

Download Free
Psychodynamic
Approaches To
Psychodyna
mic
Borderline
Personality
Disorder
Approaches
To
Borderline
Personalit
y Disorder

This work offers an
evaluation of

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competing theoretical
borderline
personality
nosological systems
for personality

disorders. The editors
have brought together
recognized authorities
in the field to offer a
synthesis of
competing
perspectives that
provide readers with
an assessment for
each disorder. The

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result is a comprehensive, current, and critical summary of research and practice guidelines related to the personality disorders. Key Features focuses on controversies and alternative conceptualizations; separate chapters are dedicated to each

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personality disorder
Borderline
and considered from
various points of view.

It presents
authoritative
perspectives; leading
scholars and
researchers in the
field provide a critical
evaluation of
alternative
perspectives on each
personality disorder.

And it frames the

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current state of
borderline
personality disorder
research and practice
issues; cutting edge
and streamlined
research is presented
to be used in courses
on diagnosis,
assessment,
psychopathology and
abnormal psychology,
especially those that
include the DSM IV. It
also offers an

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integrative

understanding of

elusive personality

categorizations;

wherever possible,

case examples are

offered as illustrations

of each disorders

clinical presentation.

The use of technical

terms are minimized;

each contributor takes

the approach of a

user friendly summary

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and integration of
Borderline
Personality
Disorder
major trends, findings,
and future directions.

Many a therapist,
beginning or even an
experienced one, has
experienced
exasperation,
frustration, and at
times fear when
working with the
Borderline Personality
Disorder patients.

Their threatening or

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acted out at times self-hurting or violent behavior puts a heavy burden on the therapist. The therapist struggles to prevent a calamity and often feels insecure in the effectiveness of the therapeutic approach. This may lead to escalation of the therapeutic attempt,

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yet, in spite of these, the patient gets worse. Therapists often avoid such patients. But, what if you have to work with such a patient! This book is about helping these patients. Having worked for over thirty years with the difficult Borderline Personality Disorder patients, Dr. Albanese has

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developed an
effective therapeutic
approach.

Understanding the
meaning of the
patients' symptoms
and behavior allows
the therapist to work
with these patients
with confidence. All
the negative feelings
the patient evokes in
the therapist can
actually be helpful!?

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The many trainees and colleagues of Dr. Albanese have found her approach very helpful and yet found it requiring the understanding of only a few basic concepts. This book is written with the encouragement of these people and in hope of helping all other therapists

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working with such patients.

This book presents for the first time, a practical manual for psychodynamic-interpersonal therapy. Drawing on forty years of research, teaching and practice, its expert authors guide you through the conversational model's theory, skills

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and implications for
practice. Part I sets
out the model's

underlying theory and
outlines the evidence
for its efficacy with
client groups. Part II
guides you through
clinical skills of the
model, from
foundational to
advanced. Part III
offers practical
guidance on

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implementing the
Borderline
Personality
Disorder
approach within a
range of settings, and
for developing
effective practice
through reflection and
supervision.

Defined by stable,
long-term, subjective
distress and/or social
impairment,
personality disorders
affect up to 18% of
the population. Social

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Personality
Disorder

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

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Approaches To
therapeutic
Borderline
Personality

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

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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

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examination of
borderline
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

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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

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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

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about the efficacy of
psychotherapy for
treating personality
disorders.

Management of
Countertransference
with Borderline
Patients

An Integrated
Approach

Psychodynamic
Psychotherapy for
Personality Disorders
Psychotherapy for

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Personality Disorders
Borderline
Conceptual and
Empirical Foundations
A Conversational
Model

``I have become convinced that many borderline patients are not helped by the psychiatric treatment they receive and even

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Personality
Disorder

more troubling, that a fair percentage of them are made worse by it....Dr. Rockland's approach makes sense to me at a time when much of the literature on the psychotherapy of borderline personality does not....I have learned

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Personality
Disorder
a great deal from
this book and feel
confident that it will
have a pronounced
beneficial effect on
clinical practice.'

