

Abstract

Positive Psychology Couple Schema Therapy: A new model of couple therapy focusing on reigniting couple attraction via schema therapy and positive psychology.

Keywords

Couple Schema Therapy, Schema Chemistry, Couple Therapy

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There are growing evidence indicating schema modes influences emotional and behavioral response in couple interaction which affects relationship satisfaction, eg. Chan and Chan, 2019. Thus, identifying dominant schema modes is important for effective couple therapy. A two-stage positive psychology couple schema therapy, which takes into account the influences of schema and schema modes on couple attraction and dysfunctional conflict resolution style in couples is proposed. The first stage of this couple therapy involves identifying schema mode of each partner and helping each partner to strengthen healthy adult mode. The second stage of the therapy incorporates positive psychology to strengthen couple attraction.

John Philip Louis, PhD.

Dr John Louis earned his PhD from the UK in Clinical Psychology where he conducted empirical research on schemas and parenting scales. These findings provided empirical findings for their “Good Enough Parenting” model. He is a registered counsellor and supervisor with the Singapore Association for Counselling (SAC) as well as an Advanced Certified Schema Therapist, Supervisor/ Trainer with the International Society of Schema Therapy (ISST). Schema Therapy links unmet core emotional needs in childhood with relationship problems in adulthood.

Dr Louis and his wife, Karen Louis, have been in full time church ministry service since 1985, and have been based in Asia since 1988. The Louis oversee more than 50 affiliated churches in Singapore, Malaysia, Indonesia, Japan, Cambodia, Vietnam, Laos and Thailand — known as the Southeast Asia Region (SEA Region). He also oversees the operations of charity hospitals in Cambodia as well as other projects by HOPE *worldwide* (Singapore).

Dr Louis and his wife Karen combined their family expertise with Schema Therapy and developed two programmes, “I Choose Us” (ICU) for helping marriages and “Good Enough Parenting” (GEP). They have conducted ICU and GEP workshops in Singapore, Malaysia, Indonesia, Hong Kong, China, Japan, Korea, India, Sweden, Switzerland, France, Hungary, the UK, the US, the Caribbean, and the Ukraine. Singapore’s Ministry of Social and Family Development has also listed “Good Enough Parenting” in the FamilyMatters@Community Programme Menu as a programme to be taught in schools and community centres. Dr Louis has also published several of the concepts used in GEP in peer reviewed journals.



Synopsis of Presentation for the 1st Asia Schema Therapy Conference, Malaysia.

Speaker: Dr John Philip Louis

Title: Mental Health and its link to Schemas and Early Parenting Patterns

Schema Therapy (ST) has been effective in the treatment of a wide range of mental health conditions, such as affective disorders. One of its central constructs is Early Maladaptive Schemas (EMSs or “negative schemas”), which consists of a specific thought patterns, emotions, bodily sensations, and neurobiological reactions. EMSs are believed to be developed in childhood when one or more core emotional needs, such as Connection and Acceptance, Autonomy and Performance, Reasonable Limits, and Excessive Responsibility and Standards are not satisfactorily met. The positive counterpart of negative schemas is termed Early Adaptive Schemas (EASs or “positive schemas”); these are believed to develop during childhood when core emotional needs are adequately met by primary caregivers.

ST postulates links between early parenting experiences and EMSs and EASs. Negative parenting patterns are believed to contribute to the development of EMSs and presumably also to impede the development of EASs, and positive parenting patterns are believed to help prevent the development of the EMSs and facilitate the development of EASs. This presentation will highlight the various types of parenting interactions through a parenting programme known as “Good Enough Parenting”, and its links to EASs, EMSs, mental health and personality disorders.