

1. Record Nr.	UNINA9910821300803321
Autore	Zurita Ona Patricia
Titolo	Acceptance & commitment therapy for borderline personality disorder : a flexible treatment plan for clients with emotional dysregulation / / Patricia E. Zurita Ona
Pubbl/distr/stampa	Oakland, California : , : Context Press, , [2020] ©2020
ISBN	1-68403-179-6 1-68403-178-8
Descrizione fisica	1 online resource (viii, 266 pages)
Disciplina	616.85852
Soggetti	Borderline personality disorder - Treatment
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	"Clients with borderline personality disorder (BPD) need compassionate and proven-effective care to help them manage emotions, improve interpersonal relationships, and move beyond negative beliefs about themselves. This book outlines a new treatment framework utilizing acceptance and commitment therapy (ACT) to help clinicians treat BPD and emotion dysregulation problems with a focus on values and forgiveness. With this guide, clinicians will learn to target the fundamental cause of BPD for better treatment outcomes and happier, healthier clients"--