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| Autore                  | Arntz Arnoud                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Titolo                  | Schema therapy for borderline personality disorder [[electronic resource] /] / Arnoud Arntz and Hannie van Genderen                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
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| Descrizione fisica      | 1 online resource (213 p.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Altri autori (Persone)  | GenderenHannie van                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Disciplina              | 616.85/852                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Soggetti                | Borderline personality disorder - Treatment<br>Schema-focused cognitive therapy<br>Electronic books.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Lingua di pubblicazione | Inglese                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
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| Livello bibliografico   | Monografia                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Note generali           | Translated from the Dutch.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Nota di bibliografia    | Includes bibliographical references (p. [181]-189) and index.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Nota di contenuto       | Schema Therapy for Borderline Personality Disorder; Table of Contents; About the Authors; Preface; Acknowledgements; Introduction; 1: Borderline Personality Disorder; What is Borderline Personality Disorder?; Prevalence and Comorbidity; Development of BPD; 2: Schema Therapy for Borderline Personality Disorder; The Development of Schema Therapy for Borderline Personality Disorder; Research Results; (Contra-) Indications; Rationale of Treatment/Theories Supporting Treatment; Schema Modes; The detached protector; The abandoned/abused child; The angry/impulsive child; The punitive parent<br>The healthy adultSummary; 3: Treatment; Structure of Treatment; Phases in Treatment; Starting Phase and Case Conceptualization; Developing a relationship and gathering information; Measurements; Explaining the treatment rationale; Treating Axis-I Symptoms; Crisis Management; Therapeutic Interventions with Schema Modes; Treating Childhood Traumas; Changing Behavioural Patterns; Ending Therapy; 4: The Therapeutic Relationship; Limited Reparenting; Good care; Giving direction; Empathic confrontation; Role playing and role reversal; Setting limits; Therapists' Schemas and Self-Disclosure |

Cognitive Techniques and the Therapeutic Relationship; Behavioural Techniques and the Therapeutic Relationship; Summary; 5: Experiential Techniques; Imagery; Applications and aims of imagery; Imagery of a safe place; Imagery Rescripting; Basic model for imagery rescripting during the first part of the therapy; Phase 1: Imagining the original situation; Phase 2: Rescripting by the therapist; Imagery Rescripting in the Second Part of Treatment; Phase 2: Rescripting by the patient as a healthy adult; Variations with a patient only partially capable of being in the healthy adult mode  
Phase 3: Rescripting experienced by the child; Imagery Rescripting: Changing Behaviour Patterns; Problems with Using Imagery Rescripting; Role Play; Historical role play; Phase 1: The original situation; Phase 2: Role switching; Phase 3: Rescripting; Common problems with historical role play; Role play of a current situation; Two-or-more-chair Technique; Two-chair technique for the punitive parent; Problems with using the two-chair technique with the punitive parent; The two-chair technique with the detached protector; Problems with using the two-chair technique with the detached protector  
Multiple-chair technique; Two-or-more-chair technique with changing schemas and coping strategies; Experiencing and Expressing Emotions; Anger; Experiencing and expressing other emotions; Letter writing; 6: Cognitive Techniques; The Socratic Dialogue; Evaluation on a Visual Analogue Scale; Multidimensional Evaluation; Two-Dimensional Reproductions of Supposed Connections; Pie Chart; Courthouse Method; Historical Testing; Flashcards; Positive Logbook; 7: Behavioural Techniques; Experiments; Skills Training and Role Play; Problem Solving; Discussing Dangerous Behaviours; Discussing New Behaviours  
8: Specific Methods and Techniques

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Sommario/riassunto

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

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