

# Effective Psychotherapy with Borderline Patients

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## *Case Studies*

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Robert J. Waldinger, M.D.  
John G. Gunderson, M.D.

# Effective Psychotherapy With Borderline Patients Case Studies

**Aaron T. Beck, Arthur Freeman, Denise  
D. Davis, and Associates**



## **Effective Psychotherapy With Borderline Patients Case Studies:**

*Effective Psychotherapy with Borderline Patients* Robert J. Waldinger, John G. Gunderson, 1989 This volume gives psychodynamic psychotherapists a view of how their colleagues actually treat severely disturbed borderline patients and how treatments proceed over the course of several years

*Integrative Treatment for Borderline Personality Disorder* John Preston, 2006 By blending the most effective treatment techniques available for borderline personality disorder BPD into a clear and systematic protocol this text gives therapists help to achieve lasting change in brief therapy

*Management of Countertransference with Borderline Patients* Glen O. Gabbard, Sallye M. Wilkinson, 2000-10-01 Management of Countertransference with Borderline Patients is an open and detailed discussion of the emotional reactions that clinicians experience when treating borderline patients This book provides a systematic approach to managing countertransference that legitimizes the therapist's reactions and shows ways to use them therapeutically with the patient

*Psychotherapy Is Worth It* Group for the Advancement of Psychiatry, 2010-03-11 In *Psychotherapy Is Worth It* A Comprehensive Review of Its Cost Effectiveness edited by Susan G Lazar M D and co authored with members of the Committee on Psychotherapy of the Group for the Advancement of Psychiatry surveys the medical psychiatric and psychological literature from 1984 to 2007 that is relevant to the cost effectiveness of all kinds of psychotherapy The volume explores the cost of providing psychotherapy in relation to its impact both on health and on the costs to society of psychiatric illness and related conditions Written for psychotherapists psychiatric benefit providers policy makers and others interested in the cost effectiveness of providing psychotherapeutic treatments this book analyzes the burden of mental illness particularly in the United States and the enormous associated costs to society that constitute a chronic insufficiently recognized crisis in the health of our nation The authors point out that in the United States nearly 30% of the population over the age of 18 has a diagnosable psychiatric disorder and yet only about 33% of those treated receive minimally adequate care In fact most people with mental disorders in the United States remain untreated or poorly treated leading to loss in productivity higher rates of absenteeism increased costs morbidity and mortality from medical illnesses and loss of life through suicide This book provides a systematic and comprehensive review of 25 years of medical literature on the cost effectiveness of psychotherapy and discusses the Epidemiology of mental illness including prevalence and treatment rates Misconceptions and stigmas associated with psychiatric illness and the provision of psychotherapy and how they affect those most in need of care Cost effectiveness of psychotherapy for the major psychiatric disorders as well as savings that psychotherapy can yield in increased health work productivity lives saved and medical and hospital related costs For instance in a review of 18 studies conducted from 1984 to 1994 psychotherapy was found to be cost effective in treating patients with severe disorders including schizophrenia bipolar disorder and borderline personality disorder and led to improved work functioning and decreased hospitalization Likewise studies point to the enhancement of outcomes when psychotherapy is used in conjunction with medical therapies in the

treatment of cancer heart disease and other prevalent chronic diseases Psychotherapy Is Worth It A Comprehensive Review of Its Cost Effectiveness concludes that studies confirm psychotherapy works for many conditions is cost effective and is not over used by those persons not truly in need A treatment that is cost effective is not cheap rather it can provide effective medical help at a cost acceptable to society in comparison both to other effective treatments for the same condition and to medical treatments for other classes of mental disorder **Psychotherapy for Personality Disorders** John G.