--From the
Foreword by Allen J.
Frances Noting the
potential dangers of
uncovering
approaches, early
writers on

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borderline
Borderline
Personality
Disorder

borderline personality emphasized the value of supportive therapy. Despite these warnings, the preponderance of the current literature on borderline disorder is confined to exploratory psychotherapy and

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psychoanalysis.

Borderline
Personality
Disorder

Redressing this imbalance in the literature, this important new work is the first to present an organized and detailed description of how supportive interventions are accomplished with borderline patients.

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Approaches To

With a uniquely
practical focus on
'how to do it,'

Lawrence H.

Rockland applies
the principles of
Psychodynamically
Oriented Supportive
Therapy (POST)--an
approach that he
formulated--to
patients with
Borderline

Download Free
Psychodynamic
Approaches To
Personality Disorder
(BPD). Divided in
three sections, the
book's opening
chapters review the
changing concepts
of the borderline,
vicissitudes in
treatment
recommendations,
the general
principles of POST,
and the indications

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for applying this
borderline
personality
disorder
approach to BPD.

The second section
presents the 2

1/2-year
psychodynamic
supportive

treatment of a
patient with BPD.

The four phases of t
reatment--evaluatio
n and treatment
planning, early

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phase, middle phase, and termination--are discussed in detail and illustrated with session dialogue and critical commentary by the author. The final section addresses two major problems--therapist countertransference

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e and patient acting out. Other topics include continuous/intermittent supportive therapy, psychopharmacology in supportive therapy, and supportive aspects of inpatient treatments. Filling a significant gap in the literature, this

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important new
volume's
systematic and
comprehensive
exposition of
supportive therapy
for borderline
patients makes it
an invaluable
resource for all
practitioners who
work with this
difficult population.

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Replete with clinically useful suggestions and guidelines, it is ideal for trainees in all mental health disciplines. It is relevant to any course on dynamic psychotherapy, and serves as a text for all students of
borderline

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pathology and its
treatment.
Bringing together
important articles

from
Psychodynamic
Psychiatry, this
volume shows how
contemporary
practitioners are
using a
multidimensional
biopsychosocial

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approach to
increase the
robustness of
clinical research
and the

effectiveness of
patient care.

Chapters review
cutting-edge
approaches to
formulating anxiety
and mood
disorders, eating

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disorders, traumatic
grief, substance use
and addictive
behaviors, obsessiv
e-compulsive
disorder,
personality
disorders,
schizophrenia,
somatic symptom
disorders, and
trauma and stressor-
related disorders.

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Personality
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specific populations is addressed, including infants and parents, children, spouses of the chronically ill, survivors of intimate partner violence, criminal offenders, and the elderly. Featuring rich case

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illustrations, the book integrates psychoanalytic concepts with advances in knowledge about neuroscience, gene-environment interactions, and the physiological impact of adversity. Deftly combining contemporary

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theory with clinical
Borderline
practice,
Personality
Psychodynamic
Disorder
Therapy for
Personality
Pathology: Treating
Self and
Interpersonal
Functioning is an
invaluable resource
for any clinician
seeking a coherent
model of

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personality
borderline
personality
disorder
functioning and
pathology,
classification,
assessment, and
treatment. This
insightful guide
introduces Transfer
ence-Focused
Psychotherapy --
Extended (TFP-E), a
specialized but
accessible

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approach for any
clinician interested
in the skillful
treatment of
personality
disorders.

