



SUPPORTIVE THERAPY

FOR BORDERLINE PATIENTS

A PSYCHODYNAMIC APPROACH

Lawrence H. Rockland



Supportive Therapy For Borderline Patients

John G. Gunderson



Supportive Therapy For Borderline Patients:

Supportive Therapy for Borderline Patients Lawrence H. Rockland, 1992 I have become convinced that many borderline patients are not helped by the psychiatric treatment they receive and even 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 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 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 psychoanalysis 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 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 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 for applying this approach to BPD The second section presents the 2 1 2 year psychodynamic supportive treatment of a patient with BPD The four phases of treatment evaluation and treatment planning early 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 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 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 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 pathology and its treatment

Borderline Personality Disorder Joel Paris, 1994 The etiology of borderline personality disorder is essentially unknown Although many well known theoretical formulations remain the best possible hypotheses much of what has been suggested thus far for the management of BPD has proved impractical in a majority of cases Written by an expert in the field of BPD *Borderline Personality Disorder* presents a practical approach to the management of patients with this disorder Designed for readers who are skeptical of facile explanations this book provides a broader view of the etiology of BPD than has been presented in previous studies Readers will not only appreciate the review of the current research but also its theoretical integration into practice *Borderline Personality Disorder* has two goals to build a comprehensive theory of etiology which takes into account biological psychological and social factors to suggest treatment guidelines which are

consistent with this theory and which are based on the findings of clinical trials Based on the most up to date clinical research available Borderline Personality Disorder shows how these complex disorders are shaped by biological vulnerability brought on by psychological experiences and influenced by social conditions

Borderline Personality Disorder Perry D Hoffman, Penny Steiner-Grossman, 2012-11-12 Explore and understand new approaches in Borderline therapy Borderline Personality Disorder BPD lags far behind other disorders such as schizophrenia in terms of research and treatment interventions Debates about diagnosis etiology neurobiology genetics medication and treatment still persist Borderline Personality Disorder brings together over two dozen of the field's leading experts in one enlightening text The book also offers mental health providers a view of BPD from the perspectives of sufferers as well as family members to foster an understanding of the experiences of relatives who are often devastated by their loved ones struggles with this common disorder Although there has been an increasing interest in BPD in terms of research funding treatment advancement and acknowledgment of family perspective over the last decade the fact remains that the disorder is still highly stigmatized Borderline Personality Disorder provides social workers and other mental health clinicians with practical access to the knowledge necessary for effective treatment in a single volume of the most current research information and management considerations This important collection explores the latest methods and approaches to treating BPD patients and supporting their families This useful text also features handy worksheets and numerous tables that present pertinent information clearly Chapters in Borderline Personality Disorder include an overview of Borderline Personality Disorder confronting myths and stereotypes about BPD biological underpinnings of BPD BPD and the need for community a social worker's perspective on an evidence based approach to managing suicidal behavior in BPD patients Dialectical Behavior Therapy supportive psychotherapy for borderline patients Systems Training for Emotional Predictability and Problem Solving STEPPS Mentalization based Treatment fostering validating responses in families Family Connections an education and skills training program for family member wellbeing and much more Full of practical useable ideas for the betterment of those affected by BPD Borderline Personality Disorder is a valuable resource for social workers psychologists psychiatrists and counselors as well as students researchers and academics in the mental health field family members loved ones and anyone directly affected by BPD

Borderline Personality Disorder Barbara Stanley, Antonia S. New, 2018 Until recently borderline personality disorder has been the step child of psychiatric disorders Many researchers even questioned its existence Clinicians have been reluctant to reveal the diagnosis to patients because of the stigma attached to it But individuals with BPD suffer terribly and a significant proportion die by suicide and engage in non suicidal self injury This volume provides state of the art information on clinical course epidemiology comorbidities and specialized treatments Clinical Manual of Supportive Psychotherapy Peter N. Novalis, Virginia Singer, Roger Peele, 2019-09-27 Updated for the first time since 1993 and still the only comprehensive clinical guide to supportive psychotherapy this new edition of Clinical Manual of Supportive

