



# Cognitive-Behavioral Treatment of Borderline Personality Disorder

By Marsha Linehan



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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*.

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### Editorial Review

#### Review

"The bible of DBT. Over two decades later, Linehan's comprehensive treatment manual still stands without peer as the complete and lucid introduction to DBT as well as the in-depth text for the advanced practitioner. DBT's skills are effective and potent if delivered in the context of the theory, principles, protocols, and strategies of the treatment, all of which are presented in this book. It is essential reading for therapists delivering the significantly upgraded skills in *DBT Skills Training Manual, Second Edition*."--Charles R. Swenson, MD, Department of Psychiatry, University of Massachusetts School of Medicine

"Every once in a very long while in our field, a clinical innovation is introduced that profoundly improves patient care. Marsha Linehan's development of a cognitive-behavioral approach to borderline personality disorder is such a rare innovation....Her techniques are clear, teachable, and learnable, and make good common sense to the therapist and the patient. Dr. Linehan's methods have greatly improved my treatment of borderline individuals and my teaching of others in how best to understand and treat these patients."--Allen Frances, MD

"Marsha Linehan's tremendously in-depth and informative book and its companion skills-training manual offer a needed guide to the cognitive-behavioral treatment of borderline personality disorder....Her method has become so widely used by clinicians that the experts in psychosocial treatments consider it one of the best....Marsha Linehan's methods are highly eclectic because they are empirically based; they have been fashioned to fit what works best for borderline patients."--Lester Luborsky, PhD

"Linehan is one of our most creative and articulate clinicians....As a true scientist-professional, she has not only been innovating in the treatment of one of the most daunting of disorders--borderline personality--but has successfully subjected her ideas to controlled empirical scrutiny."--Gerald Davison, PhD, University of Southern California

"Dr. Linehan's approach is sensible, pragmatic, and effective. Most importantly, it offers the therapist a humane and sensitive perspective on persons with Borderline Personality Disorder. In short, it treats both the therapist and the client in a fashion that produces results."--Mark Ciocca, PhD, Central New Hampshire Community Mental Health Center

"We highly recommend this text and its companion training manual...."  
(*Bulletin of the Menninger Clinic* 1993-05-16)

"...represents a gold standard" for treatment of this diagnostic category."  
(*Behaviour Research and Therapy* 1993-05-16)

"It is the most exacting and well thought out treatment plan I have ever seen written for any disorder....I have tried to find shortcomings with this book. I can find none. It is one of the best pieces of clinical work ever written. No matter what your clinical or research focus of interest, you will gain immensely from reading

Cognitive-Behavioral Treatment of Borderline Personality Disorder."  
(*Journal of Family Violence* 1993-05-16)

From the Back Cover

For the average clinician, clinic, or inpatient facility, individuals with borderline personality disorder often represent the most difficult and insoluble cases. The first volume to provide strategies proven effective in controlled clinical trials, this book is a comprehensive, integrated approach to therapy with this population. Marsha Linehan presents specific guidelines that creatively combine the best elements of behavioral, psychoanalytic, strategic, and other commonly employed modalities. A clinical innovator, she has analyzed the aspects of borderline into their component parts and developed a systematized approach to each of them. The first section of the book presents an overview of the disorder and lays out a theoretical framework to guide the therapy. The second describes in detail how to assess borderline patients and how to organize and prioritize treatment goals and behavioral targets. The core of the treatment is the balance of acceptance and change strategies, both within each therapy interaction and over time. For problem solving with borderline personality disorder, the book provides specific strategies for contingency management, exposure, cognitive modification, and skills training. The last component is further elucidated in the companion Skills Training Manual, which programmatically details procedures and includes client handouts for step-by-step implementation. Finally, to enhance interpersonal communication, Dr. Linehan presents three case management sets: consultation to the patient, environmental intervention, and consultation to the therapist. Addressing the most stressful patient behaviors that clinicians encounter, the book includes a step-by-step outline for assessing suicide risk, managing suicide threats, and working with chronic suicidal behavior. Integrative approaches for such specific problems as crises, noncompliance, and breakdowns in the therapeutic relationship are also discussed. Lucidly detailing effective techniques that can be replicated in clinical practice, this volume illuminates the internal experience of borderline individuals and provides clinicians with practical clinical tools for working with them. As such, it is an invaluable resource for all professionals who work with this difficult-to-treat population.

About the Author

Marsha M. Linehan, PhD, ABPP, the developer of dialectical behavior therapy (DBT), is Professor of Psychology and of Psychiatry and Behavioral Sciences and Director of the Behavioral Research and Therapy Clinics at the University of Washington. Her primary research interest is in the development and evaluation of evidence-based treatments for populations with high suicide risk and multiple, severe mental disorders. Dr. Linehan's contributions to suicide research and clinical psychology research have been recognized with numerous awards, including the 2017 University of Louisville Grawemeyer Award for Psychology and the 2016 Career/Lifetime Achievement Award from the Association for Cognitive and Behavioral Therapies. She is also a recipient of the Gold Medal Award for Life Achievement in the Application of Psychology from the American Psychological Foundation and the James McKeen Cattell Award from the Association for Psychological Science. In her honor, the American Association of Suicidology created the Marsha Linehan Award for Outstanding Research in the Treatment of Suicidal Behavior. She is a Zen master and teaches mindfulness and contemplative practices via workshops and retreats for health care providers.

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**John Lyons:**

Nowadays reading books be a little more than want or need but also be a life style. This reading habit give you lot of advantages. The advantages you got of course the knowledge the particular information inside the

book that improve your knowledge and information. The information you get based on what kind of reserve you read, if you want send more knowledge just go with training books but if you want experience happy read one together with theme for entertaining for instance comic or novel. The Cognitive-Behavioral Treatment of Borderline Personality Disorder is kind of book which is giving the reader capricious experience.

#### **Eric Fincher:**

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