Compatible with the
DSM-5 Section III
Alternative Model
for Personality
Disorders -- and
elaborating on that
approach, this

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volume offers
clinicians at all
levels of experience
an accessible
framework to guide
evaluation and
treatment of
personality
disorders in a broad
variety of clinical
and research
settings. In this
book, readers will

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find: * A coherent
Borderline
Personality
Disorder
model of
personality
functioning and
disorders based in
psychodynamic
object relations
theory* A clinically
near approach to
the classification of
personality
disorders, coupled
with a

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comprehensive
borderline
personality
assessment* An

integrated
treatment model
based on general
clinical principles
that apply across
the spectrum of
personality
disorders* An
understanding of
specific

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modifications of
technique that
tailor intervention
to the individual
patient's
personality
pathology*

Descriptions of
specific
psychodynamic
techniques that can
be exported to
shorter-term

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treatments and acute clinical settings Patient assessment and basic psychodynamic techniques are described in up-to-date, jargon-free terms and richly supported by numerous clinical vignettes, as well

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as online videos demonstrating interventions. At the end of each chapter, readers will find a summary of key clinical concepts, making this book both a quick reference tool as well as a springboard for continued learning.

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Clinicians looking for an innovative, trustworthy guide to understanding and treating personality pathology that combines contemporary theory with clinical practice need look no further than Psychodynamic

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Therapy for
Borderline
Personality
Pathology: Treating
Self and

Interpersonal
Functioning.

Patients with
borderline

personality disorder
(BPD) or borderline
traits are among
the most difficult
for mental health

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practitioners to
Borderline
Personality
Disorder
treat. They present
an incredible range
of symptoms,
dysfunctional
interpersonal
interactions,
provocative
behavior in therapy,
and comorbid
psychiatric
disturbances. So
broad is this array

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that indeed the disorder constitutes a virtual model for the study of all forms of self-destructive and self-defeating behavior patterns.

Psychotherapy With Borderline Patients: An Integrated Approach fills the need for a problem-

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focused, clinically oriented, and operationalized treatment manual that addresses major ongoing family factors that trigger and reinforce the patient's self-destructive or self-defeating behavior. In it, David Allen

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draws on the theoretical ideas and techniques of biological, family systems, psychodynamic, and cognitive-behavioral therapists to describe an integrated approach to adults with BPD or

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borderline traits in
Borderline
individual therapy.

Personality
Disorder
Innovative,
practical, and
specific, the book *
helps therapists
teach their patients,
through the use of
various role-playing
techniques,
strategies to alter
the dysfunctional
patterns of

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interaction with
their families of
origin that reinforce
self-destructive
behavior or chronic
affective
symptoms; *
explains the nature
and origins of the
characteristic
oscillation of hostile
over- and
underinvolvement

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between adults with BPD and those who served as their primary parental figures during childhood; * elucidates the nature and causes of the dysfunctional communication patterns in patients' families that lead to misunderstanding;

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and * provides
concrete, clearly
spelled out advice
for therapists about
how to deal with
provocative patient
behavior, how to
minimize distorted
descriptions by
patients of
significant others,
how to avoid
patients' misuse of

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medications, and
how to respond to
managed care
restrictions on
patients' insurance
coverage.

Psychotherapy With
Borderline Patients:
An Integrated
Approach will be
welcomed by all
clinicians who work
with these patients,

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whatever their
training or
theoretical
orientation.

Toward the DSM-V

The Cambridge

Handbook of

Personality

Disorders

Applications in

Psychiatric and

Medical Settings

Fundamentals of Tr

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Transference-Focused
Borderline
Psychotherapy
Personality
Disorder
Dialogue
Concerning
Contemporary
Psychodynamic
Therapy
Psychodynamic
Treatment of
Depression

Borderline
Personality
disorder is a

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severe

personality

dysfunction

characterized by

behavioural

features such as

impulsivity,

identity

disturbance,

suicidal

behaviour,

emptiness, and

intense and

unstable

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relationships.
Approximately 2%
of the
population are
thought to meet
the criteria for
BPD. The authors
of this volume -
Anthony Bateman
and Peter Fonagy
- have developed
a psychoanalytic
ally oriented
treatment to BPD

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known as

mentalization

treatment. With

randomised

controlled

trialshaving

shown this

method to be

effective, this

book presents

the first

account of

mentalization

treatment for

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BPD. The first section gives an overview of BPD, including discussion of nosology, epidemiology, natural history, and psychosocial aetiology. It additionally summarises the present state of our research

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Personality
Disorder

knowledge about
effective psycho
therapeutic
treatments and
use of
medication. The
second section
outlines the
authors'
theoretical
approach and
contrasts it
with other well
known methods,

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including DBT,
CAT, and CBT. In
the extensive
final section,
the authors
outline their
clinical
approach
starting with
how treatment is
organised. A
detailed account
of the
transferable

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features of the
model is
provided along

with the main
strategies and
techniques of
treatment.