Gunderson, Glen O. Gabbard, 2008-11-01 Defined by stable long term subjective distress and or social impairment personality disorders affect up to 18% of the population Social impairment and health care usage are far more prevalent among people with personality disorders than among people with major depressive disorders Personality disorders are highly prevalent variable and notoriously difficult to treat and they continue to challenge the therapeutic community and represent a formidable public health concern This volume ably addresses personality disorders as one of the top priorities of psychiatry for the new millennium offering a thorough and updated review and analysis of empirical work to point up the issues central to developing a therapeutic model for treatment as well as current research challenges A review of extant research yields the heartening conclusion that psychotherapy remains an effective treatment for people with personality disorders An examination of psychodynamic treatment for borderline personality disorder speaks to its efficacy An analysis of the rationale for combining psychotherapy and psychopharmacology emphasizes the importance of identifying temperament and target conditions A well documented and reasoned treatise on antisocial personality disorder makes the crucial point that clinicians must acquire a depth of understanding and skill sufficient to determine what the cut off point is for treatable versus nontreatable gradations With the caveat that evidence supporting the efficacy of cognitive treatments for personality disorders is slight and that such approaches require tailoring a strong case is made for their validity This timely volume both answers and reframes many stubborn questions about the efficacy of psychotherapy for treating personality disorders

Personality-Disordered Patients Michael H. Stone, 2007-05-03 Determining the amenability of personality disorders to psychotherapy a patient s capacity to benefit from verbal approaches to treatment is important in helping clinicians determine the treatability of cases Michael Stone here shares the factors he has observed over long years of practice that can help practitioners evaluate patients stressing the amenability of the various disorders to amelioration By focusing on which patients are likely to respond well to therapeutic intervention and which will prove most resistive his book will help therapists determine with what kinds of patients they will most likely succeed and with which ones failure is almost a certainty Stone establishes the attributes that affect this amenability such as the capacity for self reflection motivation and life circumstances as guidelines for evaluating patients then describes borderline and other personality disordered patients with varying levels of amenability from high to low This coverage progresses from patients belonging to the DSM anxious cluster along with the depressive masochistic character and the hysteric character to patients who demonstrate an

intermediate level of amenability to psychotherapy He introduces the interrelationship between borderline personality disorder and dissociative disorders and discusses treatability among certain patients in Clusters A and C as well as others with narcissistic histrionic depressive disorders Final chapters address the most severe aberrations of personality and the limitations they impose on the efficacy of therapy Personality Disordered Patients is filled with practical clinically focused information This guideline structured book Covers all personality disorders including ones not addressed in the latest DSM such as sadistic depressive hypomanic and irritable explosive Identifies both attributes necessary for treatability and factors associated with low treatability Pays particular attention to borderline disorders which represent the most discussed conditions and are among the most challenging to psychotherapists Reviews personality traits whose presence if intense even if unaccompanied by a definable personality disorder creates severe problems for psychotherapy Numerous case studies throughout the book provide examples that will help therapists determine which of their own patients are most likely to benefit from their efforts and thereby establish their own limits of effectiveness By alerting practitioners to when therapy is likely to fail these guidelines can help them avoid the professional disappointment of being unable to reach the most intractable patients

**Behavior and Cognitive Therapy Today: Essays in Honor of Hans J. Eysenck** E.

Sanavio,1998-12-24 This book carries the Proceedings of the European Association for Behavioural and Cognitive Therapy conference held in Venice in September 1997 and is dedicated to the memory of Hans Eysenck The EACBT conference provides a rare opportunity for a wide range of clinicians and researchers from all over Europe and the USSR to come together resulting in a highly topical and valuable range of scientific presentations The Proceedings comprises over twenty papers addressing key subjects in terms of behavioural and cognitive therapy including panic affective disorders paraphilia schizophrenia PTSD obsession and other psychological disorders Of particular interest are chapters on the use of cognitive behaviour therapy versus supportive therapy in social phobia Cottraux the psychological treatment of paraphilias De Silva the theory and treatment of PTSD Foa the use of Diagnostic Profiling System in treatment planning Freeman and a cognitive theory of obsession Rachman

