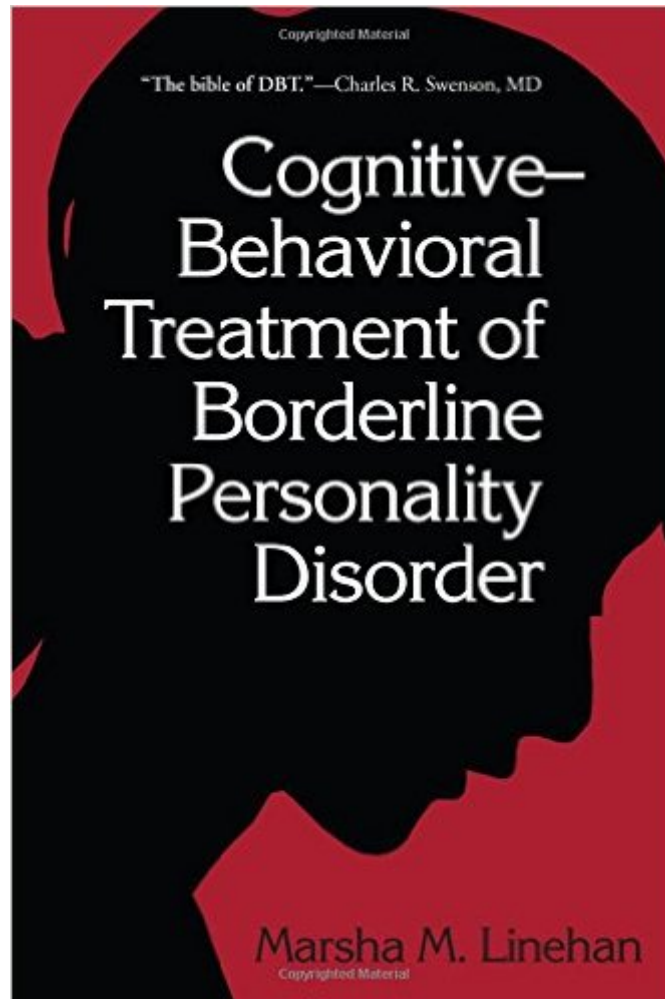


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Cognitive-Behavioral Treatment Of Borderline Personality Disorder



Synopsis

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. Plus related DBT videos: DBT at a Glance: An Introduction to Dialectical Behavior Therapy, DBT at a Glance: The Role of the Psychiatrist on the DBT Team, and Getting a New Client Connected to DBT (Complete Series).

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Customer Reviews

As soon as our county mental health clinic applied Dialectical Behavioral Therapy (DBT), our

re-hospitalizations, crisis contacts, suicidal behavior and recidivism rates for our DBT patients went close to ZERO. This is the book I recommend as the start for anyone wanting to be effective in doing psychotherapy - including Psychiatrists, Psychologists, Social Workers, Marriage Family Therapists and Nurses. It empowers the therapist by giving him/her the skills to help severely mentally ill and difficult patients - not just ones with borderline personality disorder. For many, if not most, mental health programs, people with borderline personality disorder are traditionally frustrating, maddening, and looked on with disgust by therapists and medical staff. They are often rejected by staff and treated with anger because of the lack of adequate treatments for the disorder. Yet this is one of the most common mental illnesses. And persons with the disorder repeatedly are hospitalized for suicidal behavior - at large cost to the counties involved. Or worse, they are rejected for hospitalization and allowed to continue to be self-destructive. With DBT this is no longer the case. Therapists who understand DBT are confident and assured when helping seriously ill, constantly hospitalized patients. Therapist who don't often are frustrated, and rejecting of them. No other textbook in therapy is as detailed and well-delineated as this book. It is applicable to inpatient, outpatient, and emergency room settings. DBT works effectively in emergencies, with actively suicidal patients, to reduce the acuity of the situation. It is effective even in short (< 7 day) hospital stays. It takes about ONE YEAR to moderately understand Dialectical Behavioral Therapy.

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