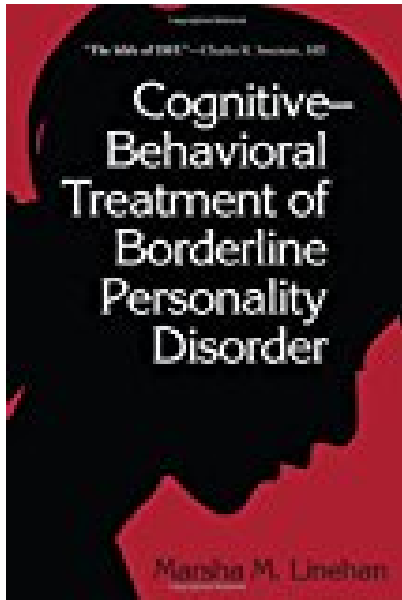


Cognitive-Behavioral Treatment of Borderline Personality Disorder



BOOK DETAILS

- Author : Marsha Linehan
- Pages : 558 Pages
- Publisher : The Guilford Press
- Language : English
- ISBN : 0898621836

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BOOK SYNOPSIS

The core of the treatment is the balance of acceptance and change strategies, both within each therapy interaction and over time. For problem solving with borderline personality disorder, the book provides specific strategies for contingency management, exposure, cognitive modification, and skills training. The last component is further elucidated in the companion Skills Training Manual, which programmatically details procedures and includes client handouts for step-by-step implementation. Finally, to enhance interpersonal communication, Dr. Linehan presents three case management sets: consultation to the patient, environmental intervention, and consultation to the therapist. Addressing the most stressful patient behaviors that clinicians encounter, the book includes a step-by-step outline for assessing suicide risk, managing suicide threats, and working with chronic suicidal behavior

COGNITIVE-BEHAVIORAL TREATMENT OF BORDERLINE PERSONALITY DISORDER

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