

Access Free Psychodynamic Approaches To Borderline Personality Disorder

Psychodynamic Approaches To Borderline Personality Disorder

Presenting a pragmatic, evidence-based approach to conducting psychodynamic therapy, this engaging guide is firmly grounded in contemporary clinical practice and research. The book reflects an openness to new influences on dynamic technique, such as cognitive-behavioral therapy and positive psychology. It offers a fresh understanding of the most common problems for which patients seek help--depression, obsessionality, low self-esteem, fear of abandonment, panic, and trauma--and shows how to organize and deliver effective psychodynamic interventions. Special topics include ways to integrate individual treatment with psychopharmacology and with couple or family work. See also *Practicing Psychodynamic Therapy: A Casebook*, edited by Summers and Barber, which features 12 in-depth cases that explicitly illustrate the approach in this book.

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

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grounds the concept. Mentalization addresses and expands upon a number of implications of mentalization. These include: What are the broader implications for mentalization with regard to social and evolutionary development? How does mentalization interdigitate with other psychoanalytic models? How is mentalization systematically assessed? What clinical correlates have been found? How do we understand variations in the capacity for mentalization, even within a given individual? What are the applications of mentalization in the clinical arena, including specific disorders? Readers of this volume will find their clinical work to be more productive and their view of the human psyche broadened.

Over the years, borderline personality disorder (BPD) has been conceptualized in a variety of ways. However, recent research has consistently found that a history of childhood sexual abuse may affect its development. *Role of Sexual Abuse in the Etiology of Borderline Personality Disorder* explores the most recent advances regarding this highly controversial disorder, presenting the research and expertise of 26 distinguished contributors. This book provides both the factual and the historical contexts of sexual abuse in BPD. It presents the latest findings regarding the impact of traumatic childhood experiences on the development of BPD. This new generation of research is unique in that it assesses a range of pathological childhood experiences rather than focusing solely on the parameters of abuse. This book covers many topics, including evolving perspectives on the etiology of BPD, childhood factors associated with the development of BPD, and the relationship between self-destructive behavior and pathological childhood experiences in BPD. In addition, highly regarded clinicians in this area describe useful clinical approaches to the treatment of borderline patients with an abuse history. This volume offers invaluable information for clinicians treating borderline patients with or without an abuse

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history.

This volume presents 12 highly instructive case studies grounded in the evidence-based psychodynamic therapy model developed by Richard F. Summers and Jacques P. Barber. Bringing clinical concepts vividly to life, each case describes the patient's history and presenting problems and takes the reader through psychodynamic formulation, treatment planning, and the entire course of therapy, including the challenges of termination. The cases address a variety of core psychodynamic problems, with outcomes ranging from very successful to equivocal. The emotional experience of the therapist is explored throughout.

Commentary from Summers and Barber on every case highlights important points and key clinical dilemmas. See also the authored book *Psychodynamic Therapy: A Guide to Evidence-Based Practice*, in which Summers and Barber comprehensively describe their therapeutic model.

Patients with borderline personality disorder (BPD) are among the most challenging patients for clinicians to treat. Their behaviors and emotions can shift abruptly. As a result, these patients can seem like therapeutic moving targets, and improvement can be vexingly slow. *A Developmental Model of Borderline Personality Disorder* is a landmark work on this difficult condition. The book emphasizes a developmental approach to BPD based on an in-depth study of inpatients at Chestnut Lodge in Rockville, Maryland, during the years 1950 through 1975 and the authors' thirty years of clinical and supervisory experience. Using information gleaned from the original clinical notes and follow-up studies, the authors present four intriguing case studies to chart the etiology, long-term course, and clinical manifestations of BPD. With three main parts that cover theory, case examples, and practical strategies for treatment, *A Developmental Model of Borderline Personality Disorder* Introduces the reader to a

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multidimensional and integrated etiologic model of BPD to inform treatment Helps clinicians develop the understanding and empathy needed to deal with difficult patient behaviors Gives strategies for designing psychotherapy in tandem with psychosocial services to help patients with BPD improve or sustain functioning in the community A Developmental Model of Borderline Personality Disorder combines rich clinical case descriptions with an integrated theoretical model that captures the complexities of BPD. The first resource to chart BPD over the long term in such depth, this book is a first-rate clinical resource that reads like a novel, illuminating the disorder to help interpret its causes and course. It will inspire and encourage clinicians, along with patients and their family members, to strive for success in treating this difficult disease.