Psychotherapy features updated and new chapters vignettes tables and resources that reflect current best practices Where once it was reserved for use with severely impaired patients supportive therapy has come to be recognized as the treatment of choice for many patients and supportive techniques underpin a great many other psychotherapies As a result the academic literature both on specific populations and on technical issues has mushroomed In this manual the authors all of them practicing mental health clinicians distill the most relevant information that nonpsychiatric physicians psychiatric residents and experienced psychiatrists and psychotherapists need to fully understand this specific modality The volume introduces in Part I readers to the history and evolution of the use of supportive therapy examining both its principles and its techniques It then applies in Part II the approach to a range of disorders including schizophrenia and hallucinations mood disorders personality disorders and new to this edition anxiety and co occurring disorders Part III covers interactions and special settings discussing applying supportive techniques with medically ill patients and older patients including tackling issues such as social and financial barriers to seeking treatment in the case of the latter Also included in this part are new chapters on interactions and special settings including practicing in detention and correctional centers and the special needs of therapists in public institutions and updated chapters on community and family involvement and medication adherence and therapy interactions A discussion of ethics augmented with guidance on cultural and religious sensitivity completes this most comprehensive of guides

Handbook of Diagnosis and Treatment of DSM-5 Personality Disorders Len Sperry,2016-05-12 Since the publication of the acclaimed second edition of Handbook of Diagnosis and Treatment of DSM IV TR Personality Disorders much has changed in how the personality disorders are understood and treated However like its previous editions this new edition is a hands on manual of the most current and effective evidence based assessment and treatment interventions for these challenging disorders The beginning chapters describes several cutting edge trends in the diagnosis case conceptualization and treatment of them Then specific chapters focus on evidence based diagnosis and treatment interventions for each of the 10 DSM 5 personality disorders Emphasized are the most recent developments from Cognitive Behavior Therapies Dialectical Behavior Therapy Cognitive Behavior Analysis System of Psychotherapy Pattern Focused Psychotherapy Mindfulness Schema Therapy Transference Focused Psychotherapy and Mentalization Based Treatment As in previous editions extensive case material is used to illustrate key points of diagnosis and treatment

Psychotherapy for Borderline Personality John F. Clarkin, Frank E. Yeomans, Otto F. Kernberg,2006 The book describes principles of TFP intervention and contains a wealth of practical guidelines on how to apply TFP to individual patients on a session by session basis This groundbreaking treatment manual focuses on the tasks of the therapist and the sequence of responses by the patient for each phase of treatment

Treatments for BPD (Borderline Personality Disorder). An Annotated Bibliography Danielle LaBeau,2016-06-09 Literature Review from the year 2016 in the subject Psychology Clinical Psychology Psychopathology Prevention grade A language English abstract This paper presents 6 Theories Therapies and

ideas to treat Borderline Personality Disorder BPD in a detailed annotated bibliography The articles reviewed are Dialectical Behavior Therapy DBT in the Treatment of Borderline Personality Disorder The Effectiveness of Cognitive Behavior Therapy for Borderline Personality Disorder Results From the Borderline Personality Disorder Study of Cognitive Therapy boscot Trial Outcome of Mentalization Based and Supportive Psychotherapy in Patients with Borderline Personality Disorder a Randomized Trial Implementation of Outpatient Schema Therapy for Borderline Personality Disorder Study Design Change in Attachment Patterns and Reflective Function in a Randomized Control Trial of Transference Focused Psychotherapy for Borderline Personality Disorder Predictors of Response to Systems Training for Emotional Predictability and Problem Solving STEPPS for Borderline Personality Disorder An Exploratory Study and Omega 3 fatty Acid Treatment of Women with Borderline Personality Disorder A Double Blind Placebo Controlled Pilot Study

