# Cognitive Therapy Of Personality Disorders Third Edition

Defined by stable, long-term, subjective distress and/or social impairment, personality disorders affect up to 18% of the population. Social impairment and health care usage are far more prevalent among people with personality disorders than among people with major depressive disorders. Personality disorders are highly prevalent, variable, and notoriously difficult to treat, and they continue to challenge the therapeutic community and represent a formidable public health concern. This volume ably addresses personality disorders as one of the top priorities of psychiatry for the new millennium, offering a thorough and updated review and analysis of empirical work to point up the issues central to developing a therapeutic model for treatment as well as current research challenges. A review of extant research yields the heartening conclusion that psychotherapy remains an effective treatment for people with personality disorders. An examination of psychodynamic treatment for borderline personality disorder speaks to its efficacy. An analysis of the rationale for combining psychotherapy and psychopharmacology emphasizes the importance of identifying temperament and target conditions. A well-documented and reasoned treatise on antisocial personality disorder makes the crucial point that clinicians must acquire a depth of understanding and skill sufficient to determine what the cut-off point is for treatable versus nontreatable gradations. With the caveat that evidence supporting the efficacy of cognitive treatments for personality disorders is slight and that such approaches require tailoring, a strong case is made for their validity. This timely volume both answers and reframes many stubborn questions about the efficacy of psychotherapy for treating personality disorders.

'CBT for Personality Disorders' offers a unique overview of the treatment strategies for working with personality disorders linking these with the theory of both cognitive and behavioural approaches.

Combines developmental perspectives with intervention techniques, discussing methods of conceptualizing borderline cases and developing treatment plans. Includes case studies. The four authors have all been associated at one time or another with the Center for Cognitive Therapy at the U. of Pennsylv

Following on the success of the bestselling Cognitive Therapy: Basics and Beyond, this groundbreaking book from Judith S. Beck addresses what to do when a patient is not making progress in cognitive-behavioral therapy. Provided is practical, step-by-step guidance on conceptualizing and solving frequently encountered problems, whether in developing and maintaining the therapeutic alliance or in accomplishing specific therapeutic tasks. While the framework presented is applicable to a range of challenging clinical situations, particular attention is given to modifying the longstanding distorted beliefs and dysfunctional behavioral strategies of people with personality disorders. Helpful appendices include a reproducible assessment tool, and the Personality Belief Questionnaire.

This acclaimed text and practitioner reference presents an authoritative overview of major models of cognitive-behavioral therapy (CBT). Foremost treatment developers explain core CBT principles and provide a framework for systematic assessment, case conceptualization, and treatment planning. Scholarly yet accessible chapters on each therapy detail what makes the approach unique, which clinical problems it is used to treat, what assessment and intervention tools have been developed, how they are implemented, and what the research reveals about the therapy's effectiveness. Special topics include working with children and adolescents, couples, and culturally diverse clients. The Handbook has been widely adopted in training programs, and the revisions in this edition reinforce its value as a text. New to This Edition * The latest findings and clinical advances. * Additional therapies: schema therapy and mindfulness- and acceptance-based interventions. * Chapter on the empirical evidence base for CBT. * Chapters on treatment of couples and culturally diverse clients.

From Aaron T. Beck and colleagues, this is the definitive work on the cognitive model of schizophrenia and its treatment. The volume integrates cognitive-behavioral and biological knowledge into a comprehensive conceptual framework. It examines the origins, development, and maintenance of key symptom areas: delusions, hallucinations, negative symptoms, and formal thought disorder. Treatment chapters then offer concrete guidance for addressing each type of symptom, complete with case examples and session outlines. Anyone who treats or studies serious mental illness will find a new level of understanding together with theoretically and empirically grounded clinical techniques.

For the average clinician, individuals with borderline personality disorder (BPD) often represent the most challenging, seemingly insoluble cases. This volume is the authoritative presentation of dialectical behavior therapy (DBT), Marsha M. Linehan's comprehensive, integrated approach to treating individuals with BPD. DBT was the first psychotherapy shown in controlled trials to be effective with BPD. It has since been adapted and tested for a wide range of other difficult-to-treat disorders involving emotion dysregulation. While focusing on BPD, this book is essential reading for clinicians delivering DBT to any clients with complex, multiple problems. Companion volumes: The latest developments in DBT skills training, together with essential materials for teaching the full range of mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance skills, are presented in Linehan's DBT Skills Training Manual, Second Edition, and DBT Skills Training Handouts and Worksheets, Second Edition. Also available: Linehan's instructive skills training videos for clients--Crisis Survival Skills: Part One, Crisis Survival Skills: Part Two, From Suffering to Freedom, This One Moment, and Opposite Action.

