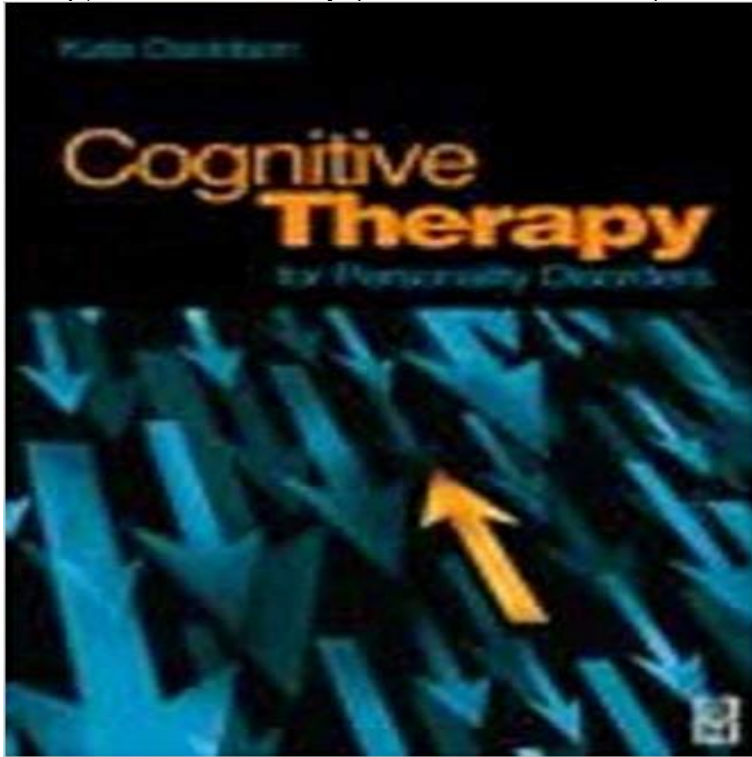


# Cognitive Therapy for Personality Disorders: A Guide for Therapists



This therapists guide for the treatment of personality disorders is designed to be used by those who have a good understanding of cognitive therapy. This book leads practitioners in a very practical way through all the stages of therapy, from the first assessment, including initial engagement, through all stages up to completion of treatment. Personality disorders are traditionally regarded as difficult to treat, and the use of cognitive therapy is a new and encouraging approach for both the client and therapist. This practical guide is for use by those with a good understanding of cognitive therapy, who are working particularly with clients with antisocial and borderline personality disorders. The introductory chapters give an overview of personality disorders and introduce the best-known cognitive models for these. The key characteristics of cognitive therapy for personality disorders are discussed, highlighting the modifications made to improve the efficacy of treatments. More detailed accounts of techniques are given, enabling the clinician to select the most appropriate approach for each individual case. Finally, the importance of evaluating the therapy and the problems of concluding therapy for both the client and therapist are acknowledged. The final chapter provides a detailed account of a borderline personality case, demonstrating all the stages of therapy from the first meeting through to the completion of treatment. Gain confidence in your cognitive therapy skills to help those with personality disorders. Foreword by Aaron T Beck, University Professor of Psychiatry, Pennsylvania, USA.

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