By Lorraine Bell

Product Description

This self-help manual for those who meet the diagnosis of 'emotionally unstable' or 'borderline personality disorder' (BPD) outlines a brief intervention based on a model of treatment known to be effective for other conditions.

From the Back Cover

The treatment of personality disorder is a major concern facing current mental health services. Managing Intense Emotions and Overcoming Self-Destructive Habits is a self-help manual for people who would meet the diagnosis of 'emotionally unstable' or 'borderline personality disorder' (BPD), outlining a brief intervention which is based on a model of treatment known to be effective for other conditions, such as anxiety, depression and bulimia.

The manual describes the problem areas, the skills needed to overcome them and how these skills can be developed. Areas covered include:
- the condition and controversy surrounding the diagnosis of BPD
- drug and alcohol misuse
- emotional dysregulation and the role of thinking habits and beliefs
- depression and difficult mood states
- childhood abuse and relationship difficulties.

It will be essential reading for people with BPD and professionals involved in their care - psychologists, psychiatric nurses, psychiatrists and occupational therapists.
Skills Training Manual for Treating Borderline Personality Disorder (Diagnosis & Treatment of Mental Disorders)  
By Marsha Linehan

Product Description

This session-by-session treatment manual demonstrates how clinicians can teach patients four essential psychosocial skills: mindfulness, interpersonal effectiveness, emotional regulation, and distress tolerance.

Review

'Marsha Linehan's tremendously in-depth and informative book and its companion skills-training manual offer a needed guide to the cognitive-behavioral treatment of borderline personality disorder... Her method has become so widely used by clinicians that the experts in psychosocial treatments consider it one of the best... Marsha Linehan's methods are highly eclectic because they are empirically based; they have been fashioned to fit what works best for borderline patients.' - Lester Luborsky, PhD
Borderline Personality Disorder Demystified: An Essential Guide for Understanding and Living with BPD (Demystified Series) [Illustrated] (Paperback)
By Robert Friedel

Product Description

Over six million Americans suffer from Borderline Personality Disorder (BPD), a chronic, disabling psychiatric condition that causes extreme instability in their emotional lives, behavior, and self-image, and severely impacts their family and friends. In Borderline Personality Disorder Demystified, Dr. Robert Friedel, a leading expert in BPD and a pioneer in its treatment, has turned his vast personal experience into a useful and supportive guide for everyone living with and seeking to understand this condition. Friedel helps readers grasp the etiology of Borderline Personality Disorder, the course it takes, the difficulties in diagnosing it, the types of treatment available, strategies for coping, and much more. Borderline Personality Disorder Demystified is an invaluable resource for everyone diagnosed with BPD, those who think they might have the illness, and friends and family who love and support them.

Reader review (Amazon website)

I thought this book was excellent and far exceeded my expectations!! I would recommend this as the only book you would need to read. It is very informative and I found it extremely easy to understand. It even explains what's happening in the brain (although a tad complicated - still worth reading) and stresses this disorder is as real as diabetes etc. Excellent informative book!!!
Mentalization-based Treatment for Borderline Personality Disorder: A Practical Guide
By Anthony Bateman & Peter Fonagy

Reader Review (Amazon website)

FANTASTIC! This morning my Amazon order plopped through my door. How do Anthony Bateman and Peter Fonagy make their work very readable and understandable? I am biased having had MBT treatment and having moved on in my life yet still stuck in many areas which they do talk about in the practical guide. Currently I am working as a service user consultant delivering PD training locally with a generic clinical team who have done the three day MBT training - I have to say that it makes a remarkable difference. Mentalizing is far from easy but so much better when you STOP and THINK, also pushing that pause button and exploring what has happened...... This work is groundbreaking and inspiring. As a BPD sufferer on a recovery journey I find this book heartwarming too. BPD IS Treatable and Bateman and Fonagy show you how. The beauty of it is that MBT reaches the parts of you that others may not have reached before. The process of change is painful - MBT makes it a welcome change. FL.
Mentalization: Theoretical Considerations, Research Findings, and Clinical Implications (Psychoanalytic Inquiry Book)
By Fredric N. Busch (Editor)

From the Back Cover

Mentalization is the capacity to perceive and interpret behavior in terms of intentional mental states, to imagine what others are thinking and feeling, and is a concept that has taken the psychological and psychoanalytic worlds by storm. This collection of papers, carefully edited by Fredric Busch, clarifies its import as an essential perspective for understanding the human psyche and interpersonal relationships. The book is divided into theoretical, research and clinical papers, reflecting how the investigators thoughtfully and purposefully pursued each of these goals. Those involved in identifying mentalization have also made consistent efforts to measure and research the concept. Thus, in addition to expanding the theoretical bases and implications of mentalization and identifying clinically useful applications, the authors describe research that scientifically grounds the concept.

Review

"This fascinating and stimulating book focuses on a core aspect human mental capacity, how we perceive and understand ourselves and others, the understanding of which is of central importance to our work with every patient we treat. Dr. Busch has brought together an intellectual powerhouse team of authors, whose work spans the latest thinking about mentalization. The time spent with this work will be repaid over and over for clinicians at any stage of their careers."
- Allan Tasman, M.D., Professor and Chairman, Department of Psychiatry and Behavioral Sciences, University of Louisville School of Medicine