The disorder and lack of control that characterize BPD are, however, organized around consistent habits. The Taking Control Program presented by Fusco and Freeman targets these patterns, helping people understand, address, and, eventually, alter them for the better. Borderline Personality Disorder: A Patient’s Guide to Taking Control is your means to begin to take command of your life by following the therapeutic course described in these pages. Chapter by chapter, you will explore the nine basic patterns that typify BPD. Once you understand each of these patterns, you will then assess the degree to which you exhibit any number of those patterns and learn various strategies that you can adopt to address those habits. The Patient’s Guide provides a step by step cognitive program rich in worksheets and exercises to facilitate your personal process of self-examination and problem solving. Fusco and Freeman offer those diagnosed with BPD, as well as their therapists, invaluable guidance in negotiating the pitfalls of BPD as you move ahead toward the prospect of retaking control over your life.

Borderline Personality Disorder—Gina M. Fusco 2004 BPD presents with so many clinical permutations that clinicians are often at a loss when trying to address the unique and varied needs of their clients. Neither clinician nor client is in a position to establish the control the client so desperately needs. In Borderline Personality Disorder: A Therapist’s Guide to Taking Control, Freeman and Fusco offer the means by which clinicians can get a hold of BPD in the therapeutic situation and, most importantly, in their clients’ lives. Organized in chapters that correspond to each of the nine criteria for BPD, the Therapist’s Guide is designed to aid the experienced therapist in performing the focused, structured work necessary with patients. This book lays out a constructive program for organizing effective therapy by moving through each criterion, examining it and whether it is manifested in clients’ life, and, then, providing critical, reflective, and calming strategies by which clients can begin to take control of their lives. The Therapist’s Guide provides the basic structure of the detailed therapeutic exercises that the Patient’s Guide establishes for the client’s use both in therapy and at home in between sessions.
**Borderline Personality Disorder**—John G. Gunderson 1984 "Borderline Personality Disorder" is the classic guide to diagnosis and treatment of borderline personality disorder. It presents a broad and balanced approach to clinical problems that are central to the practices of all mental health professionals.

**Overcoming Borderline Personality Disorder**—Valerie Porr, M.A. 2010-07-30 Borderline personality disorder (BPD) is characterized by unstable moods, negative self-image, dangerous impulsivity, and tumultuous relationships. Many people with BPD excel in academics and careers while revealing erratic, self-destructive, and sometimes violent behavior only to those with whom they are intimate. Others have trouble simply holding down a job or staying in school. Overcoming Borderline Personality Disorder is a compassionate and informative guide to understanding this profoundly unsettling--and widely misunderstood--mental illness, believed to affect approximately 6% of the general population. Rather than viewing people with BPD as manipulative opponents in a bitter struggle, or pitying them as emotional invalids, Valerie Porr cites cutting-edge science to show that BPD is a true neurobiological disorder and not, as many come to believe, a character flaw or the result of bad parenting. Porr then clearly and accessibly explains what BPD is, which therapies have proven effective, and how to rise above the weighty stigma associated with the disorder. Offering families and loved ones supportive guidance that both acknowledges the difficulties they face and shows how they can be overcome, Porr teaches empirically-supported and effective coping behaviors and interpersonal skills, such as new ways of talking about emotions, how to be aware of nonverbal communication, and validating difficult experiences. These skills are derived from Dialectical Behavior Therapy and Mentalization-based Therapy, two evidence-based treatments that have proven highly successful in reducing family conflict while increasing trust. Overcoming Borderline Personality Disorder is an empowering and hopeful resource for those who wish to gain better understanding of the BPD experience--and to make use of these insights in day-to-day family interactions. Winner of the ABCT Self Help Book Seal of Merit Award 2011

**The Essential Family Guide to Borderline Personality Disorder**—Randi Kreger 2009-06-03 Gentle counsel and realistic advice for families contending with one of today's most misunderstood forms of mental illness. "Randi Kreger has done it again! With her new book, she continues to make the dynamics of Borderline Personality Disorder (BPD) readily accessible to those of us who love, live with and treat people who suffer from this complex condition." Blaise Aguirre, MD, Medical Director, Adolescent Dialectical Behavior Therapy Residential Program, McLean Hospital"Kreger's communication techniques, grounded in the latest research, provide family members with the essential ability to regain a genuine, meaningful relationship with their loved one with Borderline Personality Disorder." Debra Resnick, Psy.D., President, Psychological Services and Human Development Center"This book offers hope for those who think their situation has none." Rachel Reiland, author of Get Me Out of Here: My Recovery from Borderline Personality DisorderFor family
members of people with Borderline Personality Disorder (BPD), home life is routinely unpredictable and frequently unbearable. Extreme mood swings, impulsive behaviors, unfair blaming and criticism, and suicidal tendencies common conduct among those who suffer from the disorder leave family members feeling confused, hurt, and helpless. In Stop Walking on Eggshells, Randi Kreger's pioneering first book which sold more than 340,000 copies, she and co-author Paul T. Mason outlined the fundamental differences in the way that people with BPD relate to the world. Now, with The Essential Family Guide to Borderline Personality Disorder, Kreger takes readers to the next level by offering them five straightforward tools to organize their thinking, learn specific skills, and focus on what they need to do to get off the emotional rollercoaster: Take care of yourself Uncover what keeps you feeling stuck Communicate to be heard Set limits with love Reinforce the right behaviors Together the steps provide a clear-cut system designed to help friends and family reduce stress, improve their relationship with their borderline loved one, improve their problem-solving skills and minimize conflict, and feel more self-assured about setting limits. Randi Kreger is the co-author of Stop Walking on Eggshells and the author of The Stop Walking on Eggshells Workbook. She operates bpdcentral.com, one of the top web-based resources for those living with BPD, and runs the Welcome to Oz online family support groups based at her web site. Cofounder of the Personality Disorder Awareness Network, Kreger is frequently invited to lecture on BPD and related issues, both for clinicians and laypeople.