This thesis presents an in-depth exploration of psychotherapists' lived experience of working with borderline personality (BPD) disorder in psychodynamic psychotherapy, using interpretative phenomenological analysis (IPA). The existing research literature suggests that working with borderline patients is very difficult, as they can evoke negative counter transference experiences in therapists and thus make the working alliance difficult to maintain. The stigmatising and negative attitude towards BPD, which is found amongst mental health professionals, can cause many therapists to avoid working with this patient population, leaving many patients without the necessary help for treatment. Some literature also suggests that psychodynamic therapy may not be helpful for the treatment of BPD in its traditional form, because of the neutrality of the model and borderline patients' 'reduced capacity to mentalise'. Instead, empathy and the therapeutic relationship have been reported to be significant factors. This qualitative study aimed to provide a rich and detailed examination of the experiences,

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which psychodynamic psychotherapists and counselling psychologists might have in their work with BPD patients. Five psychodynamic psychotherapists were interviewed twice in one unstructured and one semi-structured interview, and IPA was used to analyse the data. The five master-themes (Negative countertransference feelings; "Sitting in the dark together"; Hindrance in therapeutic work; Therapist omnipotence; Labelling as problematic) found in this study suggested that borderline patients could benefit from a modified version of psychodynamic 1 Note that the 'psychodynamic' and 'psychoanalytic' terms will be interchangeably used in this study. 2 The researcher, as a trainee-counselling psychologist, is in favour of using the word 'client'. However, psychodynamic practitioners talk about their 'patients' rather than 'clients', and as this study focuses on psychodynamic therapists' experiences, the researcher will use these two terms interchangeably. Thus, the word 'patient' here is applied in the psychodynamic and not in the medical sense. 9 psychotherapy with a focus on empathy and a bond between therapist and patient. Furthermore, the therapists' awareness of negative countertransference feelings and emergent obstacles in the therapeutic work, as well as their understanding of BPD as a label and its effects on their borderline patients were crucial. Finally, the therapists' experienced 'omnipotent' feelings, which may have emerged in response to their negative countertransference feelings. While these findings support many of the previous publications and accounts reported in the literature, they also shed new light on therapists' experiences, which might have implications for the approach that psychotherapists and counselling psychologists take towards working with borderline individuals within the psychodynamic modality.

This guide demonstrates how, rather than being at odds with

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psychoanalytic treatments, targeting behavioral change can be part of the development and employment of psychodynamic therapy and can be used to enhance self-understanding.

Offering a sophisticated introduction to a contemporary psychodynamic model of the mind and treatment, this book provides an approach to understanding and treating higher level personality pathology. It describes a specific form of treatment called "dynamic psychotherapy for higher level personality pathology" (DPHP), which was designed specifically to treat the rigidity that characterizes that condition. Based on psychodynamic object relations theory, DPHP is an outgrowth of transference-focused psychotherapy (TFP) and is part of an integrated approach to psychodynamic treatment of personality pathology across the spectrum of severity -- from higher level personality pathology, described in this volume, to severe personality pathology, described in a companion volume, *Psychotherapy for Borderline Personality: Focusing on Object Relations*. Together, they provide a comprehensive description of an object relations theory-based approach to treatment of personality disorders, embedded in an integrated model of personality. As a guide to treatment, *Handbook of Dynamic Psychotherapy for Higher Level Personality Pathology* provides a clear, specific, and comprehensive description of how to practice DPHP from beginning to end, presented in jargon-free exposition using extensive clinical illustrations. The authors offer a comprehensive description of psychodynamic consultation that includes sharing the diagnostic impression, establishing treatment goals, discussing treatment options, obtaining informed consent, and establishing treatment frame. Throughout, the book emphasizes fundamental clinical principles that enable the clinician to think through clinical decisions moment-to-