Cognitive Therapy of Personality Disorders, Second Edition Aaron T. Beck,Arthur

Freeman,Denise D. Davis,and Associates,2003-09-26 This landmark work was the first to present a cognitive framework for understanding and treating personality disorders Part I lays out the conceptual empirical and clinical foundations of effective work with this highly challenging population reviews cognitive aspects of Axis II disorders and delineates general treatment principles In Part II chapters detail the process of cognitive behavioral therapy for each of the specific disorders review the clinical literature guide the therapist through diagnosis and case conceptualization and demonstrate the nuts and bolts of cognitive intervention

**Psychological Therapy in Prisons and Other Secure Settings** Joel Harvey,Kirsty

Smedley,2010 This book examines a range of therapeutic approaches used in prisons and other secure settings and explores the challenges in such work The approaches include Cognitive Behavioural Therapy CBT Cognitive Analytic Therapy CAT

Attachment Based Psychodynamic Psychotherapy and Systemic Psychotherapy It provides insights into debates about providing therapy in prisons and other secure settings and discusses specific topics such as mental health in reach teams working with women in prison therapy within therapeutic communities and therapy with black and minority ethnic groups This book addresses developments in mental healthcare by the National Health Service NHS within prisons and on going policy developments which aim to improve access to psychological therapies for prisoners The contributors draw on experience both in clinical psychology and forensic psychology as well as psychotherapy and criminology They draw on experience too in a range of environments including juvenile and young offender establishments local prisons and dispersal prisons Psychological Therapy in Prisons and Other Secure Settings will be essential reading for people who work to improve the psychological wellbeing of individuals in prisons and other secure settings Of Two Minds T.M. Luhrmann, 2001-08-14 With sharp and soulful insight T M Luhrmann examines the world of psychiatry a profession which today is facing some of its greatest challenges from within and without as it continues to offer hope to many At a time when mood altering drugs have revolutionized the treatment of the mentally ill and HMO s are forcing caregivers to take the pharmacological route over the talking cure Luhrmann places us at the heart of the matter and allows us to see exactly what is at stake Based on extensive interviews with patients and doctors as well as investigative fieldwork in residence programs private psychiatric hospitals and state hospitals Luhrmann s groundbreaking book shows us how psychiatrists develop and how the enormous ambiguities in the field affect its practitioners and patients The Use of Psychological Testing for Treatment Planning and Outcomes Assessment Mark E. Maruish, 2004-07-21 This thoroughly revised and greatly expanded third edition of a classic reference now three volumes constitutes an invaluable resource for practitioners who in a managed care era need to focus their testing not on the general goals of personality assessment symptom identification and diagnosis so often presented to them as students and trainees but on specific questions What course of treatment should this person receive How is it going Was it effective Women and Borderline Personality Disorder Janet Wirth-Cauchon, 2001 A superb up to date feminist analysis of the borderline condition Characterized by stereotypically feminine qualities such as poor interpersonal boundaries and an unstable sense of self borderline diagnosis has been questioned by many as a veiled replacement of the hysteria diagnosis Wirth Cauchon includes narratives from women exhibiting the theoretical underpinnings of the borderline diagnosis The author is rigorous in her analysis and mainstream academics and diagnosticians should take note lest they create yet another label that disregards the contradictory and conflicting expectations experienced by so many women Includes an excellent bibliography and a wealth of good reference Highly recommended Choice This book contributes to a rich feminist interdisciplinary theoretical understanding of women s psychological distress and represents an excellent companion volume to Dana Becker s book titled Through the Looking Glass Psychology of Women Quarterly Wonderfully written The argument proceeds with an impeccable and transparent logic the writing is sophisticated evocative even inspired This work should