**Borderline Personality Disorder** - Francis Mark Mondimore 2011-12 Understanding the problem. The clinical picture -- "Personality" and more -- Causes. The four faces of borderline personality disorder -- What the person has: the disease perspective -- The dimensions of borderline personality disorder -- Behaviors I: addiction and eating disorders -- Behaviors II: self-harming behaviors and dissociation -- The life story: childhood experiences, development, trauma -- Treatment. Treating the disease -- Treating the behaviors -- Understanding the dimensions and addressing the life story -- Treatment approaches: putting it all together -- Themes and variations -- How to cope, how to help. If you've been diagnosed with borderline personality disorder --- For parents, partners, friends, and co-workers.

**Understanding and Treating Borderline Personality Disorder** - John G. Gunderson 2007-04-02 Understanding and Treating Borderline Personality Disorder: A Guide for Professionals and Families offers both a valuable update for mental health professionals and much-needed information and encouragement for BPD patients and their families and friends. The editors of this eminently practical and accessible text have brought together the wide-ranging and updated perspectives of 15 recognized experts who discuss topics such as A new understanding of BPD, suggesting that individuals may be genetically prone to developing BPD and that certain stressful events may trigger its onset New evidence for the success of various forms of psychotherapy, including Dialectical Behavior Therapy (DBT), in reducing self-injury, drug dependence, and days in the hospital for some groups of people with BPD Pharmacology research showing that the use of specific medications can relieve the cognitive, affective, and impulsive symptoms experienced by individuals with BPD, as part
of a comprehensive psychosocial treatment plan. New resources for families to help them deal with the dysregulated emotions of their loved ones with BPD and to build effective support systems for themselves. Yet much remains to be done. Research on BPD is 20 to 30 years behind that on other major psychiatric disorders such as schizophrenia and bipolar disorder. Despite evidence to the contrary, much of the professional literature on BPD continues to focus on childhood trauma, abuse, and neglect as triggers for BPD -- to the detriment of both patient and family. Families of people with BPD must deal with an array of burdens in coping with the illness, often without basic information. The chapters on families and BPD give voice to the experience of BPD from the perspective of individuals and family members, and offer the hope that family involvement in treatment will be beneficial to everyone. Above all, this book is about the partnership between mental health professionals and families affected by BPD, and about how such a partnership can advance our understanding and treatment of this disorder and provide hope for the future.

The Borderline Personality Disorder: Everything You Need to Know about Living with Bpd (Large Print 16pt) - Alex Chapman and Kim Gratz 2010-06 The Borderline Personality Disorder Survival Guide is organized as a series of answers to questions common to BPD sufferers: What is BPD? How long does it last? What other problems co-occur with BPD? Overviews what we currently know about BPD make up the first section of the book. Later chapters cover several common treatment approaches to BPD: dialectical behavior therapy (DBT), mentalization-based therapy (MBT), and medical treatment using psychoactive drugs. In the last sections of the book, readers learn a range of day-to-day coping skills that can help moderate the symptoms of BPD.

Treatment of Borderline Personality Disorder, Second Edition - Joel Paris 2020-01-21 Acclaimed for its wisdom and no-nonsense style, this authoritative guide has now been revised and expanded with 50% new content reflecting a decade of advances in the field. Distinguished psychiatrist Joel Paris distills current knowledge about borderline personality disorder (BPD) and reviews what works in diagnosis and treatment. Rather than advocating a particular therapy, Paris guides therapists to flexibly interweave a range of evidence-based strategies, within a stepped-care framework. The book presents "dos and don'ts" for engaging patients with BPD, building emotion regulation and impulse control skills, working with family members, and managing suicidality and other crises. It is illustrated throughout with rich clinical vignettes. New to This Edition: *Up-to-date findings on treatment effectiveness and outcomes. *Chapter on dimensional models of BPD, plus detailed discussion of DSM-5 diagnosis. *Chapter on stepped care, including new findings on the benefits of brief treatment. *Chapter on family psychoeducation and other ways to combat stigma. *New and expanded discussions of cutting-edge topics--BPD in adolescents, childhood risk factors, and neurobiology.
Borderline Personality Disorder - Anthony W. Bateman 2013-05-09 Though much progress has been made in developing specialist psychosocial treatments for borderline personality disorder (BPD), the majority of people with BPD receive treatment within generalist mental health services. This is a practical evidence-based guide on how to help people with BPD with advice based on research evidence.