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moment and also to develop an overall sense of the trajectory and goals of the treatment. Among the book's benefits: Takes a diagnosis-driven approach, presenting a clear model of both the psychopathology and its treatment; Explains underlying theory and basic elements of DPHP for those first learning dynamic therapy; Offers an integrated, innovative synthesis of contemporary psychodynamic approaches to personality pathology and psychodynamic psychotherapy; Describes goals, strategies, tactics, and techniques of the treatment to demonstrate its flexibility over a relatively long course of treatment; Provides sophisticated discussion of integrating dynamic psychotherapy with medication management and other forms of treatment. DPHP offers a broad range of patients the opportunity to modify maladaptive personality functioning in ways that can permanently enhance their quality of life. Handbook of Dynamic Psychotherapy for Higher Level Personality Pathology provides experienced clinicians with a hands-on approach to that method, and is also useful as a primary textbook in courses focusing on the technique of dynamic psychotherapy or in courses on psychodynamics.

Psychodynamic Psychotherapy Research: Evidence-Based Practice and Practice-Based Evidence continues the important work of the first book published in 2009 by Humana Press (Handbook of Evidence-Based Psychodynamic Psychotherapy: Bridging the Gap Between Science and Practice). This landmark title presents in one volume significant developments in research, including neuroscience research, in psychodynamic psychotherapy by a team of renowned clinician-researchers. The demand for ongoing research initiatives in psychodynamic psychotherapy from both internal and external sources has increased markedly in

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recent years, and this volume continues to demonstrate the efficacy and effectiveness of a psychodynamic approach to psychotherapeutic interventions in the treatment of psychological problems. The work in this volume is presented in the spirit of ongoing discussion between researchers and clinicians about the value of specific approaches to specific patients with specific psychiatric and psychological problems. Multiple forms of treatment interventions have been developed over the past fifty years, and this volume makes clear, with firm evidence, the authors' support for the current emphasis on personalized medicine. Groundbreaking and a major contribution to the psychiatric and psychologic literature, *Psychodynamic Psychotherapy Research: Evidence-Based Practice and Practice-Based Evidence* provides firm grounding for advancing psychodynamic psychotherapy as a treatment paradigm.

The importance of conducting empirical research for the future of psychodynamics is presented in this excellent new volume. In *Handbook of Evidence Based Psychodynamic Psychotherapy: Bridging the Gap Between Science and Practice*, the editors provide evidence that supports this type of research for two primary reasons. The first reason concerns the current marginalization of psychodynamic work within the mental health field. Sound empirical research has the potential to affirm the important role that psychodynamic theory and treatment have in modern psychiatry and psychology. The second reason that research is crucial to the future of psychodynamic work concerns the role that systematic empirical investigations can have in

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developing and refining effective approaches to a variety of clinical problems. Empirical research functions as a check on subjectivity and theoretical alliances in on-going attempts to determine the approaches most helpful in working with patients clinically. Handbook of Evidence Based Psychodynamic Psychotherapy: Bridging the Gap Between Science and Practice brings together a panel of distinguished clinician-researchers who have been publishing their findings for decades. This important new book provides compelling evidence that psychodynamic psychotherapy is an effective treatment for many common psychological problems.

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

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and other ways to combat stigma. *New and expanded discussions of cutting-edge topics--BPD in adolescents, childhood risk factors, and neurobiology.

This is a manual for clinicians who wish to learn an effective psychodynamic treatment for young people with personality disorders (PDs). The book that details treatment models with strong theoretical foundations and examines systematic interventions designed to explore and resolve the conflicts and behaviors, common to PDs, that impede normal adolescent development.