Numerous
clinical
examples are
given to
illustrate the
core techniques
and detailed

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information

provided about

how to apply

aspects of the

mentalization

based treatment

approach in

everyday

practice.

Aimed at mental

health

professionals,

along with

counsellors, psy

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Approaches To
Psychotherapists,
Borderline
and
Psychoanalysts,
Disorder will be
a valuable tool,
providing an
effective means
of treating
those suffering
from Borderline
Personality
Disorder.

Psychodynamic
Treatment of

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addresses the use of psychodynamic psychotherapy, both alone and in combination with cognitive-behavioral, interpersonal, and medication treatments, as a method for reducing the

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psychological
Borderline
vulnerabilities
Personality
Disorder
that may
predispose
patients to
persistent
symptoms or
recurrence of
depression.
Thoroughly
revised and with
new material,
the second
edition reflects

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changes codified
in the DSM-5

Personality
classification

Disorder
and is intended

for use by

students,

residents, or

clinicians who

are trained in

the practice of

psychotherapy.

The authors'

extensive

clinical

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experience is
thoroughly mined
to provide
techniques for
tailoring the
psychodynamic ps
ychotherapeutic
approach to
patients with
depression, and
important topics
such as
narcissistic
injury and

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vulnerability,
Borderline
Personality
Disorder
guilt, defense
mechanisms, and
suicidality are
addressed. The
book is written
in an accessible
style and
structured
logically to
support the
acquisition and
enhancement of p
sychotherapeutic

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skills through
the systematic
exploration of
the
psychodynamic
model of
depression. The
volume's
noteworthy
content and
features are
many: Just as
patients'
responses to

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Borderline
Personality
Disorder

vary, responses
to particular
therapeutic
interventions
are different in
different
patients.

Accordingly, the
authors locate
psychodynamic
psychotherapy
within the
context of

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Approaches To
current
Borderline
Personality,
Disorder
treatments for
depression,
including
indications and
contraindications.
A multitude
of detailed and
compelling
clinical
vignettes
clearly
illustrate the
dynamics and

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techniques and
Borderline
facilitate
Personality
learning across
Disorder diverse clinical
roles and
practice
settings. A
chapter on
psychodynamic
approaches to
depression with
comorbid
personality
disorder has

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been added to
the new edition,
because these
disorders have
been found to
have an adverse
effect on
treatment
outcome,
including
diminished
response to
antidepressants,
reduced

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adherence to
treatment, and
longer time
period to
achieve
remission. There
is a growing
evidence base
for the
effectiveness of
psychodynamic
psychotherapy,
both alone and
in tandem with

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Approaches To
other treatment
Borderline
modalities.

Psychodynamic
Disorder
Treatment of
Depression
offers a robust
model of
psychodynamic
therapy for
depression and
the detailed
strategies and
techniques
clinicians need

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to improve
borderline
personality
disorder
outcomes with
this significant
patient group.

This thesis
presents an in-
depth
exploration of p
sychotherapists'
lived experience
of working with
borderline
personality
(BPD) disorder

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in psychodynamic
psychotherapy,
using
interpretative
phenomenological
analysis (IPA).
The existing
research
literature
suggests that
working with
borderline
patients is very
difficult, as

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they can evoke
borderline counter
transference
experiences in
therapists and
thus make the
working alliance
difficult to
maintain. The
stigmatising and
negative
attitude towards
BPD, which is
found amongst

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mental health professionals, can cause many therapists to avoid working with this patient population, leaving many patients without the necessary help for treatment. Some literature also

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suggests that
psychodynamic
therapy may not
be helpful for
the treatment of
BPD in its
traditional
form, because of
the neutrality
of the model and
borderline
patients'
'reduced
capacity to

Download Free Psychodynamic Approaches To mentalise'.