Borderline Personality Disorder - Roy Krawitz 2008-01-30 Borderline personality disorder (BPD) is a psychiatric condition that affects nearly 2% of the general population, predominantly women. Symptoms of BPD include impulsivity, mood swings, unstable intense relationships and feelings of chronic emptiness. Research on BPD has lagged behind that on other mental health conditions, such as depression and psychosis, primarily due to the lack of evidence of effective treatment but also due to the stigma historically associated with the condition. Fortunately this situation is changing, with improved treatments now available and improved clinician/organizational willingness to engage with those with a diagnosis of BPD. This candid book collaboratively co-authored by a person recovered from BPD and a BPD specialist therapist is written specifically for people with BPD (with support teams, including family, friends and clinicians also likely to benefit from reading the book). This authoritative and easily readable guide provides a compassionate understanding of the condition, plenty of in-depth practical recovery strategies and credible and realistic hope for recovery. The authors draw from the latest research and share years of personal and professional experience that brings the book alive. Review comments from Vice-President, National Education Alliance for BPD and Director, Middle Path (BPD advocacy organizations) include "most down-to-earth, accessible book for people with BPD" and "tremendous and potentially life-changing gift".

Borderline Personality Disorder - Arthur Freeman, EdD, ABPP 2007-01-29 Within the field of clinical psychology, the term borderline personality disorder was developed to fulfill a diagnostic need and has come to possess specific stereotypes and negative meanings. Because the term borderline is an emotionally charged word, it can lead to a less-than-accurate view of the situation or patient being described, thus presenting a challenge to even the most experienced therapists and becoming one of the most complex disorders to treat. Through the use of one case study, however, experts in borderline personality disorders have put this difficulty at ease. Through applying a variety of modalities to identify treatment goals, including selecting assessment tools, conceptualizing progression, pinpointing pitfalls, and developing techniques, diagnosing and treating BPD has created a more successful therapeutic result.

Transference-Focused Psychotherapy for Borderline Personality Disorder - Frank E. Yeomans 2015-04-01 Transference-Focused Psychotherapy for Borderline Personality Disorder: A Clinical Guide presents a model of borderline personality disorder (BPD) and its treatment that is based on contemporary psychoanalytic object relations theory as developed by the leading thinker in the field, Otto
Kernberg, M.D., who is also one of the authors of this insightful manual. The model is supported and enhanced by material on current phenomenological and neurobiological research and is grounded in real-world cases that deftly illustrate principles of intervention in ways that mental health professionals can use with their patients. The book first provides clinicians with a model of borderline pathology that is essential for expert assessment and treatment planning and then addresses the empirical underpinnings and specific therapeutic strategies of transference-focused psychotherapy (TFP). From the chapter on clinical assessment, the clinician learns how to select the type of treatment on the basis of the level of personality organization, the symptoms the patient experiences, and the areas of compromised functioning. In order to decide on the type of treatment, the clinician must examine the patient's subjective experience (such as symptoms of anxiety or depression), observable behaviors (such as investments in relationships and deficits in functioning), and psychological structures (such as identity, defenses, and reality testing). Next, the clinician learns to establish the conditions of treatment through negotiating a verbal treatment contract or understanding with the patient. The contract defines the responsibilities of each of the participants and defines what the reality of the therapeutic relationship is. Techniques of treatment interventions and tactics to address particularly difficult clinical challenges are addressed next, equipping the therapist to employ the four primary techniques of TFP (interpretation, transference analysis, technical neutrality, and use of countertransference) and setting the stage for and guiding the proper use of those techniques within the individual session. What to expect in the course of long-term treatment to ameliorate symptoms and to effect personality change is covered, with sections on the early, middle, and late phases of treatment. This material prepares the clinician to deal with predictable phases, such as tests of the frame, impulse containment, movement toward integration, episodes of regression, and termination. Finally, the text is accompanied by supremely instructive online videos that demonstrate a variety of clinical situations, helping the clinician with assessment and modeling critical therapeutic strategies. The book recognizes that each BPD patient presents a unique treatment challenge. Grounded in the latest research and rich with clinical insight, Transference-Focused Psychotherapy for Borderline Personality Disorder: A Clinical Guide will prove indispensable to mental health professionals seeking to provide thoughtful, effective care to these patients.