Psychodynamic Therapy reintroduces psychoanalytic and psychodynamic theory to the practice of clinical psychology in ways that are easily understandable, practical, and immediate in their application. Huprich readily demonstrates that, contrary to what is misconstrued and taught as relic and historical artifact, Sigmund Freud's ideas and their evolution offer a comprehensive, useful framework from which clinical psychology and psychiatry can benefit. There are more theories and approaches to psychotherapy today than ever before. Psychodynamic Therapy attests to the fact that psychoanalytic and psychodynamic theory has more to offer clinicians and patients than any other theory. Through this book, readers will gain a greater appreciation for what psychodynamic theory offers and how they may apply these ideas toward effective clinical practice.

In this unique book, Dr. Richard Chessick asks questions about psychotherapy and answers them. Engaging readers in a dialogue between a senior psychodynamic clinician and novice mental health professionals, one

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with a particularly medical-biological approach to psychological problems, Dr. Chessick demonstrates how dynamic therapy works and explains the current controversies in the field. Specifically, the discussion—modeled on Galileo's "Dialogues Concerning the Two Chief World Systems"—considers the significance of memories and early experiences, the therapist's input, curative factors, differentiating psychoanalysis and psychotherapy, interpretation, treatment impasse and failure, idealization and transference, borderline states, object relations theories, and the future of the field. Alternative points of view and unresolved issues are highlighted, along with many useful tips for successful clinical practice and case vignettes. This book brings readers to the cutting edge of current thinking in the theory and practice of intensive psychodynamic psychotherapy and highlights the kinds of concerns and problems that are faced by beginning and advanced students as well as seasoned clinicians. This work offers an evaluation of competing theoretical perspectives and nosological systems for personality disorders. The editors have brought together recognized authorities in the field to offer a synthesis of competing perspectives that provide readers with an assessment for each disorder. The result is a comprehensive, current, and critical summary of research and practice guidelines related to the personality disorders. Key Features focuses on controversies and alternative conceptualizations; separate chapters are dedicated to each personality disorder and considered from various points of view. It presents authoritative perspectives;

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leading scholars and researchers in the field provide a critical evaluation of alternative perspectives on each personality disorder. And it frames the current state of personality disorder research and practice issues; cutting edge and streamlined research is presented to be used in courses on diagnosis, assessment, psychopathology and abnormal psychology, especially those that include the DSM IV. It also offers an integrative understanding of elusive personality categorizations; wherever possible, case examples are offered as illustrations of each disorders clinical presentation. The use of technical terms are minimized; each contributor takes the approach of a user friendly summary and integration of major trends, findings, and future directions.

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

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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. This long-awaited book is the first to present Otto Kernberg's successful model of psychodynamic

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psychotherapy with borderline patients. Using abundant clinical vignettes and transcripts, the authors take the reader through the treatment--from establishing contact to dealing with termination--always explaining the theory that underlies the technique. Bibliography and Index. Psychodynamic Psychotherapy in Child and Adolescent Psychiatric Clinics covers topics in three major categories in two volumes of this series: 1. Approaches to Specific Conditions; 2. Special Features in Working with Children; 3. Research Presented for the Clinician. Specific conditions covered are: Anxiety, Trauma, Depression, Eating Disorders, Incipient Borderline Personality Disorders, and the Medically Ill Youth. Special Features include the various therapies in Psychodynamic psychotherapy: Play Techniques, Use of Boardgames, Perspectives on Psychotropic Medications for Children, Parent Work, Family Therapy, and Dyadic Therapies. Research for Clinicians includes Neuroscience, Evidence Base, and Developmental Perspectives.

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

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priorities 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.

This text provides a summary of the latest information concerning the diagnosis, assessment, construct validity, etiology, pathology, and treatment of personality disorders. It brings together leading scholars, researchers, and clinicians from a wide variety of theoretical perspectives, emphasizing in each case extent of empirical support.