have enormous appeal Kenneth Gergen author of *Realities and Relationships* Impressive in its synthesis of many different ideas both clinicians and people diagnosed with BPD may find much of value in Wirth Cauchon's thoughtful and provoking analysis *Metapsychology* At the beginning of the twentieth century hysteria as a medical or psychiatric diagnosis was primarily applied to women In fact the term itself comes from the Greek meaning wandering womb We have since learned that this diagnosis had evolved from certain assumptions about women's social roles and mental characteristics and is no longer in use The modern equivalent of hysteria however may be borderline personality disorder defined as a pervasive pattern of instability of self image interpersonal relationships and mood beginning in early adulthood and present in a variety of contexts This diagnosis is applied to women so much more often than to men that feminists have begun to raise important questions about the social cultural and even the medical assumptions underlying this illness Women are said to be unstable when they may be trying to reconcile often contradictory and conflicting social expectations In *Women and Borderline Personality Disorder* Janet Wirth Cauchon presents a feminist cultural analysis of the notions of unstable selfhood found in case narratives of women diagnosed with borderline personality disorder This exploration of contemporary post Freudian psychoanalytic notions of the self as they apply to women's identity conflicts is an important contribution to the literature on social constructions of mental illness in women and feminist critiques of psychiatry in general Janet Wirth Cauchon is an associate professor of sociology at Drake University

**Borderline Personality Disorder** Joel Paris, 1994 The etiology of borderline personality disorder is essentially unknown Although many well known theoretical formulations remain the best possible hypotheses much of what has been suggested thus far for the management of BPD has proved impractical in a majority of cases Written by an expert in the field of BPD *Borderline Personality Disorder* presents a practical approach to the management of patients with this disorder Designed for readers who are skeptical of facile explanations this book provides a broader view of the etiology of BPD than has been presented in previous studies Readers will not only appreciate the review of the current research but also its theoretical integration into practice *Borderline Personality Disorder* has two goals to build a comprehensive theory of etiology which takes into account biological psychological and social factors to suggest treatment guidelines which are consistent with this theory and which are based on the findings of clinical trials Based on the most up to date clinical research available *Borderline Personality Disorder* shows how these complex disorders are shaped by biological vulnerability brought on by psychological experiences and influenced by social conditions

**National Library of Medicine Current Catalog** National Library of Medicine (U.S.), **Borderline Personality Disorder** Leonard Horwitz, 1996 *Borderline Personality Disorder Tailoring the Psychotherapy to the Patient* explores the challenge of treating patients with borderline personality disorder These patients make up a large segment of the difficult to treat population The instability of their relationships the intensity of their affective responses and their proneness to paranoid reactions all contribute to their difficulty in working consistently and constructively in the psychotherapeutic

situation When one adds these difficult patient problems to the therapist's quandary about how expressive or supportive to be, therapists are indeed often confronted with a challenging therapeutic task. The book begins with a review of the clinical and research literature pertaining to the treatment of borderline patients. It presents a unique empirically based intensive study of three borderline patients based on transcripts of audiotaped therapy sessions. The research methodology is reviewed and clinically oriented descriptions of the three patients, their psychotherapy processes, and their outcomes are included. Following an overall summary of results, conclusions regarding the differential indications for supportive versus expressive emphasis in psychotherapy are discussed. In their research, the authors recorded every psychotherapy session and studied a randomly selected group of sessions. Therefore, the reader is provided with increased insight into what is most effective with what kind of patient at a given point in the therapy process.

**Borderline Personality Disorder** John G. Gunderson, 2009-02-20. 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 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 dos 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.

**Cult and Ritual Abuse** James Randall Noblitt, Pamela Perskin Noblitt, 2014-07-15. This



personal yet scholarly journey into the confusing and clandestine world of ritual abuse survivors sheds light on their catastrophic experiences and their efforts to heal afterward Revised updated and expanded this third edition of a classic study is one of the most authoritative and evenhanded volumes to tackle its hotly debated subject matter Incorporating the authors firsthand observations the book provides historical anthropological and psychological context for contemporary reports of both ritual abuse and ritual crime In addition to sharing patient vignettes and a history of cult and ritual abuse in society the authors explore fascinating topics related to these practices among them what triggers personality shifts for victims even many years after the abuse has stopped Importantly the book shows how ritual abuse affects society as a whole influencing civil and criminal law politics legislation social movements social welfare and psychological theory It provides unique insights into the scientific study forensic investigation and implementation of social services for survivors of cult and ritual abuse discusses new research and treatment strategies and establishes the foundation for a psychological diagnosis to be called Cult and Ritual Trauma Disorder