**Group Schema Therapy for Borderline Personality Disorder**
Joan M. Farrell 2012-04-30 Group Schema Therapy for Borderline Personality Disorder represents the first treatment manual for group schema therapy and is based on the only group ST model validated by published empirical evidence. Presents an original adaptation of schema therapy for use in a group setting Provides a detailed manual and patient materials in a user-friendly format Represents a cost-effective ST alternative with the potential to assist in the public health problem of making evidence-based BPD treatment widely available Includes 'guest' chapters from international ST experts Jeff Young, Arnoud Arntz, Hannie van Genderen, George Lockwood, Poul Perris, Neele Reiss, Heather Fretwell and Michiel van Vreeswijk
Borderline Personality Disorder Demystified, Revised Edition—Robert O. Friedel 2018-02-20 The authoritative guide to understanding and living with borderline personality disorder, now fully revised and updated. Millions of Americans suffer from borderline personality disorder (BPD), a psychiatric condition marked by extreme emotional instability, erratic and self-destructive behavior, and tumultuous relationships. Though it was once thought to be untreatable, today researchers and clinicians know that there is every reason for hope. Dr. Robert Friedel, a leading expert and pioneer in pharmacological treatment for BPD, combines his extensive knowledge and personal experience into this comprehensive guide. Borderline Personality Disorder Demystified shares:
- The latest findings on the course and causes of the disorder
- Up-to-date information on diagnosis
- An accessible overview of cutting-edge treatment options
For those who have been diagnosed and those who think they may have the illness, and for the family and friends who love and support them, this book illuminates new information and points the way to an ever more hopeful future. The revised edition includes new forewords from Donald W. Black, MD, and Nancee S. Blum, MSW, and family educators James and Diane Hall.


Borderline Personality Disorder—John G. Gunderson 2009-02-20 Covering the range of clinical presentations, treatments, and levels of care, Borderline Personality Disorder: A Clinical Guide, Second Edition, provides a comprehensive guide to the diagnosis and treatment of borderline personality disorder (BPD). The second edition includes new research about BPD's relationship to other disorders and up-to-date descriptions of empirically validated treatments, including cognitive-behavioral and psychodynamic approaches. Compelling new research also indicates a much better prognosis for BPD than previously known. A pioneer in the field, author John Gunderson, M.D., director of the Borderline Personality Disorder Center at McLean Hospital, draws from nearly 40 years of research and clinical experience. The guide begins with a clear and specific definition of BPD, informed by a nuanced overview of the historical evolution of the diagnosis and a thoughtful discussion of misdiagnosis. Offering a complete evaluation of treatment approaches, Dr. Gunderson provides an authoritative overview of the treatment options and describes in-depth each modality of treatment, including pharmacotherapy, family therapy, individual and group therapy, and cognitive-behavioral therapies. Unlike other works, this book guides clinicians in using multiple modalities, including the sequence of treatments and the types of changes that can be expected from each mode. The discussion of each treatment emphasizes empirically validated therapies, helping clinicians choose modalities that work best for specific patients. In addition, Borderline Personality Disorder: A Clinical Guide, Second Edition, also outlines therapeutic approaches...
for multiple settings, such as hospitalization, partial hospitalization or day hospital programs, and levels of outpatient care. Complementing the well-organized treatment guide are a series of informative and intriguing sidebars, providing insight into the subjective experience of BPD, addressing myths about therapeutic alliances in BPD, and questioning the efficacy of contracting for safety. Throughout the book, Dr. Gunderson recommends specific do's and don'ts for disclosing the diagnosis, discussing medications, meeting with families, starting psychotherapy, and managing suicidality. A synthesis of theory and practical examples, Borderline Personality Disorder: A Clinical Guide, Second Edition, provides a thorough and practical manual for any clinician working with BPD patients.

Stop Walking on Eggshells - Paul T. Mason (M.S.) 2009-09-17 People with Borderline Personality Disorder (BPD) challenge those close to them with their often bewildering mood shifts and unpredictable behavior. For those people who have relationships with persons with BPD, whether they be relatives, friends, spouses, parents, or children, this book should prove a godsend. It delineates the ways in which borderline individuals' (BPs) behavior and communications frustrate and perplex those around them but goes further in articulating specific strategies that those close to the person with Borderline Personality Disorder (non-BPs, as they are termed in this book) can effectively cope with these kinds of behaviors. ----Larry J. Siever, M.D.

