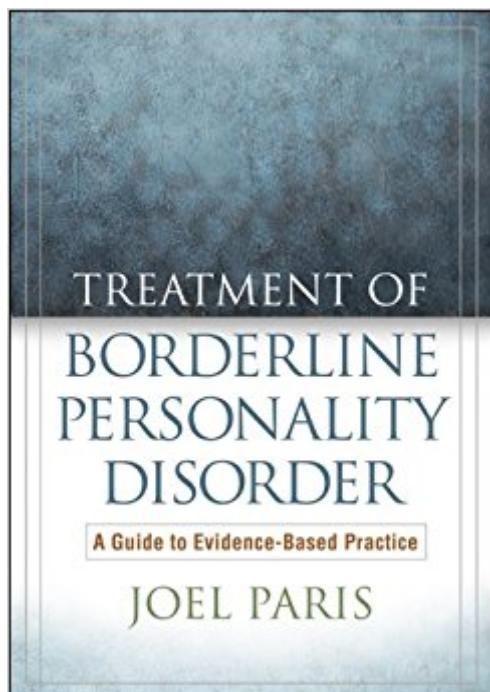


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# Treatment Of Borderline Personality Disorder: A Guide To Evidence-Based Practice



## **Synopsis**

Organizing a vast body of scientific literature, this indispensable book presents the state of the art in understanding borderline personality disorder (BPD) and distills key treatment principles that therapists need to know. Rather than advocating a particular approach, Joel Paris examines a range of therapies and identifies the core ingredients of effective intervention. He offers specific guidance for meeting the needs of this challenging population, including ways to improve diagnosis, promote emotion regulation and impulse control, maintain appropriate therapeutic boundaries, and deal with suicidality and other crises. Highly readable, practical, and humane, the book also explains the latest thinking on the causes of BPD and how it develops.

## **Book Information**

File Size: 3165 KB

Print Length: 260 pages

Publisher: The Guilford Press; 1 edition (July 7, 2008)

Publication Date: July 7, 2008

Sold by: Digital Services LLC

Language: English

ASIN: B005D7TOFM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #535,625 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #25

in Kindle Store > Kindle eBooks > Law > Family & Health Law > Mental Health #63

in Books > Law > Health & Medical Law > Mental Health #360 in Kindle Store > Kindle eBooks > Medical eBooks > Specialties > Psychiatry

## **Customer Reviews**

I am a graduate student in counseling psychology and am doing research on Borderline Personality Disorder. I was almost dissuaded from buying this book by another review giving it only 1 star and making a series of charges against the book. However, I went ahead and bought it because it is reviewed by highly respected doctors in the field. I am not disappointed. Although I am only about

1/3 of the way through the book so far, I have skipped around and read throughout. It is a thoughtful synthesis of a difficult topic and makes a massive attempt to integrate the research, theories, etc. I am grateful that Dr. Paris has made the effort to put this book together. I am finding it completely readable and highly informative.

Simply, the best book on BPD I have ever read. A must for every single practicing psychotherapist around the globe.

This book is excellent and should be compulsory reading for all psychiatrists managing patients with borderline personality disorder. It constitutes a real step forward in the management of this condition. The author clearly understands this complex area of psychopathology and should be congratulated on his methodical and evidence based approach to this complex topic. It is a reference you will use frequently.

This is a very good book. Reads well and easy, not too technical but not for the lay reader. Paris is a very good writer, clinician and researcher, with a twist of well intentioned humor here and there, he does well in synthesizing a lot of research, although sometimes at the expense of being overly simplistic, for a very complex topic. I recommend this book to any therapist and researcher seeking to get a broad overview of the disorder, its symptoms, causes and modalities of treatment. However, when I say "broad overview" I really mean it. One of the weaknesses of the book is that it is too general and very inconclusive, lacking practical suggestions for treatment and research (as the title might otherwise suggest). All in all it's perfect to get you in the research based, data driven, evidence based mindset of studying and treating bpd, however it will not be enough for actually doing this.

I am a student in a Counseling Master's program and I had a group presentation to do on evidence-based treatment for Borderline Personality Disorder. It has been awhile since I studied this disorder in depth, so I knew there was a lot of literature out there, but where do you start? This book was a lifesaver for me!! My presentation was during finals when I had little time, and certainly not enough time to sift through the gazillions of research studies of Borderline at my university's huge library. This book was clear, concise, and best of all it was actually easy to understand for someone that is not extremely well-versed in all of this (in other words, I am still at the beginning stages of learning the ins and outs of counseling and I still understood what was going on in this book). Also, the book was not a huge text, so I was able to read the majority of it and still get a wealth of info

from it for my presentation. The book has charts/tables that go over all the major studies, and if nothing else, points you in the direction of where you should go if you have to find out more specific info (methods, procedures, specific findings of study). This is a great book to learn about the various methods of effective treatment for BPD. Borderline is a very challenging cluster of issues within one's interpersonal relationships, and this book helps to dispell where a therapist should start.

Highly recommended if you need an overview of the effective treatment for Borderline!!

This is an excellent review of what has been shown to work and what clearly does not in the treatment of this awful disease. Unlike other books on BP that are aimed at practitioners and are so dense with jargon they are unintelligible, this one is accessible to people without a psych PhD. It should be very useful to families of BP patients in assessing the effectiveness of their loved one's treatment and therapist. I particularly appreciate the author's unequivocal condemnation of psychotropic drugs, which have not been shown to be of significant help for BP patients and often make things worse. I watched the pills wrench my beautiful, talented daughter from an adolescent depression into a manic breakdown and a horrifying descent into BPD, psychosis and personality disintegration. She is now in the earliest stage of recovery, thanks to a hard-nosed therapist (trained in object relations) and large doses of brain-supporting supplements. In fact, my one disappointment with Paris' book is that it doesn't sufficiently address nutritional therapies in recovering from BPD. I assume that good data just does not exist yet. My hope is that someone will be able to correct this glaring omission in the near future. Fish oil, anyone?

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