DESCRIPTION

The book was first published in Dutch by Uitgeverij Nieuwezijds - this book is an English language translation, translated from the original Dutch Language version by Jolijn Drost. The book offers a conceptual model of BPD, a treatment model and an array of methods and techniques for treating BPD clients. It covers treatment planning, the therapeutic relationships, cognitive and behavioural techniques, specific strategies, behavioural pattern breaking and the termination of therapy. The appendices contain handouts for patients including a biographical diary, forms for homework assignments and problem solving and a positive self statement log.

ABOUT THE AUTHOR

Arnoud Arntz, PhD, is a full professor of Clinical Psychology and Experimental Psychopathology at Maastricht University. He is Scientific Director of the University’s Research Institute of Experimental Psychopathology and director of the Postgraduate Clinical Psychology Programme in the south of the Netherlands. He is also associated as a psychotherapist with the Maastricht Community Mental Health Centre. He was project leader of the Dutch multi-centre trial comparing schema therapy with transference-focused psychotherapy. One of his main research interests is Borderline Personality Disorder (BPD).

Hannie van Genderen, MPhil, is Clinical Psychologist, Psychotherapist and supervisor of the Dutch Association for Behavioural and Cognitive Therapy. She is a psychotherapist at the Maastricht Community Mental Health Centre and has been involved in the treatment of personality disorders for more than 15 years. She has taught cognitive behaviour therapy in postgraduate
programmes for more than 20 years and has developed specialized courses in schema therapy for BPD and other personality disorders.

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