

Conceptualization and Treatment

A Wonderful Journey to Discover Yourself and Release Negative Thoughts

Practical Solutions, Strategies, and Advice for Helping Your Family

The Oxford Handbook of Dialectical Behaviour Therapy

The Dialectical Behavior Therapy Skills Workbook

In this much-needed book, two renowned borderline personality disorder (BPD) experts offer simple, easy-to-use skills drawn from dialectical behavior therapy (DBT) and cognitive behavior therapy (CBT) to help you address the most common issues of BPD, such as intense feelings of anger, depression, and anxiety. For many, having BPD is like living in emotional overdrive. And whether you are feeling depressed, anxious, worried, or angry, you might struggle just to get through each day. So, how can you start balancing your moods and managing your symptoms? This helpful guide addresses over fifty of the most common struggles people with BPD face every day, and offers accessible, evidence-based solutions to help you feel better and get back to living your life. You'll discover powerful DBT and mindfulness skills to help you set personal limits, manage intense emotions and moods, and address issues like substance abuse and doing harm to yourself and others. In addition, you'll learn how to deal with the inevitable negative self-talk, feelings of paranoia, and self-invalidation. If you're ready to take charge of your BPD—instead of letting it take control of you—this book will be your go-to guide. Perfect for everyday use, the practices within will help you manage your symptoms as they arise.

If you or someone you love is struggling with borderline personality disorder (BPD), you need up-to-date, accurate, and accessible information on the problems you're facing and where you can turn for help. But where do you look? Much of the professional literature on BPD is too technical and confusing to be of much help. And searching the Internet for accurate information can be treacherous, with some sites providing useful information and others giving dangerous advice and misinformation. If you're living with BPD, this compassionate book offers what you really need: an easy-to-follow road map to guide you through this disorder and its treatment. This book provides answers to many of the questions you might have about BPD: What is BPD? How long does it last? What other problems co-occur with BPD? Overviews of what we currently know about BPD make up the first section of the book. Later chapters cover several common treatment approaches to BPD: DBT, mentalization-based treatment (MBT), and medication treatments. In the last sections of the book, you'll learn a range of useful coping skills that can help you manage your emotions, deal with suicidal thoughts, and cope with some of the most distressing symptoms of BPD. This book has been awarded The

Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit—an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

For many years, cognitive-behavioral techniques have been at the forefront of treatment for anxiety disorders. More recently, strategies rooted in Eastern concepts of acceptance and mindfulness have have demonstrated some promise in treating anxiety, especially in tandem with CBT. Now, with Acceptance-Based Behavioral Therapies for Anxiety, thirty expert clinicians and researchers present a comprehensive guide to integrating these powerful complementary approaches—where they match, when they differ, and why they work so well together. Chapter authors clearly place mindfulness and acceptance into the clinical lexicon, establishing links with established traditions, including emotion theory and experiential therapy. In addition, separate chapters discuss specific anxiety disorders, the current state of treatment for each, and practical ways of integrating acceptance and mindfulness approaches into therapy.

"These survivors hit their mark in helping to change the conversation about borderline personality disorder (BPD)." —Jim Payne, former president of the National Alliance on Mental Illness This provocative book uncovers the truth about a misunderstood and stigmatized disorder, and offers an opportunity for a deeper, more empathetic understanding of BPD from the real experts—the individuals living with it. BPD affects a significant percentage of the population. It is a disorder of relationships, one whose symptoms occur most in interpersonal contexts—and thus impact any number of interpersonal connections in life. When people have BPD, they may struggle to manage their emotions on a daily basis, and have to deal with fears of abandonment, anger issues, self-injury, and even suicidality—all of which can lead to even more instability in relationships. In *Beyond Borderline*, two internationally acclaimed experts on BPD—including Perry Hoffman, cofounder and president of the National Education Alliance for Borderline Personality Disorder (NEA-BPD)—team up to present a rare glimpse into the lives and recovery of people affected by BPD. This powerful compilation of stories reveals the deeply personal, firsthand perspectives of people who suffer with BPD, explores the numerous ways in which this disorder has affected their lives, and outlines the most debilitating and misunderstood symptoms of BPD (the most tragic being suicide). *Beyond Borderline* delves into the many ways the disorder can present—as well as the many paths to recovery—using evidence-based tools from dialectical behavior therapy (DBT), mindfulness meditation, mentalization-based therapy (MBT), and more. BPD is a challenging disorder that impacts people's lives and relationships in countless ways. With this book—full of intimate accounts that reflect the myriad ways BPD presents and how it affects not just those afflicted, but also their loved ones—you'll gain a deeper understanding of the disorder and learn how to move forward on the path toward healing while dealing with BPD.

Are you sick and tired of feeling 'flawed' or maybe even worthless? Have you experienced fear of abandonment at any point in your life? Do you finally want to say goodbye to unhealthy relationships and self-harming behaviors and discover something which works for you? If so, then you've come to the right place.

Relieve Your Suffering Using the Core Skill of Dialectical Behavior Therapy

Loving Someone with Borderline Personality Disorder

My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism, and

Borderline Personality Disorder Survival Guide. Understand Deep Emotions, Relieve Your Suffering Using the Dialectical Behavior Therapy Skills, DBT Exercises, Complex PTSD

The Buddha and the Borderline

The Girl's Guide to Taking Control of Intense Emotions, Drama, and Chaos Using DBT

Talking About BPD

Introducing a breakthrough, integrative approach to managing your borderline personality disorder (BPD). If you 've been diagnosed with BPD you may feel a number of emotions—including shock, shame, sadness, abandonment, emptiness, or even anger. Even worse, you may be tempted to research your diagnosis online, only to find doomsday scenarios and terrible prognoses everywhere you click. Take a deep breath. You can get through this—and this workbook will help guide you. Despite what you may have read or been told, BPD is not the worst thing that can happen to you. Like many mental health issues, it manifests on a spectrum, and while some people may encounter extreme symptoms and consequences on one end, others may be less affected on the other. What do you all have in common? You likely experience difficulty balancing your emotions, thoughts, and behaviors. And you may even have trouble seeing yourself clearly—continuously switching from the hero to the villain of the story you 've written about your life. So, how can you make sense of it all and start on the road to healing? Rather than utilizing a one-size-fits-all treatment, this groundbreaking and comprehensive workbook meets you where you are on your therapeutic journey, and provides an integrative approach to treating BPD drawing on evidence-based dialectical behavior therapy (DBT), acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), and interpersonal therapy. With this compassionate workbook, you 'll gain a greater understanding of your BPD, uncover your own emotional triggers, and discover your own personal motivators for positive change. Your BPD has determined how you see and live your life, but it doesn 't have to define you forever. With this workbook as your guide, you 'll be ready to face your diagnosis head-on, and take those important first steps toward lasting wellness.

Borderline Personality Disorder Demystified, Revised Edition

DBT and CBT Skills to Soothe the Symptoms of Borderline Personality Disorder

5 Easy Practices to Get You Through the Hard Sh*t (and into the Good)

The Mindfulness Solution for Intense Emotions

Clinical Handbook of Mindfulness

The Summer My Father Died

Dialectical Behavior Therapy