Until recently, borderline personality disorder has been the step-child of psychiatric disorders. Many researchers even questioned its existence. Clinicians have been reluctant to reveal the diagnosis to patients because of the stigma attached to it. But individuals with BPD suffer terribly and a significant proportion die by suicide and engage in non-suicidal self injury. This volume provides state of the art information on clinical course, epidemiology,comorbidities and specialized treatments.

Personology is the study of human character in all of itscomplexities, covering the range of normal and pathologicalindividuals, from evolutionary development, classification,diagnosis and measurement, to intervention at the individual,family, and societal levels. This volume, sure to become a classicin the field, provides a state-of-the-art overview of the field ofpersonology, including personality theory, taxonomy, andassessment; diagnosis and treatment of personality disorders; andthe interface between normal and abnormal personlity. The breadthand depth of this monumental work and the caliber of itscontributors is unsurpassed. * Many of the leading clinicians and researchers in psychology arecontributors including Otto Kernberg, John Livesley, RobertBornstein, Jeffrey Magnavita, Drew Westen, Irving Weiner, and LornaBenjamin * Represents the culmination of a professional career and acapstone to our publishing program in the area of personality andpsychopathology

It is increasingly recognized that a significant number of individuals with personality disorders can benefit from therapy. In this new edition - based on the treatment of over a hundred patients with antisocial and borderline personality disorders - Kate Davidson demonstrates that clinicians using cognitive therapy can reduce a patient's tendency to deliberately self-harm and to harm others; it also improves their psychological well-being. Case studies and therapeutic techniques are described as well as current evidence from research trials for this group of patients. Cognitive Therapy for Personality Disorders provides a thorough description of how to apply cognitive

behavioural therapy to patients who are traditionally regarded as being difficult to treat: those with borderline personality disorders and those with antisocial personality disorders. The book contains detailed descriptions and strategies of how to: formulate a case within the cognitive model of personality disorders overcome problems encountered when treating personality disordered patients understand how therapy may develop over a course of treatment. This clinician's guide to cognitive behavioural therapy in the treatment of borderline and antisocial personality disorder will be essential reading for psychiatrists, clinical and counselling psychologists, therapists, mental health nurses, and students on associated training courses.

Bringing together a stellar array of contributors whose work has been directly influenced by Aaron T. Beck, this volume presents current advances in cognitive therapy science and practice. Described are new and effective ways of understanding and treating clients suffering from a wide range of affective, anxiety, and personality disorders. The status of basic cognitive therapy principles and models is discussed, and important theoretical and clinical refinements are elaborated. Other topics include innovative applications for children and adolescents, couples, and families, as well as progress that has been made in integrating cognitive therapy with other treatments, such as pharmacotherapy.

Cognitive therapy offers a well-documented and cost-effective psychosocial treatment model for working with substance abuse disorders. Comprehensive and accessible, this volume clearly details the cognitive model of addiction, the specifics of case formulation, management of the therapeutic relationship, and the structure of the therapy sessions. It discusses how to educate patients in the treatment model and procedures and manage their cravings and urges for drugs and alcohol. Specific cognitive and behavioral strategies and techniques are described in detail, as are methods for understanding and working with patients who present concomitant problems of depression, anxiety, low frustration tolerance, anger, and personality disorders. Also addressed are such significant issues as crisis management and relapse prevention. Enhancing the utility of the volume are appendices featuring sample client inventories and checklists. These forms are designed to help the clinician identify targets for intervention, track progress over time, and develop an individualized relapse prevention plan for each client.

An excellent guide to treating the most difficult cases in your practice: personality disorders and other chronic, self-defeating problems. The author describes how he adapted traditional cognitive therapy techniques to more effectively treat patients with narcissistic, borderline, passive-aggressive, dependent, and other personality disorders, as well as chronic dysthymic and anxious patients. Contains rationale, theory, practical applications, and active cognitive behavioral techniques. Presents an extended case example, and updated versions of the Young Schema Questionnaire, a Client's Guide to this approach, and schema listings.