The Borderline Personality Disorder Survival Guide - Alexander L. Chapman 2007-12-01 If you or someone you love is struggling with borderline personality disorder (BPD), you need up-to-date, accurate, and accessible information on the problems you’re facing and where you can turn for help. But where do you look? Much of the professional literature on BPD is too technical and confusing to be of much help. And searching the Internet for accurate information can be treacherous, with some sites providing useful information and others giving dangerous advice and misinformation. If you’re living with BPD, this compassionate book offers what you really need: an easy-to-follow road map to guide you through this disorder and its treatment. This book provides answers to many of the questions you might have about BPD: What is BPD? How long does it last? What other problems co-occur with BPD? Overviews of what we currently know about BPD make up the first section of the book. Later chapters cover several common treatment approaches to BPD: DBT, mentalization-based treatment (MBT), and medication treatments. In the last sections of the book, you’ll learn a range of useful coping skills that can help you manage your emotions, deal with suicidal thoughts, and cope with some of the most distressing symptoms of BPD. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.
Cognitive-Behavioral Treatment of Borderline Personality Disorder—Marsha M. Linehan 2018-08-07 For the average clinician, individuals with borderline personality disorder (BPD) often represent the most challenging, seemingly insoluble cases. This volume is the authoritative presentation of dialectical behavior therapy (DBT), Marsha M. Linehan's comprehensive, integrated approach to treating individuals with BPD. DBT was the first psychotherapy shown in controlled trials to be effective with BPD. It has since been adapted and tested for a wide range of other difficult-to-treat disorders involving emotion dysregulation. While focusing on BPD, this book is essential reading for clinicians delivering DBT to any clients with complex, multiple problems. Companion volumes: The latest developments in DBT skills training, together with essential materials for teaching the full range of mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance skills, are presented in Linehan's DBT Skills Training Manual, Second Edition, and DBT Skills Training Handouts and Worksheets, Second Edition. Also available: Linehan's instructive skills training videos for clients—Crisis Survival Skills: Part One, Crisis Survival Skills: Part Two, From Suffering to Freedom, This One Moment, and Opposite Action.

The Difficult Borderline Personality Patient Not So Difficult to Treat—Helen Albanese 2012-06 Many a therapist, beginning or even an experienced one, has experienced exasperation, frustration, and at times fear when working with the Borderline Personality Disorder patients. Their threatening or acted out at times self-hurting or violent behavior puts a heavy burden on the therapist. The therapist struggles to prevent a calamity and often feels insecure in the effectiveness of the therapeutic approach. This may lead to escalation of the therapeutic attempt, yet, in spite of these, the patient gets worse. Therapists often avoid such patients. But, what if you have to work with such a patient! This book is about helping these patients. Having worked for over thirty years with the difficult Borderline Personality Disorder patients, Dr. Albanese has developed an effective therapeutic approach. Understanding the meaning of the patients' symptoms and behavior allows the therapist to work with these patients with confidence. All the negative feelings the patient evokes in the therapist can actually be helpful!? The many trainees and colleagues of Dr. Albanese have found her approach very helpful and yet found it requiring the understanding of only a few basic concepts. This book is written with the encouragement of these people and in hope of helping all other therapists working with such patients.

Applications of Good Psychiatric Management for Borderline Personality Disorder—Lois W. Choi-Kain, M.D., M.Ed. 2019-04-19 Practitioners encounter patients with borderline personality disorder (BPD) with surprising frequency; indeed, 1 in 10 emergency room visits and 1 in 20 primary care appointments are estimated to involve people with BPD. Applications of Good Psychiatric Management for Borderline Personality Disorder: A Practical Guide was written not for the psychiatrist engaged in lengthy and complex psychotherapy with these patients but for the generalist who needs the basic skills to deliver good care to this sizeable patient population in need of help. This guide condenses the vast expanse of the latest scientific research and describes the use of good psychiatric management
(GPM) with different patient populations, in conjunction with different modalities, for different professions, and in different treatment settings. Constructed carefully by two leading psychiatrists in the field of BPD, the book is designed for maximum utility with stand-alone chapters offering clear guidelines for managing BPD. Topics and features include the following: - Case vignettes, which are designed to make the book practical and eminently useful, provide "decision points" where alternative interventions are proposed and discussed, demonstrating how to apply the concepts outlined in the chapter. Although the authors review the relative merits of these interventions, the presentation promotes active learning and the ability to adapt to unpredictable clinical realities. - Challenges to implementing GPM that are specific to a particular treatment setting -- consultations, inpatient and outpatient settings, emergency departments, and colleges -- are directly addressed so the guidelines are immediately relevant to the target audience of each chapter.- Clinicians from a variety of fields, including social workers, primary care providers, psychopharmacologists, and training supervisors, care for patients with BPD, and the book makes concrete suggestions about how to apply GPM in a range of practice types.- Implementation of GPM in a brief format and how it can be applied to other personality disorders is also addressed. It explains how GPM can be integrated with other evidence-based treatments for BPD, such as dialectical behavior therapy, mentalization-based treatment, and transference-focused psychotherapy. Written in a down-to-earth style, this case management text will appeal to the resident on call, the specialist, and the generalist. Above all, Applications of Good Psychiatric Management for Borderline Personality Disorder: A Practical Guide addresses the challenges specific to different treatment contexts to help busy clinicians provide informed, effective care for their patients with BPD.