Borderline Personality Disorder John G. Gunderson, 2009-02-20 Covering the range of clinical presentations treatments and levels of care Borderline Personality Disorder A Clinical Guide Second Edition provides a comprehensive guide to the diagnosis and treatment of borderline personality disorder BPD The second edition includes new research about BPD s relationship to other disorders and up to date descriptions of empirically validated treatments including cognitive behavioral and psychodynamic approaches Compelling new research also indicates a much better prognosis for BPD than previously known A pioneer in the field author John Gunderson M D director of the Borderline Personality Disorder Center at McLean Hospital draws from nearly 40 years of research and clinical experience The guide begins with a clear and specific definition of BPD informed by a nuanced overview of the historical evolution of the diagnosis and a thoughtful discussion of misdiagnosis Offering a complete evaluation of treatment approaches Dr Gunderson provides an authoritative overview of the treatment options and describes in depth each modality of treatment including pharmacotherapy family therapy individual and group therapy and cognitive behavioral therapies Unlike other works this book guides clinicians in using multiple modalities including the sequence of treatments and the types of changes that can be expected from each mode The discussion of each treatment emphasizes empirically validated therapies helping clinicians choose modalities that work best for specific patients In addition Borderline Personality Disorder A Clinical Guide Second Edition also outlines therapeutic approaches for multiple settings such as hospitalization partial hospitalization or day hospital programs and levels of outpatient care Complementing the well organized treatment guide are a series of informative and intriguing sidebars providing insight into the subjective experience of BPD addressing myths about therapeutic alliances in BPD and questioning the efficacy of contracting for safety Throughout the book Dr Gunderson recommends specific do s and don ts for disclosing the diagnosis discussing medications meeting with families starting psychotherapy and managing suicidality A synthesis of theory and practical examples

Borderline Personality Disorder A Clinical Guide Second Edition provides a thorough and practical manual for any clinician working with BPD patients Personality-Disordered Patients Michael H. Stone, 2007-05-03 Determining the amenability of

personality disorders to psychotherapy a patient's capacity to benefit from verbal approaches to treatment is important in helping clinicians determine the treatability of cases Michael Stone here shares the factors he has observed over long years of practice that can help practitioners evaluate patients stressing the amenability of the various disorders to amelioration By focusing on which patients are likely to respond well to therapeutic intervention and which will prove most resistive his book will help therapists determine with what kinds of patients they will most likely succeed and with which ones failure is almost a certainty Stone establishes the attributes that affect this amenability such as the capacity for self reflection motivation and life circumstances as guidelines for evaluating patients then describes borderline and other personality disordered patients with varying levels of amenability from high to low This coverage progresses from patients belonging to the DSM anxious cluster along with the depressive masochistic character and the hysteric character to patients who demonstrate an intermediate level of amenability to psychotherapy He introduces the interrelationship between borderline personality disorder and dissociative disorders and discusses treatability among certain patients in Clusters A and C as well as others with narcissistic histrionic depressive disorders Final chapters address the most severe aberrations of personality and the limitations they impose on the efficacy of therapy Personality Disordered Patients is filled with practical clinically focused information This guideline structured book Covers all personality disorders including ones not addressed in the latest DSM such as sadistic depressive hypomanic and irritable explosive Identifies both attributes necessary for treatability and factors associated with low treatability Pays particular attention to borderline disorders which represent the most discussed conditions and are among the most challenging to psychotherapists Reviews personality traits whose presence if intense even if unaccompanied by a definable personality disorder creates severe problems for psychotherapy Numerous case studies throughout the book provide examples that will help therapists determine which of their own patients are most likely to benefit from their efforts and thereby establish their own limits of effectiveness By alerting practitioners to when therapy is likely to fail these guidelines can help them avoid the professional disappointment of being unable to reach the most intractable patients

A Primer of Supportive Psychotherapy Henry Pinsker, 1997 This introductory text is designed to prepare the beginning therapist to function effectively with adults in outpatient clinics and hospitals The author specifically addresses the issue of what the therapist should say and devotes a large portion of the book to dialogues between anonymous patients and therapists Topics include self esteem reduction and prevention of anxiety ego function adaptive skills the expressive component and planning and ending treatment Annotation copyrighted by Book News Inc Portland OR

Supportive Therapy Lawrence H. Rockland, H Rockland, 2003-04-17 The main goal of the therapy described here is to improve ego functions and adaptations rather than to explore unconscious conflicts Thus the emphasis is on strengthening reality testing discouraging impulsivity and clarifying confused thinking while minimizing the regression and negative transference characteristic of exploratory therapy In chapters richly illustrated with clinical material the author details the

strategies and rationales of this practice covering such topics as transference and countertransference resistance working through and the relationship between supportive therapy and psychopharmacology Clinically sophisticated yet immensely practical this valuable resource will enhance the skill and understanding of every therapist student clinician or teacher who practices supportive psychotherapy *Introduction to Supportive Psychotherapy* Arnold Winston, Richard N.