This book proposes an integrated model of treatment for Personality Disorders (PDs) that goes beyond outdated categorical diagnoses, aiming to treat the general factors underlying the pathology of personality. The authors emphasize the development of metacognitive functions and the integration of procedures and techniques of different psychotherapies. The book addresses the treatment of complex cases that present with multiform psychopathological features, outlining clinical interventions that focus on

structures of personal meaning, metacognition and interpersonal processes. In addition, this book: Provides an overview of pre-treatment phase procedures such as assessment interviews Explains the Metacognitive Interpersonal Therapy (MIT) approach and summarizes MIT clinical guidelines Outlines pharmacological treatment for patients with PDs Includes checklists and other useful resources for therapists evaluating their adherence to the treatment method Complex Cases of Personality Disorders: Metacognitive and Interpersonal Therapy is both an insightful reexamining of the theoretical underpinnings of personality disorder treatment and a practical resource for clinicians.

Borderline Personality Disorder patients are impulsive, unstable and destructive, hurting themselves and those around them, including those who seek to help them. This has resulted in a widespread reluctance to treat them and a pessimism about treatment. In the experience of the authors this pessimism is unjustified, because for many patients a relatively brief intervention can be effective in cost-benefit terms as well as human terms. The interventions illustrated here have been used to treat outpatients for 15 years. The results indicate that treatments can achieve clinically significant changes in the course of 16 24 sessions, in a substantial proportion of patients. While CAT shares some ideas and methods with other approaches, it introduces many new features and is uniquely integrated at both the theoretical and practical level. The early joint reformulation of patients problems serves to contain destructiveness and to create a working alliance. Also, the use of reformulation to teach self-reflection and avoid collusive responses from the therapist, throughout the therapy, represents a powerful new technique. The book offers a critical appraisal of current ideas and practices, contrasting with these the ways in which CAT mobilizes the patient s own resources. The authors argue that CAT should have a place in any service seeking to help these difficult patients. From a review of Cognitive Analytic Therapy: Developments in Theory and Practice (Anthony Ryle (Editor), 1995): "Ryle is surely the most original, productive and interesting writer in psychotherapy in Britain today, and CAT is a remarkable systematizing achievement which deserves to be better known on the other side of the Atlantic This book documenting CAT s recent theoretical and practical developments is a must for anyone interested in CAT itself and in integrative approaches, for those interested in brief, psychodynamically informed therapy, or indeed for those interested in developments in psychology generally." Robert Rentoul, British Journal of Medical Psychology

Hundreds of thousands of clinicians and graduate students have relied on this text--now significantly revised with more than 50% new material--to learn the fundamentals of cognitive behavior therapy (CBT). Leading expert Judith S. Beck demonstrates how to engage patients, develop a sound case conceptualization, plan individualized treatment, structure sessions, and implement core cognitive, behavioral, and experiential techniques. Throughout the book, extended cases of one client with severe depression and another with depression, anxiety, and borderline personality traits illustrate how a skilled therapist delivers CBT and troubleshoots common difficulties. Adding to the third edition's utility, the companion website features downloadable worksheets and videos of therapy sessions. New to This Edition *Chapter on the therapeutic relationship. *Chapter on integrating mindfulness into treatment. *Presents recovery-oriented cognitive therapy (CT-R)--which emphasizes clients' aspirations,

values, and positive adaptation--alongside traditional CBT. *Pedagogical features: clinical tips, reflection questions, practice exercises, and videos at the companion website. *New case examples featuring clients with more complex problems. *Demonstrates how to integrate strategies from other modalities, such as acceptance and commitment therapy, dialectical behavior therapy, and mindfulness-based cognitive therapy.

Case Formulation for Personality Disorders provides clinical guidance on how to build effective treatment plans for patients presenting with personality disorders. Anchored within a disorder-specific approach, the present volume reviews the evidence base of case formulation methodology. The book takes an integrative and differentiated approach to case formulation, with multiple methods of case formulation, all specifically adapted to the psychotherapy of personality disorders, illustrated with many case examples. Provides individualized assessment and measurement in practice Uses 18 case formulation methods for treating personality disorders Identifies evidence-based effective treatment Includes real life case examples