The Borderline Personality Disorder Survival Guide-Alexander Chapman 2007-12-01 If you or someone you love is struggling with borderline personality disorder (BPD), you need up-to-date, accurate, and accessible information on the problems you’re facing and where you can turn for help. But where do you look? Much of the professional literature on BPD is too technical and confusing to be of much help. And searching the Internet for accurate information can be treacherous, with some sites providing useful information and others giving dangerous advice and misinformation. If you’re living with BPD, this compassionate book offers what you really need: an easy-to-follow road map to guide you through this disorder and its treatment. This book provides answers to many of the questions you might have about BPD: What is BPD? How long does it last? What other problems co-occur with BPD? Overviews of what we currently know about BPD make up the first section of the book. Later chapters cover several common treatment approaches to BPD: DBT, mentalization-based treatment (MBT), and medication treatments. In the last sections of the book, you’ll learn a range of useful coping skills that can help you manage your emotions, deal with suicidal thoughts, and cope with some of the most distressing symptoms of BPD. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.
Borderline Personality Disorder and the Conversational Model: A Clinician's Manual - Russell Meares 2012-10-22 The accompanying manual to Dissociation Model of Borderline Personality Disorder. This manual offers therapists and patients a user-friendly guide to general principles of treatment via case examples, therapeutic conversations, and common comorbid problems. Borderline Personality Disorder (BPD) has a suicide rate similar to schizophrenia and major depression, but for many years, it was considered intractable. The Conversational Model is scientifically-based on the research data described in Meares's Dissociation Model of Borderline Personality Disorder, and offers unique treatment protocols for the trauma associated with BPD. Rich with clinical tips and case examples, this book will help a range of mental health professionals working with patients suffering from this debilitating disorder.

Borderline Personality Disorder - Camh 2009 This booklet is designed for people who have someone in their lives who has borderline personality disorder (BPD). The first three sections include information about the symptoms and causes and treatment of BPD. Section four talks about how to support someone who has BPD and the last section discusses self-care for family and friends. Contents: - about personality disorders - about borderline personality disorder - treatment for people with BPD - supporting the family member who has BPD - self-care - recovery and hope - family crisis information sheet.

When Your Mother Has Borderline Personality Disorder - Daniel S. Lobel 2019-10-22 Caring for yourself and your relationship with your mom who has BPD. Growing up with a mom who has Borderline Personality Disorder (BPD) is difficult--but it's still possible to have a functioning adult relationship with her. When Your Mother Has Borderline Personality Disorder provides you with crucial information for understanding the patterns behind her Borderline Personality Disorder, as well as the tools you need to start your own recovery process. Find ways to reconcile your complicated thoughts and feelings with straightforward and easy-to-use techniques. You'll also discover a number of sample dialogues that give you blueprints for safe and secure interactions in a variety of situations. When Your Mother Has Borderline Personality Disorder includes: You, your mother, and Borderline Personality Disorder--Learn why your mother behaves the way she does and how to maintain a relationship with her--without getting hurt. The help you need--Start healing with essential self-care strategies that will help you rebuild your self-esteem, cope with anxiety, protect your family, and more. Research-based tools--Get proven advice based on the most up-to-date approaches for managing a relationship with someone who has Borderline Personality Disorder. Get the help you need moving forward with the compassionate guidance of When Your Mother Has Borderline Personality Disorder.

Transference-Focused Psychotherapy for Borderline Personality Disorder - Frank E. Yeomans M.D. Ph.D. 2015-04-01 Transference-
Focused Psychotherapy for Borderline Personality Disorder: A Clinical Guide is a treatment manual designed for mental health professionals who work with individuals presenting with moderate to severe forms of personality disorder. Although the authors' research has been with patients with a DSM-5 diagnosis of borderline personality disorder (BPD), the book focuses on the broader group of patients with borderline personality organization, expanding the reach and utility of this volume. The authors, who are among the foremost experts in BPD, combine principles of intervention with clinical cases that illustrate the principles as applied in a variety of situations. The clinical knowledge that is imparted by this approach is further developed through online videos that accompany the text. Phenomenal advances in treatments for borderline pathology have been made over the past 25 years. Transference-Focused Psychotherapy for Borderline Personality Disorder: A Clinical Guide marshals these theoretical advances and data from developmental and neurocognitive studies to enrich the reader's understanding of both the pathology itself and the elements of effective clinical intervention and treatment. The book represents an important contribution to the literature on BPD.

A Concise Guide to Personality Disorders: Joel Paris 2015 Resource added for the Psychology (includes Sociology) 108091 courses.

Manual of Inpatient Psychiatry-Michael I. Casher 2020-03-26 Explores the range of diagnoses found on inpatient psychiatric units providing practical advice in an accessible format for managing patients.