NormalOfalsefalsefalseMicrosoftInternetExplor4 This book has been replaced by Treatment of Borderline Personality Disorder, Second Edition, ISBN 978-1-4625-4193-5.

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 diffi cult Borderline Personality

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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. This book presents for the first time, a practical manual for psychodynamic-interpersonal therapy. Drawing on forty years of research, teaching and practice, its expert authors guide you through the conversational model's theory, skills and implications for practice. Part I sets out the model's underlying theory and outlines the evidence for its efficacy with client groups. Part II guides you through clinical skills of the model, from foundational to advanced. Part III offers practical guidance on implementing the approach within a range of settings, and for developing effective practice through reflection and supervision. Bringing together important articles from Psychodynamic Psychiatry, this volume shows how contemporary practitioners are using a multidimensional biopsychosocial approach to increase the robustness of clinical research and the effectiveness of patient care. Chapters review cutting-edge approaches to formulating anxiety and mood disorders, eating disorders, traumatic grief, substance use and addictive behaviors,

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obsessive–compulsive disorder, personality disorders, schizophrenia, somatic symptom disorders, and trauma and stressor-related disorders. Treatment of specific populations is addressed, including infants and parents, children, spouses of the chronically ill, survivors of intimate partner violence, criminal offenders, and the elderly. Featuring rich case illustrations, the book integrates psychoanalytic concepts with advances in knowledge about neuroscience, gene–environment interactions, and the physiological impact of adversity. Deftly combining contemporary theory with clinical practice, *Psychodynamic Therapy for Personality Pathology: Treating Self and Interpersonal Functioning* is an invaluable resource for any clinician seeking a coherent model of personality functioning and pathology, classification, assessment, and treatment. This insightful guide introduces *Transference-Focused Psychotherapy -- Extended (TFP-E)*, a specialized but accessible approach for any clinician interested in the skillful treatment of personality disorders. Compatible with the *DSM-5 Section III Alternative Model for Personality Disorders --* and elaborating on that approach, this volume offers clinicians at all levels of experience an accessible framework to guide evaluation and treatment of personality disorders in a broad variety of clinical and research settings. In this book, readers will find:

- * A coherent model of personality functioning and disorders based in psychodynamic object relations theory*
- * A clinically near approach to the classification of personality disorders, coupled with a comprehensive approach to assessment*
- * An integrated treatment model

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based on general clinical principles that apply across the spectrum of personality disorders* An understanding of specific modifications of technique that tailor intervention to the individual patient's personality pathology*

Descriptions of specific psychodynamic techniques that can be exported to shorter-term treatments and acute clinical settings Patient assessment and basic psychodynamic techniques are described in up-to-date, jargon-free terms and richly supported by numerous clinical vignettes, as well as online videos demonstrating interventions. At the end of each chapter, readers will find a summary of key clinical concepts, making this book both a quick reference tool as well as a springboard for continued learning. Clinicians looking for an innovative, trustworthy guide to understanding and treating personality pathology that combines contemporary theory with clinical practice need look no further than *Psychodynamic Therapy for Personality Pathology: Treating Self and Interpersonal Functioning*. Deftly combining contemporary theory with clinical practice, *Psychodynamic Therapy for Personality Pathology: Treating Self and Interpersonal Functioning* is an invaluable resource for any clinician seeking a coherent model of personality functioning and pathology, classification, assessment, and treatment. This insightful guide introduces *Transference-Focused Psychotherapy -- Extended (TFP-E)*, a specialized but accessible approach for any clinician interested in the skillful treatment of personality disorders. Compatible with the DSM-5 Section III Alternative Model for Personality Disorders -- and elaborating on that approach, this

