Schema Modes

A Broad Overview

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Introduction to Modes



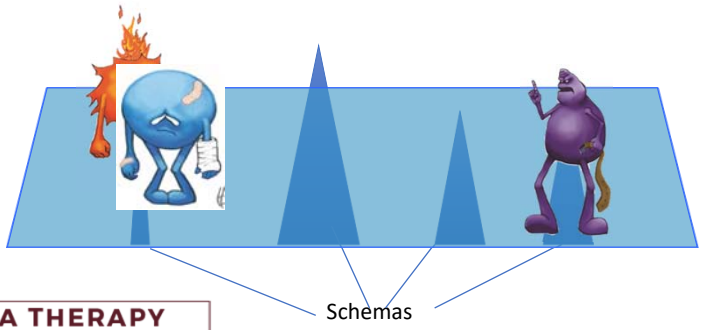
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Modes and Schemas

- When schemas are *activated*, perception, interpretation, mood and behaviour are impacted – Modes are *triggered*



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Modes

- Developed working with personality disordered clients
- Transient and serve different functions

Moods	Dissociated parts of self
higher functioning	*lower functioning*
Continuous awareness	Mode 'takes over'
Sometime maladaptive	Maladaptive and
Flexible	Rigid

Young et al., 2003, Lobbestael, van Vreeswijk & Arntz, 2007

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4 types of modes

- Critic/Parent modes

Selective internalization negative aspec of care-givers & others

- Child modes

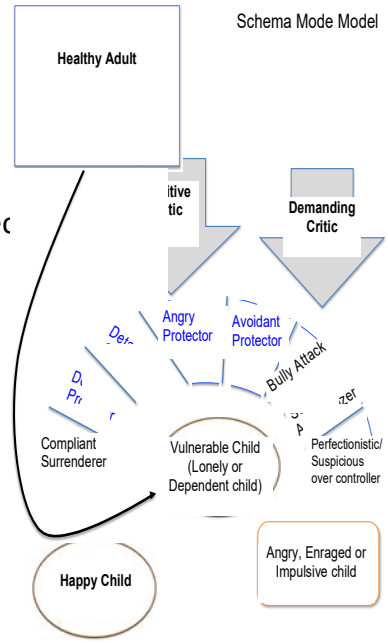
Innate responses to unmet needs

- Coping modes (Flight, Fight, Freeze)

Over-used survival responses to trauma or unmet core needs

- Healthy Adult/Happy child

Under-developed



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