"This book can help you develop a spirited savvy in recovery-oriented cognitive therapy over the course of fifteen chapters, which we have organized into three parts: The first six chapters in Part I introduce you to recovery-oriented cognitive therapy, the basic model and how it works. Building on the basics, the five chapters in Part II extend understanding, strategy, and intervention to the challenges that have historically gotten the person stuck: negative symptoms, delusions, hallucinations, communication challenges, trauma, self-injury, aggressive behavior, and substance use. The final four chapters in Part III delve deeper into specific settings and applications - individual therapy, therapeutic milieu, group therapy, and families"--

Although the symptoms of personality disorders may differ widely in shape and scope, they are almost always treated with cognitive behavioral therapy (CBT). This is because all ten personality disorders are characterized by rigid thought and behavior patterns, and most people with these disorders suffer from similar types of ongoing conflict and instability in many aspects of their lives. Packed with exercises and worksheets, The Cognitive Behavioral Therapy Workbook for Personality Disorders presents a series of eight social skills and coping skills readers can learn and practice to overcome their personality disorder. First, readers learn to get reactivated in life and correct the self-defeating thoughts that hold them back. Then they learn a series of relaxation, visualization, and imagery techniques to confront their fears. Finally, readers practice real-life exposure to those fears and develop additional communication, emotion regulation, and coping skills to keep their personality-disorder-related behaviors in check. This workbook is the ideal resource for readers who suffer from any of the ten personality disorders: paranoid personality disorder; schizoid personality disorder; schizotypal personality disorder; histrionic personality disorder; narcissistic personality disorder; antisocial personality disorder; borderline personality disorder; avoidant personality disorder; dependent personality disorder; and obsessive-compulsive personality disorder.

Since the publication of the acclaimed second edition of Handbook of Diagnosis and Treatment of DSM-IV-TR Personality Disorders, much has changed in how the personality disorders are understood and treated. However, like its previous editions, this new edition is a hands-on manual of the most current and effective, evidence-

based assessment and treatment interventions for these challenging disorders. The beginning chapters describes several cutting-edge trends in the diagnosis, case conceptualization, and treatment of them. Then, specific chapters focus on evidence-based diagnosis and treatment interventions for each of the 10 DSM-5 personality disorders. Emphasized are the most recent developments from Cognitive Behavior Therapies, Dialectical Behavior Therapy, Cognitive Behavior Analysis System of Psychotherapy, Pattern-Focused Psychotherapy, Mindfulness, Schema Therapy, Transference Focused Psychotherapy, and Mentalization-Based Treatment. As in previous editions, extensive case material is used to illustrate key points of diagnosis and treatment.

This book collects the contribution of a selected number of clinical psychiatrists interested in the clinical evaluation of specific issues on psychopathy. The nine chapters of the book address some relevant issues related to nosography, early recognition and treatment, bio-psycho-social models (in particular cognitive-behavioral and ethological ones), and social and familial consequences of psychopathic personality.

Designed to meet the formidable challenges of treating personality disorders and other complex difficulties, schema therapy combines proven cognitive-behavioral techniques with elements of other widely practiced therapies. This book--written by the model's developer and two of its leading practitioners--is the first major text for clinicians wishing to learn and use this popular approach. Described are innovative ways to rapidly conceptualize challenging cases, explore the client's childhood history, identify and modify self-defeating patterns, use imagery and other experiential techniques in treatment, and maximize the power of the therapeutic relationship. Including detailed protocols for treating borderline personality disorder and narcissistic personality disorder, the book is illustrated with numerous clinical examples.

This landmark work was the first to present a cognitive framework for understanding and treating personality disorders. Part I lays out the conceptual, empirical, and clinical foundations of effective work with this highly challenging population, reviews cognitive aspects of Axis II disorders, and delineates general treatment principles. In Part II, chapters detail the process of cognitive-behavioral therapy for each of the specific disorders, review the clinical literature, guide the therapist through diagnosis and case conceptualization, and demonstrate the nuts and bolts of cognitive intervention.

Rather than arguing for one best approach for treating personality disorder, this pragmatic book emphasizes the benefits of weaving together multiple well-established intervention strategies to meet each patient's needs. A framework is provided for constructing a comprehensive case formulation, planning treatment, and developing a strong therapeutic alliance. The clinician is guided to utilize techniques from all major therapeutic orientations to address transdiagnostic personality symptoms and problems involving emotion regulation, interpersonal functioning, and self and identity. Showing how to pick and choose from "what works" in a thoughtful, coordinated fashion, the book features rich clinical illustrations, including a chapter-length case example. See also Handbook of Personality Disorders, Second Edition, edited by W. John Livesley and Roseann Larstone, the leading reference that surveys theory, research, and evidence-based treatments.

