



Schema Therapy for Borderline Personality Disorder

Arnoud Arntz, Hannie van Genderen

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The book was first published in Dutch by Uitgeverij Nieuwezijds - this book is an English language translation, translated from the original Dutch Language version by Jolijn Drost. The book offers a conceptual model of BPD, a treatment model and an array of methods and techniques for treating BPD clients. It covers treatment planning, the therapeutic relationships, cognitive and behavioural techniques, specific strategies, behavioural pattern breaking and the termination of therapy. The appendices contain handouts for patients including a biographical diary, forms for homework assignments and problem solving and a positive self statement log.

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