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are made worse by it....Dr. Rockland's approach makes sense to me at a time when much of the literature on the psychotherapy of borderline personality does not....I have learned a great deal from this book and feel confident that it will have a pronounced beneficial effect on clinical practice.' --From the Foreword by Allen J. Frances Noting the potential dangers of uncovering approaches, early writers on borderline personality emphasized the value of supportive therapy. Despite these warnings, the preponderance of the current literature on borderline disorder is confined to exploratory psychotherapy and psychoanalysis. Redressing this imbalance in the literature, this important new work is the first to present an organized and detailed description of how supportive interventions are accomplished with borderline patients. With a uniquely practical focus on 'how to do it,' Lawrence H. Rockland applies the principles of Psychodynamically Oriented Supportive Therapy (POST)--an approach that he formulated--to patients with Borderline Personality Disorder (BPD). Divided in three sections, the book's opening chapters review the changing concepts of the borderline, vicissitudes in treatment recommendations, the general principles of POST, and the indications for applying this approach to BPD. The second section presents the 2 1/2-year psychodynamic supportive treatment of a patient with BPD. The four phases of treatment--evaluation and treatment planning, early phase, middle phase, and termination--are discussed in detail and illustrated with session dialogue and critical commentary by the author. The final section addresses

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two major problems--therapist countertransference and patient acting out. Other topics include continuous/intermittent supportive therapy, psychopharmacology in supportive therapy, and supportive aspects of inpatient treatments. Filling a significant gap in the literature, this important new volume's systematic and comprehensive exposition of supportive therapy for borderline patients makes it an invaluable resource for all practitioners who work with this difficult population. Replete with clinically useful suggestions and guidelines, it is ideal for trainees in all mental health disciplines. It is relevant to any course on dynamic psychotherapy, and serves as a text for all students of borderline pathology and its treatment. Authoritative and comprehensive, this volume provides a contemporary psychodynamic perspective on frequently encountered psychological disorders in adults, children, and adolescents. Leading international authorities review the growing evidence base for psychoanalytic theories and therapeutic models. Chapters examine the etiology and psychological mechanisms of each disorder and thoroughly describe effective treatment strategies. Highly accessible, the book is richly illustrated with clinical case material. It demonstrates ways in which psychodynamic theory and therapy are enhanced by integrating ideas and findings from neuroscience, social and personality psychology, cognitive-behavioral therapy, and other fields. Winner?Goethe Award for Psychoanalytic and Psychodynamic Scholarship

Psychodynamic Treatment of Depression addresses the use of psychodynamic psychotherapy, both alone and in

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combination with cognitive-behavioral, interpersonal, and medication treatments, as a method for reducing the psychological vulnerabilities that may predispose patients to persistent symptoms or recurrence of depression. Thoroughly revised and with new material, the second edition reflects changes codified in the DSM-5 classification and is intended for use by students, residents, or clinicians who are trained in the practice of psychotherapy. The authors' extensive clinical experience is thoroughly mined to provide techniques for tailoring the psychodynamic psychotherapeutic approach to patients with depression, and important topics such as narcissistic injury and vulnerability, guilt, defense mechanisms, and suicidality are addressed. The book is written in an accessible style and structured logically to support the acquisition and enhancement of psychotherapeutic skills through the systematic exploration of the psychodynamic model of depression. The volume's noteworthy content and features are many: Just as patients' responses to medications vary, responses to particular therapeutic interventions are different in different patients. Accordingly, the authors locate psychodynamic psychotherapy within the context of current treatments for depression, including indications and contraindications. A multitude of detailed and compelling clinical vignettes clearly illustrate the dynamics and techniques and facilitate learning across diverse clinical roles and practice settings. A chapter on psychodynamic approaches to depression with comorbid personality disorder has been added to the new edition, because these disorders have been found to have an

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adverse effect on treatment outcome, including diminished response to antidepressants, reduced adherence to treatment, and longer time period to achieve remission. There is a growing evidence base for the effectiveness of psychodynamic psychotherapy, both alone and in tandem with other treatment modalities. Psychodynamic Treatment of Depression offers a robust model of psychodynamic therapy for depression and the detailed strategies and techniques clinicians need to improve outcomes with this significant patient group.

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.

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

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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

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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.

