



Cognitive-Behavioral Treatment of Borderline Personality Disorder (Diagnosis and Treatment of Mental Disorders)

Marsha M. 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*. Plus related DBT videos: *DBT at a Glance: An Introduction to Dialectical Behavior Therapy*, *DBT at a Glance: The Role of the Psychiatrist on the DBT Team*, and *Getting a New Client Connected to DBT (Complete Series)*.

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