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guide your treatment of Axis II personality disorders. Detailed case studies are provided throughout the text to illustrate the strategies of personalized psychotherapy for: * The Needy/Dependent Prototype * The Sociable/Histrionic Prototype * The Confident/Narcissistic Prototype * The Nonconforming/Antisocial Prototype * The Assertive/Sadistic Prototype * The Conscientious/Compulsive Prototype * The Skeptical/Negativistic Prototype Destined to become an essential reference for trainees and professionals, this book makes a revolutionary call to return therapy to the natural reality of each patient's life, seamlessly guiding you in understanding the personality and treatment of the whole, unique, yet complex person.

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Emphasizing diagnosis, causality, and holistic treatment, this is the only book offering a full discussion of Avoidant Personality Disorder for therapists and sufferers. * A resource section acts as a guide for therapists and a self-help manual for sufferers * A bibliography lists the basic literature on AvPD

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Retiring/Schizoid Personality Patterns
Shy/Avoidant Personality Patterns
Pessimistic/Depressive Personality Patterns
Aggrieved/Masochistic Personality Patterns
Eccentric/Schizotypal Personality Patterns
Capricious/Borderline Personality Patterns

Destined to become an essential reference for trainees and professionals, this book makes a revolutionary call to return therapy to the natural reality of each patient's life, seamlessly guiding you in

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Minor Published On May 2007

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

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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.

This book includes the work of 22 contributing writers in addition to the three primary authors, John F. Clarkin, Ph.D.,

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Peter Fonagy, Ph.D., and Glen O. Gabbard, M.D. Each contributor has extensive clinical experience, and some also have research experience, with the assessment and treatment of specific personality disorders.

Borderline personality disorder (BPD) is characterized by unstable moods, negative self-image, dangerous impulsivity, and tumultuous relationships. Many people with BPD excel in academics and careers while revealing erratic, self-destructive, and sometimes violent behavior only to those with whom they are intimate. Others have trouble simply holding down a job or staying in school. Overcoming Borderline Personality Disorder is a compassionate and informative guide to understanding this profoundly

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unsettling--and widely misunderstood--mental illness, believed to affect approximately 6% of the general population. Rather than viewing people with BPD as manipulative opponents in a bitter struggle, or pitying them as emotional invalids, Valerie Porr cites cutting-edge science to show that BPD is a true neurobiological disorder and not, as many come to believe, a character flaw or the result of bad parenting. Porr then clearly and accessibly explains what BPD is, which therapies have proven effective, and how to rise above the weighty stigma associated with the disorder. Offering families and loved ones supportive guidance that both acknowledges the difficulties they face and shows how they can be overcome, Porr teaches empirically-supported and effective coping behaviors and interpersonal skills, such

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as new ways of talking about emotions, how to be aware of nonverbal communication, and validating difficult experiences. These skills are derived from Dialectical Behavior Therapy and Mentalization-based Therapy, two evidence-based treatments that have proven highly successful in reducing family conflict while increasing trust. Overcoming Borderline Personality Disorder is an empowering and hopeful resource for those who wish to gain better understanding of the BPD experience--and to make use of these insights in day-to-day family interactions. Winner of the ABCT Self Help Book Seal of Merit Award 2011

In recent years there has been heightened interest in the clinical and legal management of families in which children

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Resist contact with one parent and become aligned with the other following divorce. Families affected by these dynamics require disproportionate resources and time from mental health and legal professionals, and cases require a specialized clinical approach. Traditional models of individual and family therapy are not designed to address these issues, and strategies and resources for mental health and legal professionals have been extremely limited. Overcoming Parent-Child Contact Problems describes interventions for families experiencing a high conflict divorce impasse where a child is resisting contact with a parent. It examines in detail one such intervention, the Overcoming Barriers approach, involving the entire family and combining psycho-education and clinical intervention. The book is divided into two parts:

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Part I presents an overview of parental alienation, including clinical approaches and a critical analysis of the many challenges associated with traditional outpatient family-based interventions. Part II presents the Overcoming Barriers approach, describing core aspects of the intervention and ways to adapt its clinical techniques to outpatient practice. Overcoming Parent-Child Contact Problems is geared toward mental health clinicians and legal professionals who work with families in high conflict and where a child resists visitation with a parent.

This booklet is designed for people who have someone in their lives who has borderline personality disorder (BPD). The first three sections include information about the symptoms

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and causes and treatment of BPD. Section four talks about how to support someone who has BPD and the last section discusses self-care for family and friends. Contents: - about personality disorders - about borderline personality disorder - treatment for people with BPD - supporting the family member who has BPD - self-care - recovery and hope - family crisis information sheet.

With a new foreword by Raymond DiGiuseppe, PhD, ScD, St. John's University "Albert Ellis has written many books on his favorite topic Rational Emotive Behavior Therapy. Although he writes on that topic very well, he often does not write about generic psychotherapy. REBT is an integrative form of psychotherapy. Following this model, psychotherapists can

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incorporate many diverse techniques and strategies to change clients' dysfunctional behaviors and emotions . Much of what AI identifies as good REBT in this book is just good psychotherapy. Because people so universally identify AI with REBT, people may generally overlook his wisdom as a clinician. Having worked with AI for more than thirty years, I have been fortunate enough to learn from him. Much of the knowledge I learned from AI and cherish the most is not necessarily about REBT theory. They concern wise ways of thinking about clinical problems. That is why, out of all AI's books, this is my favorite. This is AI Ellis, the clinician." --
From the Foreword by Raymond DiGiuseppe, PhD, ScD,
Director of Professional Education, Albert Ellis Institute;
Professor and Chair, Department of Psychology, St. John's

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University Now available in an affordable paperback, this edition takes a look at the underlying causes of resisting cognitive-emotional-behavioral change and the methods used to overcome them. Written in present-action language, Ellis gives an overview of the basic principles of Rational Emotive Behavior Therapy and Cognitive Behavior Therapy. Ellis charts the changes in the field that have taken place in the 20 years leading up to 2002, when this edition was originally published. The book also integrates recent therapies into REBT, including psychotherapy, solution-focused therapy, and recent findings of experimental psychology.

Now in its Third Edition, this book clarifies the distinctions between the vast array of personality disorders and helps

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clinicians make accurate diagnoses. It has been thoroughly updated to incorporate the changes in the forthcoming DSM-5. Using the classification scheme he pioneered, Dr. Millon guides clinicians through the intricate maze of personality disorders, with special attention to changes in their conceptualization over the last decade. Extensive new research is included, as well as the incorporation of over 50 new illustrative and therapeutically detailed cases. This is every mental health professional's essential volume to fully understanding personality.

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