This book includes the work of 22 contributing writers in addition to the three primary authors, John F. Clarkin, Ph.D., Peter Fonagy, Ph.D., and Glen O. Gabbard, M.D. Each contributor has extensive clinical experience, and some also have research experience, with the assessment and treatment of specific personality disorders.

At this time, borderline personality disorder is the most researched Axis II disorder and is beginning to rival the functional psychoses for space devoted to the topic in prominent journals. This book differs from other books on borderline personality disorder in its commitment to empirical data as the basis for progress and

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understanding when treating the borderline patient. Written by experts in this ever-changing field, it includes the most in-depth and up-to-date research and clinical findings on the etiology and treatment of borderline personality disorder.

How do our patients come to be the way they are? What forces shape their conscious and unconscious thoughts and feelings? How can we use this information to best help them? Constructing psychodynamic formulations is one of the best ways for mental health professionals to answer questions like these. It can help clinicians in all mental health settings understand their patients, set treatment goals, choose therapeutic strategies, construct meaningful interventions and conduct treatment. Despite the centrality of psychodynamic formulation to our work with patients, few students are taught how to construct them in a clear systematic way. This book offers students and practitioners from all fields of mental health a clear, practical, operationalized method for constructing psychodynamic formulations, with an emphasis on the following steps: DESCRIBING problems and patterns REVIEWING the developmental history LINKING problems and patterns to history using organizing ideas about development. The unique, up-to-date perspective of this book integrates psychodynamic theories with ideas about the role of genetics, trauma, and early cognitive and emotional difficulties on development to help clinicians develop effective formulations. Psychodynamic Formulation is written in the same clear, concise style of Psychodynamic

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Psychotherapy: A Clinical Manual (Wiley 2011). It is reader friendly, full of useful examples, eminently practical, suitable for either classroom or individual use, and applicable for all mental health professionals. It can stand alone or be used as a companion volume to the Clinical Manual.

Psychodynamic Therapy for Personality Pathology: Treating Self and Interpersonal Functioning
American Psychiatric Pub

The most common personality disorder here and abroad, borderline personality disorder is often misdiagnosed or underdiagnosed. Left untreated, it causes marked distress and impairment in social, occupational, and role functioning, with high rates of self-destructive behavior (attempted and completed suicide). Its pervasive pattern of impulsivity and instability of interpersonal relationships, affects, and self-image begins in early adulthood and presents in a variety of contexts.

Developed primarily by psychiatrists in active clinical practice, the revised edition of this popular work offers an updated synthesis of current scientific knowledge and rational clinical practice for patients with borderline personality disorder -- with the important caveat that clinicians should consider, but not limit themselves to, the treatments recommended here. The summary of treatment recommendations is keyed according to the level of confidence with which each recommendation is made and coded to show the nature of its supporting evidence. Highly informative and easy to use, this eminently practical volume is organized into three major parts: Part A contains treatment recommendations

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(Section I, treatment summaries; Section II, treatment plans; Section III, special clinical considerations; and Section IV, risk management issues during treatment), Part B presents the evidence underlying these treatment recommendations (Section V, an overview of DSM-IV-TR criteria, prevalence rates, and natural history and course; and Section VI, a review of existing treatment literature), and Part C summarizes those areas in which better research data are needed. Remarkably concise and comprehensive, this practice guideline continues to be an indispensable reference for every clinician who treats patients with this heterogeneous and complex disorder. This issue of *Psychiatric Clinics of North America*, edited by Drs. Frank Yeomans and Kenneth Levy, will offer a comprehensive review of key topics of importance in the study of Borderline Personality Disorder. The series is led by our Consulting Editor, Dr. Harsh Trivedi of Sheppard Pratt Health System. This issue will explore the following topics: Conceptual models, Diagnosis and assessment, Differential diagnosis, Community and Clinical Epidemiology, Comorbidity, Longitudinal Course, Neuroscience and social cognition, Attachment, Psychotherapy and medication treatment research, Psychotherapy with children and adolescents, and Family and patient perspectives, among others. In *Borderline Personality and Mood Disorders: Comorbidity and Controversy*, a panel of distinguished experts reviews the last two decades of progress in scientific inquiry about the relationship between mood and personality disorders and the influence of this empirical data on our ways of conceptualizing and