Shows how cognitive therapy not only constitutes an effective, coherent

framework in itself, but also serves as an integrative paradigm for effective psychotherapy.

It is increasingly recognized that a significant number of individuals with personality disorders can benefit from therapy. In this new edition - based on the treatment of over a hundred patients with antisocial and borderline personality disorders - Kate Davidson demonstrates that clinicians using cognitive therapy can reduce a patient's tendency to deliberately self-harm and to harm others; it also improves their psychological well-being. Case studies and therapeutic techniques are described as well as current evidence from research trials for this group of patients. Cognitive Therapy for Personality Disorders provides a thorough description of how to apply cognitive behavioural therapy to patients who are traditionally regarded as being difficult to treat: those with borderline personality disorders and those with antisocial personality disorders. The book contains detailed descriptions and strategies of how to: formulate a case within the cognitive model of personality disorders overcome problems encountered when treating personality disordered patients understand how therapy may develop over a course of treatment. This clinician's guide to cognitive behavioural therapy in the treatment of borderline and antisocial personality disorder will be essential reading for psychiatrists, clinical and counselling psychologists, therapists, mental health nurses, and students on associated training courses. Cognitive Behavior Therapy of DSM-IV-TR Personality Disorders is a timely addition to clinical practice, as personality disorders have received steadily increasing attention in recent years and Cognitive Behavior Therapy is now the most widely practiced theoretical orientation. Thoroughly revised from the first edition, the book offers an overview of the field, with significant updates to reflect the most recent advances in CBT in the treatment of personality disorders. Invaluable as both a text and a professional reference, it emphasizes developmental psychopathology and integrative CBT treatment conceptualizations. It provides busy clinicians with the most effective practical clinical strategies - illustrated with compelling case material - that they need to work effectively with personality-disordered individuals.

There are two ways to pursue happiness. There is the 'Western' approach, known as 'optimizing, ' in which we try to bring about the satisfaction of our desires, and there is the 'Eastern' method, known as 'adapting, ' in which we transform our desires so that nothing can hurt us - we become invulnerable, even to such realities as death. In Invulnerability, Steven Luper analyzes the nature of happiness and compares the two strategies: optimizing and adapting. He investigates the claim made by some of the greatest thinkers (including Buddha, Socrates, Epicurus, and Epictetus) that the prospect of dying need not alarm us, and that we may be completely happy no matter what our circumstances. Professor Luper explains in detail how adaptation may be implemented, including the steps we must take if we are to adapt to death and every contingency which might undermine our happiness. He demonstrates that adapting, as a complete

strategy, has shortcomings: if we did manage to alter our conception of happiness to guarantee ourselves the possibility of complete happiness despite premature death, our conception of happiness would be impoverished. And yet adapting can often be a useful alternative to optimizing.

"This new edition covers new research on personality disorders, and the new DSM. Part 1 provides a basic primer on the cognitive model of personality disorders. Chapters in Part 2 then delve into the specifics of treating specific types of personality pathology. Each has at its core a nice, well-rounded case that illustrate the points well. Broad audience: Psychologists, psychiatrists, clinical social workers, family therapists, mental health counselors, substance-abuse professionals, pastoral counselors"--Provided by publisher.

This is the second edition of the book that sparked the current wave of interest in schema therapy. Although schema therapy was originally developed by Jeff Young in the USA, it was not until unprecedented outcome data was published from pioneering Dutch clinical trials with BPD patients that the clinical CBT community took serious notice. Schema therapy has now become one of the most popular forms of contemporary CBT. It has parallels to the 'third wave' of contextual behavioural science in that it develops traditional CBT in new directions, but while contextual behavioural science priorities behavioural techniques based on acceptance and mindfulness, schema therapy is more cognitive and draws on elements of experiential learning, object relations and psychodynamic therapy in addition to traditional CBT. The first edition of this book has sold more than 3,000 copies at a steady rate of around 500 units per year since 2009.