**Current Catalog** National Library of Medicine (U.S.), First multi year cumulation covers six years 1965 70 Handbook of Personality Disorders Jeffrey J. Magnavita, 2004-02-01 This comprehensive reference edited by one of the leading experts in the field assimilates the newest and most effective treatment techniques for the personality disorders Each chapter is written by leading scholars in the Cognitive Behavior Humanistic and Integrative theoretical models In addition to a detailed case example in each chapter additional case studies are integrated and used throughout

**Psychoanalysis of the Psychoses** Riccardo Lombardi, Luigi Rinaldi, Sarantis Thanopoulos, 2019-04-26 Psychoanalysis of the Psychoses brings together a distinguished international set of contributors offering a range of views and approaches to explore the latest thinking in the psychoanalytic treatment of psychosis and related disorders Drawing on findings from neuroscience theory and clinical material from many schools of psychoanalytic thought this book offers a comprehensive guide to understanding how psychosis is conceptualised from a psychoanalytic perspective It looks at how to work with psychotic patients typical problems in treating psychosis and the role of pharmacology It demonstrates the relational dimension capable of strengthening the patient s observing Ego and facilitating the integration of the different areas of the personality This process can identify and work through the main psychological stress factors involved in psychotic disturbances transforming chaotic thoughts into springboards for important insights and offering patients the precious chance to construct for the first time a creative relationship with their own existence Psychoanalysis of the Psychoses will be of great interest to psychoanalysts and psychoanalytic psychotherapists as well as psychiatrists wishing to draw upon psychoanalytic ideas in their work

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## **Table of Contents Effective Psychotherapy With Borderline Patients Case Studies**

1. Understanding the eBook Effective Psychotherapy With Borderline Patients Case Studies
  - The Rise of Digital Reading Effective Psychotherapy With Borderline Patients Case Studies
  - Advantages of eBooks Over Traditional Books
2. Identifying Effective Psychotherapy With Borderline Patients Case Studies
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Effective Psychotherapy With Borderline Patients Case Studies
  - User-Friendly Interface
4. Exploring eBook Recommendations from Effective Psychotherapy With Borderline Patients Case Studies
  - Personalized Recommendations
  - Effective Psychotherapy With Borderline Patients Case Studies User Reviews and Ratings
  - Effective Psychotherapy With Borderline Patients Case Studies and Bestseller Lists
5. Accessing Effective Psychotherapy With Borderline Patients Case Studies Free and Paid eBooks
  - Effective Psychotherapy With Borderline Patients Case Studies Public Domain eBooks
  - Effective Psychotherapy With Borderline Patients Case Studies eBook Subscription Services
  - Effective Psychotherapy With Borderline Patients Case Studies Budget-Friendly Options

6. Navigating Effective Psychotherapy With Borderline Patients Case Studies eBook Formats
  - ePub, PDF, MOBI, and More
  - Effective Psychotherapy With Borderline Patients Case Studies Compatibility with Devices
  - Effective Psychotherapy With Borderline Patients Case Studies Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Effective Psychotherapy With Borderline Patients Case Studies
  - Highlighting and Note-Taking Effective Psychotherapy With Borderline Patients Case Studies
  - Interactive Elements Effective Psychotherapy With Borderline Patients Case Studies
8. Staying Engaged with Effective Psychotherapy With Borderline Patients Case Studies
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Effective Psychotherapy With Borderline Patients Case Studies
9. Balancing eBooks and Physical Books Effective Psychotherapy With Borderline Patients Case Studies
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Effective Psychotherapy With Borderline Patients Case Studies
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Effective Psychotherapy With Borderline Patients Case Studies
  - Setting Reading Goals Effective Psychotherapy With Borderline Patients Case Studies
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Effective Psychotherapy With Borderline Patients Case Studies
  - Fact-Checking eBook Content of Effective Psychotherapy With Borderline Patients Case Studies
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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