The 4 Positions in Schema Therapy

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Observer Position
Self-Reflection
Case-Conceptualization
(standing-up together)

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Mentalization

Supporting Position
Validation/Support
Acceptance
(sitting beside Client)

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Confronting Position
Empathic Confrontation
Inducing Change
(Face-to-face position)

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Experiencing

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Imagery Position
Self-Actualization
Schema Activation
(Body sensations)
(Imagery work)