Rosenthal, Henry Pinsky, 2004 The book provides clinical vignettes to show how to establish and maintain a positive therapeutic alliance understand and formulate patients problems and set realistic treatment goals Other chapters discuss the efficacy of supportive psychotherapy crisis intervention special populations and the criteria used to determine competency

Oxford Textbook of Psychotherapy Glen O. Gabbard, Judith S. Beck, Jeremy Holmes, 2007 With the publication of this book psychotherapy finally arrives at the mainstream of mental health practice This volume is an essential companion for every practising psychiatrist clinical psychologist psychotherapy counsellor mental health nurse psychotherapist and mental health practitioner It is integrative in spirit with chapters written by an international panel of experts who combine theory and research with practical treatment guidelines and illustrative case examples to produce an invaluable book Part One gives a comprehensive account of all the major psychotherapeutic approaches Parts Two and Three systematically describe psychotherapeutic approaches to the major psychiatric disorders and personality disorders Many chapters are multi authored and describe the psychodynamic cognitive behavioural and other approaches for treating these illnesses Part Four examines applications and modifications of psychotherapy across the lifecycle Part Five describes psychotherapy with specific populations such as medical patients and those where gender is an issue and finally Part Six tackles some of the special topics of concern to psychotherapists including ethics legal issues and psychotherapy and neuroscience The first of its kind this is a must have volume for all trainee and practising psychological therapists whatever their background psychiatry psychology social work or nursing Supportive Therapy Lawrence H. Rockland, 2003-04-17

The main goal of the therapy described here is to improve ego functions and adaptations rather than to explore unconscious conflicts Thus the emphasis is on strengthening reality testing discouraging impulsivity and clarifying confused thinking while minimizing the regression and negative transference characteristic of exploratory therapy In chapters richly illustrated with clinical material the author details the strategies and rationales of this practice covering such topics as transference and countertransference resistance working through and the relationship between supportive therapy and psychopharmacology Clinically sophisticated yet immensely practical this valuable resource will enhance the skill and understanding of every therapist student clinician or teacher who practices supportive psychotherapy Treating The Borderline Patient Frank Yeomans, Michael A. Selzer, John F. Clarkin, 1992 *American Journal of Psychotherapy*, 1947 **Deja Review Psychiatry, 2nd Edition** Abilash A.

Gopal, Alexander E. Ropper, Louis A. Tramontozzi, 2011-07-22 Flashcards in a book provide a comprehensive yet concise review for the psychiatry clerkship Maximum retention in minimum time **Deja Review Psychiatry** boils down your coursework

to just the critical concepts you need to know for exam success This unbeatable guide features a quick read two column flashcard in a book Q A format specifically designed to help you remember a large amount of pertinent information in the least amount of time possible The format allows you to zero in on only the correct answers to promote memory retention and get the most out of your study time Great for last minute review of high yield facts Deja Review provides a straightforward way for you to assess your strengths and weaknesses so you can excel on the clerkship and the USMLE Step 2 CK Icons call attention to must know high yield facts Expanded coverage on Psychopharmacology Active recall questions allow you to understand not just memorize the content Clinical vignettes at the end of chapters prepare you for board style questions Portable size for study on the go fits into your coat pocket Bookmark included to guide you through easy to use flashcard presentation

Journal of Applied Rehabilitation Counseling ,1998 **Treatments of Psychiatric Disorders** ,2001

Supportive Therapy For Borderline Patients Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has been evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Supportive Therapy For Borderline Patients**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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