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Sommario/riassunto	"Schema therapy is a relatively new integrative psychotherapy based on cognitive models and offers an effective treatment of borderline personality disorder (BPD). Several trials have now documented its effectiveness and cost-effectiveness compared to psychodynamic treatment and treatment as usual. Moreover, dropout from treatment is consistently low, indicating that schema therapy is well accepted by patients. This book offers a practical guide for therapists to conduct schema therapy with BPD patients. Building upon Jeffrey Young's schema mode model, Young's schema therapy, and insights from Beckian cognitive therapy and experiential methods, it offers a conceptual model of BPD, a treatment model, and a wealth of methods and techniques for treating BPD patients. The treatment not only addresses the DSM BPD criteria-related problems, but also the psychopathological personality features underlying the symptoms, like attachment problems, punitive conscience, inadequately processed childhood traumas and so on. Research has demonstrated that patients improve in all these aspects, including on the level of automatic information processing"--