Patients with personality disorders need targeted treatments which are able to deal with the specific aspects of the core pathology and to tackle the challenges they present to the treatment clinicians. Such patients, however, are often difficult to engage, are prone to ruptures in the therapeutic alliance, and have difficulty adhering to a manualized treatment. Giancarlo Dimaggio, Antonella Montano, Raffaele Popolo and Giampaolo Salvatore aim to change this, and have developed a practical and systematic manual for the clinician, using Metacognitive Interpersonal Therapy (MIT), and including detailed procedures for dealing with a range of personality disorders. The book is divided into two parts, Pathology, and Treatment, and provides precise instructions on how to move from the basic steps of forming an alliance, drafting a therapy contract and promoting self-reflections, to the more advanced steps of promoting change and helping the patient move toward health and adaptation. With clinical examples, summaries of therapies, and excerpts of session transcripts, Metacognitive Interpersonal Therapy for Personality Disorders will be welcomed by psychotherapists, clinical psychologists and other mental health professionals involved in the treatment of personality disorders.

The first edition of Cognitive Behavior Therapy of DSM-IV Personality Disorders broke new ground. It differed from other CBT books by offering brief but thorough

user-friendly resources for clinicians and students in planning and implementing effective treatments. The third edition of this classic text continues this tradition by providing practitioners—both practicing clinicians and those in training—a hands-on manual of highly effective, evidence-based cognitive and behavioral interventions for these challenging disorders. The beginning chapters briefly describe the changes between the DSM-IV-TR and DSM-5 and emphasize the best of the recent evidence-based CBT assessment and treatment strategies applicable to personality disorders. The book then guides clinicians in each step of the treatment process--from assessment to case conceptualization to selection and implementation of intervention. Case material is used to illustrate this process with the most recent developments from Behavior Therapy, Cognitive Therapy, Schema Therapy, Cognitive Behavioral Analysis System of Psychotherapy, Mindfulness-based therapies, and Dialectic Behavior Therapy. Are you plagued by constant worries about being unable to cope alone or feeling helpless, unable to make decisions and anxiously seek reassurance from others? These are common symptoms associated with dependent personality disorder. This book explains how you can use cognitive behavioral therapy (CBT) to help yourself manage these common symptoms.

This bestselling, classic work offers a definitive presentation of the theory and practice of cognitive therapy for depression. Aaron T. Beck and his associates set forth their seminal argument that depression arises from a "cognitive triad" of errors and from the idiosyncratic way that one infers, recollects, and generalizes. From the initial interview to termination, many helpful case examples demonstrate how cognitive-behavioral interventions can loosen the grip of "depressogenic" thoughts and assumptions. Guidance is provided for working with individuals and groups to address the full range of problems that patients face, including suicidal ideation and possible relapse.

- Winner of the American Journal of Nursing Book of the Year Award - Mental Health Nursing! Aaron T. Beck - Winner of the Lifetime Achievement Award from the National Nursing Centers Consortium! Updating and reformulating Aaron T. Beck's pioneering cognitive model of anxiety disorders, this book is both authoritative and highly practical. The authors synthesize the latest thinking and empirical data on anxiety treatment and offer step-by-step instruction in cognitive assessment, case formulation, cognitive restructuring, and behavioral intervention. They provide evidence-based mini-manuals for treating the five most common anxiety disorders: panic disorder, social phobia, generalized anxiety disorder, obsessive â€œcompulsive disorder, and posttraumatic stress disorder. User-friendly features include vivid case examples, concise "Clinician Guidelines" that reinforce key points, and over three dozen reproducible handouts and forms.

Although Cognitive Behavioural Therapy (CBT) has a well elaborated theoretical background and documented standard therapeutic process, new specific theoretical formulations and genuine techniques seem to continually appear. These new treatment developments in CBT constitute the heart of this book. Leading researchers and clinicians, who are also well established experts in the application of CBT present the extent of their experience, as well as appropriate and state-of-the-art treatment techniques for a variety of specific disorders: * Management of Major Depression,

suicidal behaviour and Bipolar Disorder. * Treatment of Anxiety Disorders such as Panic Disorder, Obsessive Compulsive Disorder, and Generalized Anxiety Disorder. * Application of CBT to Eating Disorder and Personality Disorders, especially Borderline Personality Disorder. * Implementation of CBT with specific populations such as couples and families, children and adolescents. The book focuses on clinical practice and treatment techniques, but avoids a step-by-step approach. Instead it encourages flexibility and integrativity in order to help the practicing clinician become more competent and efficient in applying CBT. Well-known contributors reveal a variety of treatment styles, and case examples and treatment transcripts are used to show how theoretical innovations integrate with the practice of CBT.

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