Contents

1 Introduction 1
Overview 1
The Pattern of Negativity 4
Adapting to Generational Change 5
The Challenge of Dealing with Endings and Trauma 6
Cognitive Flexibility 7
Negative Schemas 8
Hope: A Theory, a Process 9
The Societal Paradigm of Rejection 10
Perception 12
The Power of Will 14
The Value of Authenticity 18
Shifting Paradigms: Questions and Responses 20
Responses 20
Habitual Behavior 22
Living in the Moment 25
Technique for Moving Past Being Stuck in Neutral 27
The Self and Internal Will to Achieve Transcendence 28
A Cognitive Therapy Perspective 29
Synopsis of Chapter 30

2 Paradigms and Maladaptive Thinking 33
Introduction 33
Superstitions 36
Faith as a Paradigm 39
Societal Influences 41
The Mechanism of the Paradigm Shift 42
The Role of Thinking 44
The Impact of Dependency 45
The Correspondence Theory 48
The Coherence Theory of Truth 48
The Pragmatic Theory 49

Constructivist Theory 49
Consensus Theory 49
Functionalism 49
A Person's Personal Truth 49
Confidence 50
Gradations of the Shift 54
Synopsis of Chapter 55

3 Shifting Maladaptive Spirituality 57
Introduction 57
Running–Walking Metaphor 59
Attitude Counts 60
Introspection and Attitude 61
Handling the Ravages of Discouragement 61
A Matter of Choice 63
Shifting Spiritual Emphasis 64
Examples of Metaphor Useful in Christian Counseling 64
The Ultimate Bench Strength 65
Fruit of the Womb: We are God's Creation 65
Commentary—Roland Provence (a devout Christian living in Sarasota, Florida) (*note—the references are to author Kreuter*) 67
Spirituality 68
Synopsis of Chapter 70

4 Schema-Focused Cognitive Therapy 71
Introduction 71
The Mentoring Dilemma 73
Masking the Pain 74
Altering Patterns of Behavior 76
Is Negativity Created or Genetic? 77
Neural Path Therapy 78
Treating Maladaptive Schemas in Prisoners 81
The Gestalt Approach 81
Individuals can Block their Ability to be Spontaneous 82
Forming a Lasting and Effective Coaching or Therapeutic Bond 82
Synopsis of Chapter 84

5 How Do We Define Success? 85
Introduction 85
Success: An Overview 87
Definitions of Success 87
Setting Your Own Goal, Not an Artificial One 90
Synopsis of the Chapter 91

6 The Source of Paradigmatic Thinking 93
Introduction 93
The Value of Freedom 95
Pluto's Flight to Safety 95
Awakening to New Opportunities 97
The Social Networking Phenomenon 97
Synopsis of the Chapter 99

7 The Problem of the Static Paradigm 101
Introduction 101
Relativism 104
Transformation of Paradigms 105
The Role of Expectations in Paradigmatic Thinking 106
The Mask of Negativism 107
Overcoming Fear to Overcome Negativity 107
Changing False Impressions 108
Converting Daunting Goals to Manageable Segments 112
Application to Strategy of Losing Weight 116
Steps 116
Inclusion Versus Exclusion 116
Why Treatment? 117
What Stands in Our Way? 120
Moving Through Impasse 120
When to Hold and When to Fold? 122
Synopsis of Chapter 122

8 Catalyzing the Hidden Inner Strength Toward Exploration 123
Introduction 123
Change Yourself Rather than Others 125
Forced Paradigm Shifting 126
Lack of an Independent Mindset 126
Contemplative Time is Good for the Creative Soul 127
Activity Does Not Equal Momentum 127
Turning Strategy into Execution 128
Set Yourself up for Success and Monitor Progress 128
How Hard Do You Push? 130
How Do We Define a Core Belief? 130
Changing the Direction of One's Life 131
Burnout 131
Synopsis of the Chapter 133

9 Case Examples of Clients Who Shifted Paradigms 135
Introduction 135
Rex: Transformation of Being 135
Gloria: Career Dilemma 139

Margaret 140
Shawn the Lawyer 140
Paulette 141
Greg 142
Negative Schema Within Marital Discord 145
Introduction 145
Maladaptive Schema in the Form of a Toxic Relationship 146
Stephanie 147
Susan 149
Jennifer (From Separation to Reconciliation) 150
Authors' Commentary 152
Case Studies Involving Thought Process 153
Samantha: The Concept of the Journey 153
Peter 156
Commentary by Eric Kreuter 158
Commentary by Kenneth Moltner 159
Scott 160
Madison 161
Samuel (A Case of Positive Intervention) 165
Anna 167
Kenneth Moltner Commentary 168
Deborah's Shift 168
Commentary by Kenneth Moltner 170
Life of John Doe (Aaron Kreuter) 171
The Visit 174
Synopsis of Chapter 175

10 Restarting Life at Any Age is Possible 177
Introduction 177
The Need for Perfection 180
The Importance of Momentum 181
Synopsis of Chapter 182

Conclusions 183

Afterword 185

Appendices 189
Appendix A 189
Template for a Shift in Thinking (Kreuter/Moltner Schema-Change Model) 189
Appendix B 192
Three Points in Time Essay 192
Appendix C 193
Panic—Controlling the Beast Within the Domain of the Psyche 193

Appendix D 194
Inventory of the Positives 194
Appendix E 195
Poetry 195
A Relationship Between a Structure and a Tree 198
Appendix F 199
Jewish Oncology: Okay, So We Got Cancer, Let us Eat! 199
Dedication 200
Note from the Author 200
Preface 200
Chapter 1—Don't We Have Enough to Worry About? 201
Chapter 2—The Hundreds of Phone Calls 202
Chapter 3—Food Deliveries—OMG! What to Do with all this Food? 203
Chapter 4—Off to Chemo; then to the Diner 203
Chapter 5—Bad Hair Day 204
Chapter 6—Bringing My Hair to the Beauty Parlor for an Overhaul 205
Chapter 7—Shopping and Cancer—the Best Medicine 206
Chapter 8—Convenient Use of Cancer to Get Away with Things 207
Chapter 9—Poking at my Veins; Where are the Veins? 208
Chapter 10—Family Events—To Go or Not To Go? 209
Chapter 11—Memory Has Been Forgotten 210
Chapter 12—Okay, I am Done with Treatment: I have Had Enough! 210
Chapter 13—Posttreatment Attention Deficit Disorder (PTADD) 211
Chapter 14—My Husband Wants Another Child (Really?) 212
Chapter 15—Epilogue 213

References 215

Index 225

http://www.springer.com/978-3-319-06816-9

Treatment and Management of Maladaptive Schemas

Kreuter, E.A.; Moltner, K.M.

2014, LVI, 227 p. 17 illus., 4 illus. in color., Hardcover
ISBN: 978-3-319-06816-9