Borderline Personality Disorder Toolbox-Jeff Riggenbach 2016-08-01

Borderline Personality Disorder in Adolescents-Blaise Aguirre 2014-09-15 "Families and their children with BPD will find this book a very useful guide as they struggle together toward a more fully realized life."—Mary C. Zanarini, Ed.D., Director, Laboratory for the Study of Adult Development, McLean Hospital and Professor of Psychology, Harvard Medical School "A must-have book for every parent with a borderline child."—Randi Kreger, Coauthor of Stop Walking on Eggshells: Taking Your Life Back When Someone You Care about Has Borderline Personality Disorder "Borderline Personality Disorder in Adolescents is a long overdue book that eloquently and expertly addresses the wide-ranging issues surrounding borderline personality disorder in adolescents. This compassionate book is a must for parents with children suffering from borderline personality disorder, as well as clinicians, educators, pediatricians, and clergy trying to understand and help adolescents with this serious, chronic disorder."—Perry D. Hoffman, Ph.D., President, National Education Alliance for Borderline Personality Disorder Borderline Personality Disorder in Adolescents offers parents, caregivers, and adolescents
themselves a complete understanding of this complex and tough-to-treat disorder. This comprehensive guide thoroughly explains what BPD is and what a patient's treatment options are, including the revolutionary new treatment called dialectic behavior therapy. Author Blaise A. Aguirre, M.D., one of the foremost experts in the field, describes recent advances in treatments and brings into focus what we do and don't know about this condition. Readers will learn the differences between BPD and other adolescent psychiatric diagnoses; treatment options (e.g., medication and therapy); how to choose the right therapist; how to determine when inpatient treatment is necessary; how to enforce boundaries; how to take care of and protect yourself; and practical techniques for effective communication with those who have BPD.

Cognitive Therapy for Personality Disorders-Kate Davidson 2007-09-12 It is increasingly recognized that a significant number of individuals with personality disorders can benefit from therapy. In this new edition - based on the treatment of over a hundred patients with antisocial and borderline personality disorders - Kate Davidson demonstrates that clinicians using cognitive therapy can reduce a patient’s tendency to deliberately self-harm and to harm others; it also improves their psychological well-being. Case studies and therapeutic techniques are described as well as current evidence from research trials for this group of patients. Cognitive Therapy for Personality Disorders provides a thorough description of how to apply cognitive behavioural therapy to patients who are traditionally regarded as being difficult to treat: those with borderline personality disorders and those with antisocial personality disorders. The book contains detailed descriptions and strategies of how to: formulate a case within the cognitive model of personality disorders overcome problems encountered when treating personality disordered patients understand how therapy may develop over a course of treatment. This clinician’s guide to cognitive behavioural therapy in the treatment of borderline and antisocial personality disorder will be essential reading for psychiatrists, clinical and counselling psychologists, therapists, mental health nurses, and students on associated training courses.

Borderline Personality Disorder For Dummies-Charles H. Elliott 2009-07-01 Your clear, compassionate guide to managing BPD — and living well Looking for straightforward information on Borderline Personality Disorder? This easy-to-understand guide helps those who have BPD develop strategies for breaking the destructive cycle. This book also aids loved ones in accepting the disorder and offering support. Inside you’ll find authoritative details on the causes of BPD and proven treatments, as well as advice on working with therapists, managing symptoms, and enjoying a full life. Review the basics of BPD — discover the symptoms of BPD and the related emotional problems, as well as the cultural, biological, and psychological causes of the disease Understand what goes wrong — explore impulsivity, emotional dysregulation, identity problems, relationship conflicts, black-and-white thinking, and difficulties in perception; and identify the areas where you may need help Make the choice to change — find the right care provider, overcome common obstacles to change,
set realistic goals, and improve your physical and emotional state Evaluate treatments for BPD — learn about the current treatments that really work and develop a plan for addressing the core symptoms of BPD If someone you love has BPD — see how to identify triggers, handle emotional upheavals, set clear boundaries, and encourage your loved one to seek therapy Open the book and find: The major characteristics of BPD Who gets BPD — and why Recent treatment advances Illuminating case studies Strategies for calming emotions and staying in control A discussion of medication options Ways to stay healthy during treatment Tips for explaining BPD to others Help for parents whose child exhibits symptoms Treatment options that work and those you should avoid

Borderline Personality Disorder-Alexander L. Chapman 2013-10-01 Borderline personality disorder (BPD) is a serious personality disorder marked by extreme, fluctuating emotions, black-and-white thinking, problems with interpersonal relationships, and in extreme cases, self-harm. If you have recently been diagnosed with BPD, you likely have many questions. What treatment options are available? How do you tell your friends and loved ones? And what are the common side-effects of medication? A diagnosis of BPD can definitely change your life, but it can also be a catalyst for personal transformation and growth. In Borderline Personality Disorder: A Guide for the Newly Diagnosed, two renowned experts on BPD present an easy-to-read introduction to BPD for those who have recently been diagnosed. Readers will learn the most common complications of the illness, the most effective treatments available, and practical strategies for staying on the path to recovery. This book is a part of New Harbinger Publication’s Guides for the Newly Diagnosed series. The series was created to help people who have recently been diagnosed with a mental health condition. Our goal is to offer user-friendly resources that provide answers to common questions readers may have after receiving a diagnosis, as well as evidence-based strategies to help them cope with and manage their condition, so that they can get back to living a more balanced life. Visit www.newharbinger.com for more books in this series.


