

Information Handout

Professional Version | US English

Schema Bias



Description

In the cognitive behavioral model cognition is typically addressed at three levels: automatic thoughts, conditional assumptions, and core beliefs (schemas). Some therapists talk about the mind trying to attain a state of equilibrium - it doesn't like change. To this end, core beliefs can be resistant to change – they can bias the way information is perceived. *Schema Bias* is a CBT worksheet graphically illustrating how core beliefs (schemas) are maintained. It can be used to help clients understand about how their mind can shape and distort information prior to the use of schema-change interventions.

Instructions

This is a Psychology Tools information handout.
Suggested uses include:

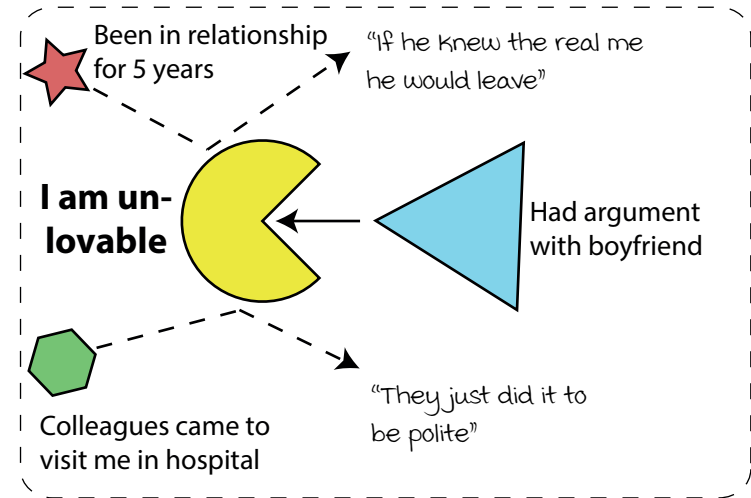
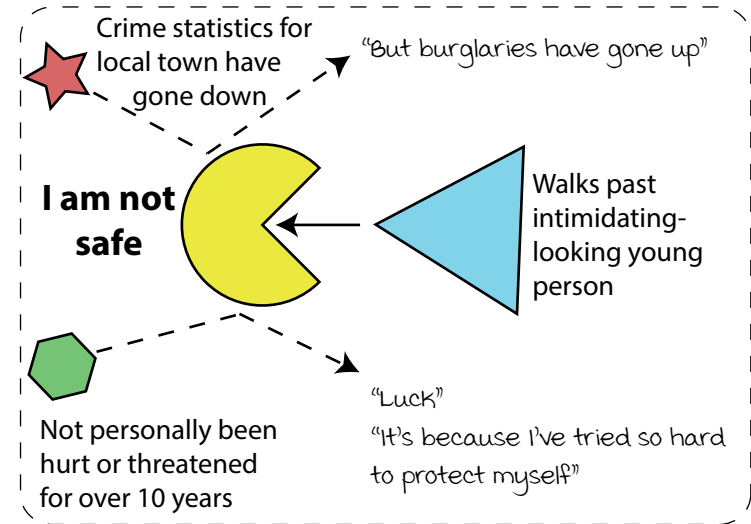
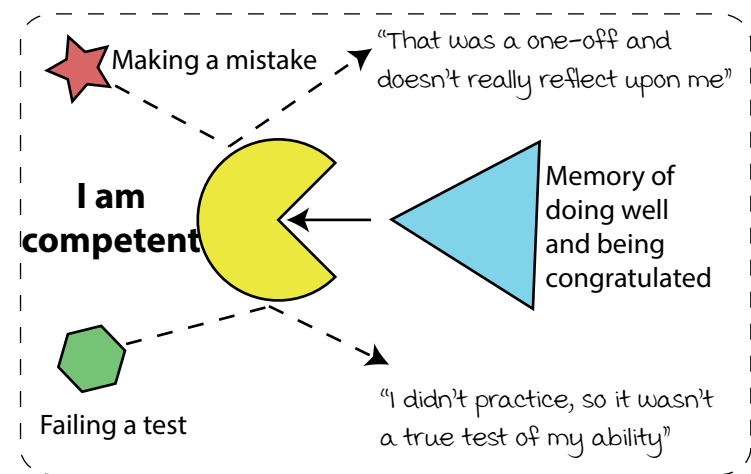
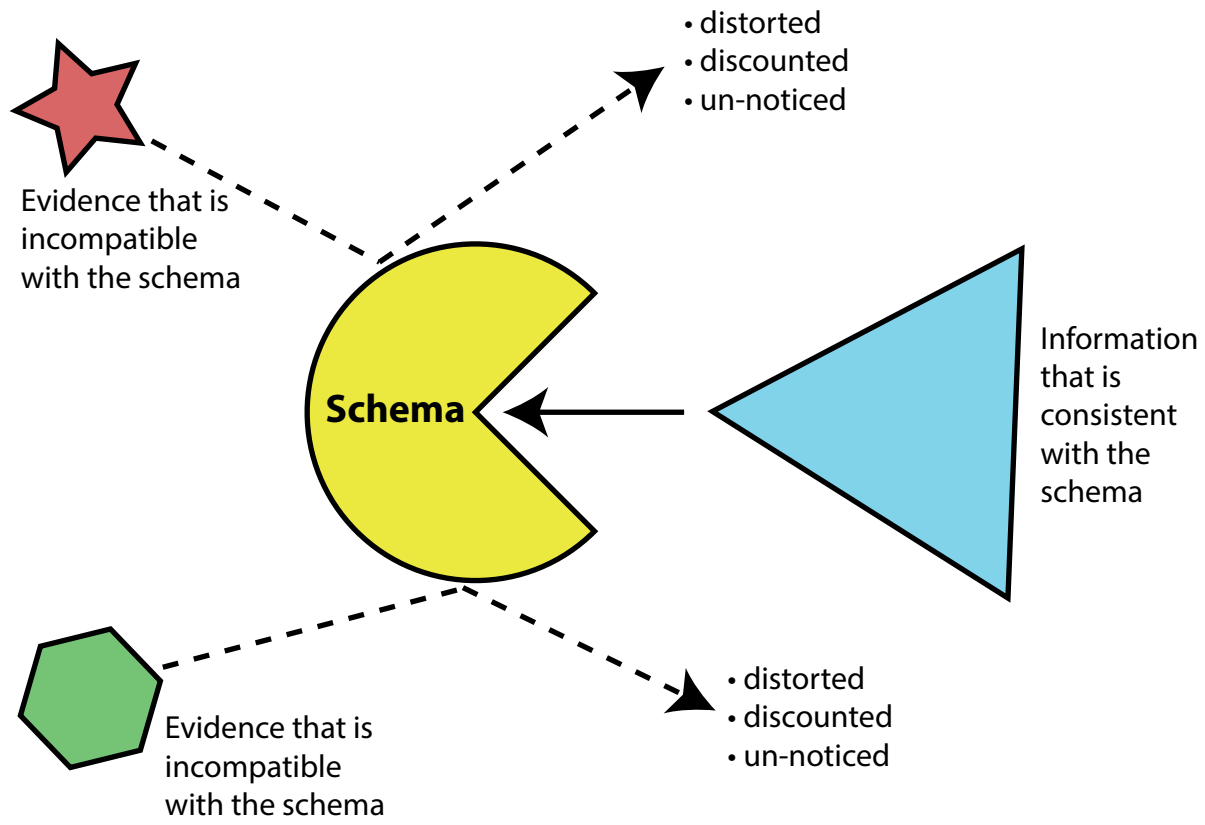
- Client handout – a psychoeducation resource.
- Discussion point – to provoke a discussion and explore your client's beliefs.
- Therapist learning tool – to improve your familiarity with a psychological construct.
- Supervision tool – to develop formulations and knowledge.
- Teaching resource – a learning tool during training.

References

Padesky, C. (1991). Schema as self-prejudice. *International Cognitive Therapy Newsletter*, 6, 6-7.

Schema Bias

Our core beliefs (schemas) are stable and resistant to change. They remain stable by influencing the way we see the world – often through *bias* or *prejudice*. Information that does not 'fit' with the schema goes unseen, or is distorted or rejected. Information that does 'fit' is accepted and can make the schema stronger.



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Resource details

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