



Schema Therapy for Borderline Personality Disorder

By Arnoud Arntz, Hannie van Genderen

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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.

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Bibliography

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Editorial Review

Review

"*Schema Therapy for Borderline Personality Disorder* is well translated, clearly written, and easy to read. The straightforward instructions for using this method are broken down into chapters describing the therapeutic relationship; experiential, cognitive, and behavioral techniques; and specific methods for treating the various schema modes, which include *detached protector, abandoned/abused child, angry/impulsive child, punitive parent*, and *healthy adult*. The techniques are well illustrated throughout." (*PsycCRITIQUES*, March 2010)

"This is an excellent and comprehensive guide." (*Therapy Today*, November 2009)

Review

"For practitioners who want the most thorough, up-to-date treatment for Borderline Personality Disorder, this book is a must-read. An outstanding, very practical guide with a detailed description of all the treatment techniques, including extended case descriptions and transcripts."

--**Jeffrey Young**, Department of Psychiatry, Columbia University and Director, Schema Therapy Institute of New York

"Schema Therapy's effectiveness has been demonstrated in a randomized controlled trial. It is an important step forward that this book is now available in English. It will speed up the dissemination of Schema Therapy and is a milestone for further scientific evaluations of its effectiveness."

--**Klaus Lieb**, Professor of Psychiatry and Psychotherapy, University of Mainz and Editor of the *Cochrane Collaboration on Personality Disorders*

"Schema Therapy is a promising and novel treatment for borderline personality disorder. Written by members of the team who developed Schema Therapy, this book tells you exactly how it is conducted. Clinicians will find this volume to be of practical use."

-- **Joel Paris**, Professor of Psychiatry, McGill University

From the Back Cover

Borderline Personality Disorder (BPD) has often been seen as an untreatable mental disorder. However, recent research has convincingly demonstrated that schema therapy (ST) has superior response and recovery rates. *Schema Therapy for Borderline Personality Disorder* offers a conceptual model of BPD, a treatment model and an array of practical techniques for treating patients. ARNOUD ARNTZ and HANNIE VAN GENDEREN cover treatment planning, the therapeutic relationship, cognitive and behavioural techniques, specific strategies, behavioural pattern-breaking and therapy termination. They also present a wealth of case examples which show how to apply methods in practice. Integrating techniques, mode detection and phase of treatment, this practical book is supported by a range of useful patient handouts including a biographical diary and a positive self-statement log. *Schema Therapy for Borderline Personality Disorder* is translated from the original Dutch Language version by Jolijn Drost.

Users Review

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