

Arntz, A. & Genderen, H. van (2009). *Schema Therapy for Borderline Personality Disorder*.

From the Back Cover

Borderline Personality Disorder (BPD) has often been seen as an untreatable mental disorder. However, recent research has convincingly demonstrated that schema therapy (ST) has superior response and recovery rates. *Schema Therapy for Borderline Personality Disorder* offers a conceptual model of BPD, a treatment model and an array of practical techniques for treating patients. Arnoud Arntz and Hannie van Genderen cover treatment planning, the therapeutic relationship, cognitive and behavioural techniques, specific strategies, behavioural pattern-breaking and therapy termination. They also present a wealth of case examples which show how to apply methods in practice. Integrating techniques, mode detection and phase of treatment, this practical book is supported by a range of useful patient handouts including a biographical diary and a positive self-statement log. *Schema Therapy for Borderline Personality Disorder* is translated from the original Dutch Language version by Jolijn Drost.