeking support shouldn't come at the cost of your work or daily commitments. That's why appointments are available during evenings and weekends, as well as standard daytime hours — making it easier for those in employment, with caring responsibilities, or busy schedules to access the help they deserve. All sessions are conducted securely online, removing the need to travel and allowing you to engage with therapy from the comfort and privacy of your own home.

Is This Pathway Right for Me?

Schema Therapy is a longer-term, depth-focused approach particularly well suited to adults with complex, longstanding, or treatment-resistant difficulties. It has a strong and growing evidence base and is recognised as an effective treatment for:

- Borderline personality disorder (BPD) / emotionally unstable personality disorder (EUPD)
- Narcissistic personality disorder and other personality difficulties
- Chronic depression and persistent low mood
- Anxiety that feels deeply rooted or longstanding
- Complex post-traumatic stress disorder (C-PTSD) and childhood trauma
- Chronic feelings of emptiness, shame, or worthlessness
- Longstanding difficulties in relationships, including patterns of abandonment, codependency, or emotional unavailability
- Self-sabotaging behaviours and destructive life patterns
- Eating disorders with underlying emotional and relational difficulties
- Difficulties that have not fully responded to CBT or other shorter-term therapies
- Low self-worth and deeply held negative core beliefs

If you're unsure whether this pathway is the right fit for you, our team will carry out an initial assessment to ensure you're matched with the most appropriate level of support.

Schema Therapy is a deeper, longer-term approach that works at the level of core beliefs and early emotional experience. Your therapist will take the time to build a strong, safe therapeutic relationship before moving into more intensive experiential work.

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