

Child	Mother (female caregiver)	Father (male caregiver)
<p><u>Current Major Problems & Life Patterns</u></p> <p>Problem 1:</p> <p>Life Pattern:</p> <p>Problem 2:</p> <p>Life Pattern:</p> <p>Problem 3:</p> <p>Life Pattern:</p>	<p><u>Current Major Problems & Life Patterns</u></p> <p>Problem 1:</p> <p>Life Pattern:</p> <p>Problem 2:</p> <p>Life Pattern:</p> <p>Problem 3:</p> <p>Life Pattern:</p>	<p><u>Current Major Problems & Life Patterns</u></p> <p>Problem 1:</p> <p>Life Pattern:</p> <p>Problem 2:</p> <p>Life Pattern:</p> <p>Problem 3:</p> <p>Life Pattern:</p>
<p><u>Developmental Origins</u> (mother, father, siblings, peers)</p> <p>1.</p> <p>2.</p> <p>3.</p>	<p><u>Developmental Origins</u> (own mother, father, siblings, peers)</p> <p>1.</p> <p>2.</p> <p>3.</p>	<p><u>Developmental Origins</u> (own mother, father, siblings, peers)</p> <p>1.</p> <p>2.</p> <p>3.</p>

Child	Mother (female Caregiver)	Father (male caregiver)
<p><u>Core Childhood Memories or Images</u></p> <p>1.</p> <p>2.</p> <p>3.</p> <p>4.</p>	<p><u>Core Childhood Memories or Images</u></p> <p>1.</p> <p>2.</p> <p>3.</p> <p>4.</p>	<p><u>Core Childhood Memories or Images</u></p> <p>1.</p> <p>2.</p> <p>3.</p> <p>4.</p>
<p><u>Core Unmet Needs</u></p> <p>1.</p> <p>2.</p>	<p><u>Core Unmet Needs</u></p> <p>1.</p> <p>2.</p>	<p><u>Core Unmet Needs</u></p> <p>1.</p> <p>2.</p>

3.	3.	3.
4.	4.	4.
5.	5.	5.
Child	Mother (female Caregiver)	Father (male caregiver)
<u>Most Relevant Schemas With Origins</u> (Link with Origins Above)	<u>Most Relevant Schemas With Origins</u> (Link with Origins Above)	<u>Most Relevant Schemas With Origins</u> (Link with Origins Above)
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
<u>Schema collusion (mother & child, father & child or mother & father)</u>		

I: ed: Emotional deprivation; ab: Abandonment/Instability; ma: Mistrust/Abuse; si: Social Isolation/Alienation; ds: Defectiveness/Shame; **II:** fa: Failure; di: Dependence/Incompetence; vu: Vulnerability; eu: Enmeshment/ Undeveloped self; et: Entitlement/Grandiosity; **III:** is: Insufficient Self-Control/ Self-Discipline; **VI:** sb: Subjugation; ss: Self-Sacrifice; as: Approval -Seeking/ Recognition-Seeking; **V:** ei: Emotional Inhibition; us: Unrelenting Standards; np: Negativity/Pessimism; pu: Punitiveness.

Child	Mother (female Caregiver)	Father (male caregiver)
<p><u>Current Schema Triggers</u> (Specify M-F-T-O if limited to mother, father, teacher, others)</p> <p>1.</p> <p>2.</p>	<p><u>Current Schema Triggers</u> (Specify M-F-C-O if limited to mother, father, child, others)</p> <p>1.</p> <p>2.</p>	<p><u>Current Schema Triggers</u> (Specify M-F-C-O if limited to mother, father, child, others)</p> <p>1.</p> <p>2.</p>
<p><u>Surrender Behaviors (Modes):</u></p> <p>1.</p> <p>2.</p>	<p><u>Surrender Behaviors (Modes):</u></p> <p>1.</p> <p>2.</p>	<p><u>Surrender Behaviors (Modes):</u></p> <p>1.</p> <p>2.</p>
<p><u>Avoidance Behaviors (Modes):</u></p>	<p><u>Avoidance Behaviors (Modes):</u></p>	<p><u>Avoidance Behaviors (Modes):</u></p>

1.	1.	1.
2.	2.	2.
<u>Overcompensating Behaviors (Modes):</u>	<u>Overcompensating Behaviors (Modes):</u>	<u>Overcompensating Behaviors (Modes):</u>
1.	1.	1.
2.	2.	2.
Child	Mother (female Caregiver)	Father (male caregiver)
<u>Relevant Schema Modes</u> (in addition to the <i>Clever-Mode</i>)	<u>Relevant Schema Modes</u> (in addition to the <i>Healthy Adult</i>)	<u>Relevant Schema Modes</u> (in addition to the <i>Healthy Adult</i>)
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
<u>Mode Clashes (mother & child, father & child or mother & father)</u>		

vc: Vulnerable Child; ac: Angry Child; ec: Enraged Child; ic: Impulsive Child; uc: Undisciplined Child; hc: Happy Child; pp: Punishing Parent; pp-s: Punishing Parent (self), dp: Demanding Parent; dp-s: Demanding Parent (self); cs: Compliant Surrender; dp: Detached Protector; ds: Detached Self-Soother; oc: Overcompensator; sg: Self-Aggrandizer ; ba: Bully-and-Attack; cu: Cunning; pr Predator; pa: Paranoid Over-Controller; ha: Healthy Adult; cc: Clever Child.

Child	Mother (female Caregiver)	Father (male caregiver)
<p><u>Temperamental / Biological Factors</u></p> <p>1.</p> <p>2.</p>	<p><u>Temperamental / Biological Factors</u></p> <p>1.</p> <p>2.</p>	<p><u>Temperamental / Biological Factors</u></p> <p>1.</p> <p>2.</p>
<p><u>Core Cognitions & Distortions</u></p> <p>1.</p> <p>2.</p>	<p><u>Core Cognitions & Distortions</u></p> <p>1.</p> <p>2.</p>	<p><u>Core Cognitions & Distortions</u></p> <p>1.</p> <p>2.</p>

<u>Therapist's Goals & Comments About the Session Being Rated</u>	<u>Therapist's Goals & Comments About the Session Being Rated</u>	<u>Therapist's Goals & Comments About the Session Being Rated</u>

My question for supervision:

Adapted by the working group Loose - Graaf – Zarbock (Revised 9 March 2013) – For more information, write to contact@schematherapy-for-children.de

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