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Edizione	[2nd ed.]
Descrizione fisica	1 online resource (282 p.)
Collana	The facts Oxford scholarship online
Disciplina	ELECTRONIC BOOK
Soggetti	Borderline personality disorder - Treatment
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Formerly CIP. Previously issued in print: 2008.
Nota di bibliografia	Includes bibliographical references (p. 245-246) and index.
Nota di contenuto	Intro -- 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 -- A -- B -- C -- D -- E -- F -- G -- H -- I -- J -- K -- L -- M -- N -- O -- P -- Q -- R -- S -- T -- U -- V -- W.

Sommario/riassunto

Krawitz and Jackson provide people with borderline personality disorder and their families and friends with a user friendly but authoritative guide to the condition. The book not only includes information about the disorder and how it is diagnosed, but also looks in depth at treatment and recovery strategies.