Borderline Patients: Extending The Limits Of Treatability-Harold W. Koenigsberg 2000-06-09 Borderline conditions are a growing presence in the treatment room, yet they are uncommonly resistant to treatment. Dr. Kernberg and his colleagues have already articulated the modality they call Transference-Focused Psychotherapy. Now, in an unusually textured elaboration, they confront the complications that limit treatability—co-existing psychopathologies, early trauma/dissociation, problems endemic to the therapeutic situation (attachment disturbances, erotic transferences)—and bring new rounds of clinical ammunition to meet those challenges.
Psychotherapy with Borderline Patients - David M. Allen 2014-08-15

Patients with borderline personality disorder (BPD) or borderline traits are among the most difficult for mental health practitioners to treat. They present an incredible range of symptoms, dysfunctional interpersonal interactions, provocative behavior in therapy, and comorbid psychiatric disturbances. So broad is this array that indeed the disorder constitutes a virtual model for the study of all forms of self-destructive and self-defeating behavior patterns. Psychotherapy With Borderline Patients: An Integrated Approach fills the need for a problem-focused, clinically oriented, and operationalized treatment manual that addresses major ongoing family factors that trigger and reinforce the patient's self-destructive or self-defeating behavior. In it, David Allen draws on the theoretical ideas and techniques of biological, family systems, psychodynamic, and cognitive-behavioral therapists to describe an integrated approach to adults with BPD or borderline traits in individual therapy. Innovative, practical, and specific, the book helps therapists teach their patients, through the use of various role-playing techniques, strategies to alter the dysfunctional patterns of interaction with their families of origin that reinforce self-destructive behavior or chronic affective symptoms; explains the nature and origins of the characteristic oscillation of hostile over- and underinvolvement between adults with BPD and those who served as their primary parental figures during childhood; elucidates the nature and causes of the dysfunctional communication patterns in patients' families that lead to misunderstanding; and provides concrete, clearly spelled out advice for therapists about how to deal with provocative patient behavior, how to minimize distorted descriptions by patients of significant others, how to avoid patients' misuse of medications, and how to respond to managed care restrictions on patients' insurance coverage. Psychotherapy With Borderline Patients: An Integrated Approach will be welcomed by all clinicians who work with these patients, whatever their training or theoretical orientation.

Schema Therapy for Borderline Personality Disorder - Arnoud Arntz 2020-12-14

This is the second edition of the book that sparked the current wave of interest in schema therapy. Although schema therapy was originally developed by Jeff Young in the USA, it was not until unprecedented outcome data was published from pioneering Dutch clinical trials with BPD patients that the clinical CBT community took serious notice. Schema therapy has now become one of the most popular forms of contemporary CBT. It has parallels to the 'third wave' of contextual behavioural science in that it develops traditional CBT in new directions, but while contextual behavioural science prioritizes behavioural techniques based on acceptance and mindfulness, schema therapy is more cognitive and draws on elements of experiential learning, object relations and psychodynamic therapy in addition to traditional CBT. The first edition of this book has sold more than 3,000 copies at a steady rate of around 500 units per year since 2009.

Stepped Care for Borderline Personality Disorder - Joel Paris 2017-07-20

Stepped Care for Borderline Personality Disorder: Making Treatment Brief, Effective, and Accessible synthesizes the latest research and treatment developments with an aim to make treatment
for BPD more accessible to a wider range of patients. The book provides clinicians with innovative, brief and targeted intervention methods for the disorder, offering clinicians a vital guide to the management of patients who are difficult to treat. Acknowledging the early developmental roots of BPD, the book includes sections on BPD in adolescence, childhood precursors of the disorder, and other etiological considerations, also including a roadmap of potential pitfalls. Features brief and targeted methods of integrative treatment for BPD patients Makes treatment more accessible to a wider range of patients Provides clinicians and researchers with a review of the current BPD literature Acknowledges problems with, and provides solutions for, treatment access for BPD patients Addresses questions regarding the complex developmental trajectories of BPD Looks at diagnosis, etiology and stepped-care treatment of BPD

Mentalization Based Treatment for Personality Disorders-Anthony Bateman 2016-01-28 This practical guide on mentalization-based treatment (MBT) of personality disorders outlines the mentalizing model of borderline and antisocial personality disorders and how it translates into clinical treatment. The book, divided into four parts - the mentalizing framework, basic mentalizing practice, mentalizing and groups, and mentalizing systems - covers the aims and structure of treatment, outlines how patients are introduced to the mentalizing model so that their personality disorder makes sense to them, explains why certain interventions are recommended and others are discouraged, and systematically describes the process of treatment in both group and individual therapy to support more stable mentalizing.

Borderline Personality Disorder-National Collaborating Centre for Mental Health (Great Britain) 2009-01-01 This volume sets out clear recommendations for healthcare staff on how to diagnose and manage young people and adults who have borderline personality disorder, in order to significantly improve their treatment and care. The accompanying CD-ROM contains all of the evidence on which the recommendations are based.

Borderline Personality Disorder: A Patient's Guide To Taking Control

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