Therapeutic Implications & Strategies:

The Therapist as a "Stronger and Wiser Other"

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The Therapist as a "Stronger & Wiser Other"

- Recall that from a Schema Therapy perspective, maladaptive schemas are the result of unmet core emotional needs
- These core emotional needs share much in common with the attachment functions
- From an attachment perspective, meeting the needs of another and fulfilling attachment functions requires the provision of sensitive and responsive caregiving
- In doing so, an individual fulfills the role of a stronger and wiser other – an attachment figure
- Because the therapy context is threatening to a client – activating attachment system dynamics – the therapist needs to act as a secure base from which the client has the confidence to:
  - Explore and address painful experiences and relationships
  - Bring into conscious awareness and challenge existing working models (i.e., schemas)
- To assist in this therapeutic endeavour, the therapist must engage in five therapeutic tasks (Bowlby, 1988)
  - The outcome should be the revision on attachment internal working models
- These tasks parallel the therapeutic work undertaken as part of limited reparenting in the Schema Therapy Model



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