

Nysaeter, T.E., & Nordahl, H.M. (2008). Principles and clinical application of schema therapy for patients with borderline personality disorder. *Nordic Psychology*, 60, 249-263.

Many approaches for treatment are proposed for Borderline Personality Disorder, but there is no single treatment approach that seems to be the treatment of choice. New approaches are emerging and during the past ten years several cognitive behavioural oriented therapies have been developed for the treatment of persons with Borderline Personality Disorder. The article presents some essential features of the most recent and integrative cognitive approach for patients with Borderline Personality Disorder, namely Schema therapy developed by Young and colleagues. Principles and application of Schema therapy are illustrated by clinical vignettes based on the authors' own clinical work with these patients.