Instead, empathy
and the

therapeutic
relationship
have been
reported to be
significant
factors. This
qualitative
study aimed to
provide a rich
and detailed
examination of

Download Free
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Approaches To
the experiences,
Borderline
which
Personality
psychodynamic
Disorder
psychotherapists
and counselling
psychologists
might have in
their work with
BPD patients.
Five
psychodynamic
psychotherapists
were interviewed
twice in one

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Approaches To
unstructured and
Borderline
one semi-
Personality
structured
Disorder
interview, and
IPA was used to
analyse the
data. The five
master-themes
(Negative counte
rtransference
feelings;
"Sitting in the
dark together";
Hindrance in

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work; Therapist
omnipotence;

Labelling as
problematic)

found in this
study suggested
that borderline
patients could
benefit from a
modified version
of psychodynamic
1 Note that the
'psychodynamic'

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and

'Borderline Personality Disorder'

'psychoanalytic'
terms will be
interchangeably

used in this
study. 2 The
researcher, as a
trainee-
counselling
psychologist, is
in favour of
using the word
'client'.

However,

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psychodynamic
Borderline
practitioners
Rationality
talk about their
Disorder
'patients'
rather than
'clients', and
as this study
focuses on
psychodynamic
therapists'
experiences, the
researcher will
use these two
terms

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interchangeably.

Thus, the word

'patient' here

is applied in

the

psychodynamic

and not in the

medical sense. 9

psychotherapy

with a focus on

empathy and a

bond between

therapist and

patient.

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Personality
Disorder

Furthermore, the therapists' awareness of negative counter transference feelings and emergent obstacles in the therapeutic work, as well as their understanding of BPD as a label and its effects

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on their
borderline
patients were
crucial.

Finally, the
therapists'
experienced
'omnipotent'
feelings, which
may have emerged
in response to
their negative c
ountertransfere
nce feelings.

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While these
findings support
many of the

previous

publications and
accounts

reported in the
literature, they
also shed new

light on

therapists'

experiences,

which might have
implications for

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the approach
that

psychotherapists

and counselling

psychologists

take towards

working with

borderline

individuals

within the

psychodynamic

modality.

Treating

borderline

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patients is one
of the most
challenging
areas in

psychotherapy
because of the
patient's
extreme
emotional
expressions, the
strain it places
on the
therapist, and
the danger of

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the patient
acting out and
harming himself
or the

therapeutic
relationship.
Many clinicians
consider this
patient
population
difficult, if
not impossible,
to treat.

However, in

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recent years

dedicated

experts have

focused their

clinical and

research efforts

on the

borderline

patient and have

produced

treatments that

increase our

success in

working with

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borderline
Borderline
Personality
Disorder

patients. Transf
erence-Focused
Therapy (TFP) is
psychodynamic
treatment
designed
especially for
borderline
patients. This
book provides a
concise and
comprehensive
introduction to

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TFP that will be
Borderline
Personality
Disorder
useful both to
experienced
clinicians and
also to students
of
psychotherapy.
TFP has its
roots in object
relations and it
emphasizes that
the transference
is the key to
understanding

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and producing
change. The

patient's

internal world

of object

representations

unfolds and is

lived in the

transference

with the

therapist. The

therapist

listens for and

makes use of the

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relationship

Borderline Personality Disorder

that is revealed
through words,

silence, or, as
often occurs in

the case of
individuals with
some borderline
personality

disorder, acting
out in subtle or
not-so-subtle

ways. This
primer offers

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clinicians a way
to understand

Borderline Personality Disorder

and then use the
transference and
countertransfere
nce for change
in the patient.

Bridging the Gap
Between Science
and Practice

Transference-
Focused

Psychotherapy
for Adolescents

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