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treating them. This comprehensive title opens with an introduction defining general trends both influencing the expansion of the mood disorder spectrum and undermining clinical recognition and focus on personality disorders. The overlaps and differences between MDD and BPD in phenomenology and biological markers are then reviewed, followed by a review of the overlaps and distinctions between more atypical mood disorder variants. Further chapters review the current state of thinking on the distinctions between bipolar disorder and BPD, with attention to problems of misdiagnosis and use of clinical vignettes to illustrate important distinguishing features. Two models explaining the relationship between mood, temperament, and personality are offered, followed by a review of the literature on risk factors and early signs of BPD and mood disorders in childhood through young adulthood as well as a review of the longitudinal studies on BPD and mood disorders. The last segment of the book includes three chapters on treatment. The book closes with a conclusion with a synthesis of the current status of thinking on the relationship between mood and borderline personality disorder. An invaluable contribution to the literature, *Borderline Personality and Mood Disorders: Comorbidity and Controversy* insightfully addresses the mood and personality disorders realms of psychiatry and outlines that it has moved away from contentious debate and toward the possibility of synthesis, providing increasing clarity on the relationship between mood and personality to inform improvements in clinical management of the convergence of these psychiatric domains in common

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practice.

Long-Term Psychodynamic Psychotherapy: A Basic Text takes a hands-on approach, focusing on the fundamental principles and basic features of the psychodynamic modality for the benefit of training directors and trainees in a variety of mental health fields. This new, meticulously updated edition offers the latest research on the foundations, techniques, and efficacy of psychodynamic psychotherapy, while still providing the basic information on assessment, indications, formulations, therapist interventions, goals of therapy, and mechanisms of therapeutic action that all mental health professionals require in order to provide excellent care. The author, one of the foremost authorities on psychotherapy, recognizes the common dilemmas experienced by beginning therapists and students, and he has designed the book so that the case examples -- and principles illustrated by those examples -- are directly applicable to learning and practice. Noteworthy and unique to this volume are the expanded videos, which allows students to see clinical concepts in action through the use of carefully constructed clinical vignettes. Each chapter has been thoroughly revised, and the new edition boasts a substantial amount of new material and enhanced coverage. Literature on the empirical evidence supporting the efficacy of psychodynamic therapy, increasingly the focus of rigorous clinical trials, has been added to Chapter 2. The videos, originally provided as a companion DVD and now available online, have been expanded with two new case study vignettes and now include two vignettes of the

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same patient during and at the termination of therapy. This satisfies the need of trainees in psychotherapy to study senior clinicians at work and to see how the concepts and data in the field are applied to individual treatments. The recent ubiquity of texting, e-mailing, social media, and other cyberspace communications in the practice of psychotherapy is covered in Chapter 3. Practical, hands-on applications, such as case write-ups, oral presentations at case conferences, written examinations, oral examinations, videotaped recordings and direct observations, audiotape recordings, and supervision are covered in depth to help build solid skills and broad knowledge. As useful to educators as it is to students, Long-Term Psychodynamic Psychotherapy explains the theoretical foundations and elucidates the reasoning behind the psychotherapist's actions in a wide variety of clinical situations, challenging the reader to build empathy and competency.

An overview of the considerable intellectual and clinical activity in the field of borderline disorders, a field in which the central controversies in psychiatry are reflected: the broad conflicts between biological and psychodynamic approaches as well as those among drive, object relations, and self psychology theories of personality development. Twenty-five contributions and an epilogue discuss diagnosis, classification, and outcome; concepts and controversies; therapy and treatment; and particular borderline populations. Annotation copyrighted by Book News, Inc., Portland, OR

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