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Titolo	Borderline personality disorder [[electronic resource] /] / Roy Krawitz, Wendy Jackson ; [foreword by Dixianne Penney and Kiera Van Gelder]
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ISBN	1-283-58210-4 9786613894557 0-19-154786-7 0-19-160708-8
Descrizione fisica	1 online resource (282 p.)
Collana	The facts
Altri autori (Persone)	JacksonWendy <1966->
Disciplina	616.85/852
Soggetti	Borderline personality disorder - Treatment Personality disorders Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. 245-246) and index.
Nota di contenuto	Contents; Essential notes before reading this book; Foreword; Acknowledgements; Introduction; Information about the authors; Language; Abbreviations; Section 1 Borderline personality disorder information; 1 History; 2 How many people have borderline personality disorder?; 3 What is borderline personality disorder?; 4 Understanding borderline personality disorder; 5 Other problems or diagnoses found in association with borderline personality disorder; 6 What causes borderline personality disorder?; 7 Understanding self-harm 8 Prognosis: do people with borderline personality disorder get better? 9 Is treatment effective?; Section 2 Recovery frameworks; 10 Change; 11 Psychological treatments; 12 What to expect from treatment; 13 First contact with health professionals; 14 Choosing a therapist (where such a choice exists); 15 Developing a therapy agreement; 16 Support network; 17 Assessment; 18 Treatment goals and treatment plan; 19 Therapy relationship; 20 Taking charge of your recovery; 21 Power struggles and beyond; 22 Prioritizing your therapy focus; 23 Preparing for crises; 24 Medication; 25 Hospitalization Section 3 Recovery specifics 26 Is it our awareness that makes a

difference? (Self-reflection, chain analysis, and mindfulness); 27 Is it what we do that makes a difference?; 28 Is it what we think that makes a difference?; 29 Is it what we feel that makes a difference?; 30 Is it what we do with emotions of anger, guilt, and regret that makes a difference?; 31 Is it what we do with impulsive urges that makes a difference?; 32 Is it taking charge of our personal boundaries that makes a difference?; 33 Is it how we clarify our values and identity that makes a difference?  
34 Is it how we relate to ourselves that makes a difference?; 35 Is it how we relate to others that makes a difference?; 36 Is it how we create pleasure that makes a difference?; 37 Is it how we deal with 'flashbacks' that makes a difference?; 38 Is it how we deal with crises that makes a difference?; 39 Is it how we manage our physical health that makes a difference?; 40 Is it our relationship with something 'larger than ourselves' that makes a difference?; 41 Notes to family and friends; 42 Concluding comments to the reader; Glossary; A; B; C; D; G; M; N; O; P; R; S; T; U; References; Index  
AB; C; D; E; F; G; H; I; J; K; L; M; N; O; P; Q; R; S; T; U; V; W

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## Sommario/riassunto

Borderline personality disorder (BPD) is a psychiatric condition that affects nearly 2% of the general population, predominantly women. Symptoms of BPD include impulsivity, mood swings, unstable intense relationships and feelings of chronic emptiness. Research on BPD has lagged behind that on other mental health conditions, such as depression and psychosis, primarily due to the lack of evidence of effective treatment but also due to the stigma historically associated with the condition. Fortunately this situation is changing, with improved treatments now available and improved clinician/organiz

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