



Transference-Focused Psychotherapy for Borderline Personality Disorder: A Clinical Guide

By John F. Clarkin, Frank E. Yeomans, Otto F. Kernberg

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Transference-Focused Psychotherapy for Borderline Personality Disorder: A Clinical Guide presents a model of borderline personality disorder (BPD) and its treatment that is based on contemporary psychoanalytic object relations theory as developed by the leading thinker in the field, Otto Kernberg, M.D., who is also one of the authors of this insightful manual. The model is supported and enhanced by material on current phenomenological and neurobiological research and is grounded in real-world cases that deftly illustrate principles of intervention in ways that mental health professionals can use with their patients. The book first provides clinicians with a model of borderline pathology that is essential for expert assessment and treatment planning and then addresses the empirical underpinnings and specific therapeutic strategies of transference-focused psychotherapy (TFP). * From the chapter on clinical assessment, the clinician learns how to select the type of treatment on the basis of the level of personality organization, the symptoms the patient experiences, and the areas of compromised functioning. In order to decide on the type of treatment, the clinician must examine the patient's subjective experience (such as symptoms of anxiety or depression), observable behaviors (such as investments in relationships and deficits in functioning), and psychological structures (such as identity, defenses, and reality testing). * Next, the clinician learns to establish the conditions of treatment through negotiating a verbal treatment contract or understanding with the patient. The contract defines the responsibilities of each of the participants and defines what the reality of the therapeutic relationship is. * Techniques of treatment interventions and tactics to address particularly difficult clinical challenges are addressed next, equipping the therapist to employ the four primary techniques of TFP (interpretation, transference analysis, technical neutrality, and use of countertransference) and setting the stage for and guiding the proper use of those techniques within the individual session.* What to expect in the course of long-term treatment to ameliorate symptoms and to effect personality change is covered, with sections on the early, middle, and late phases of treatment. This material prepares the clinician to deal with predictable phases, such as tests of the frame, impulse containment, movement toward integration, episodes of regression, and termination.* Finally, the text is accompanied by

supremely instructive online videos that demonstrate a variety of clinical situations, helping the clinician with assessment and modeling critical therapeutic strategies. The book recognizes that each BPD patient presents a unique treatment challenge. Grounded in the latest research and rich with clinical insight, *Transference-Focused Psychotherapy for Borderline Personality Disorder: A Clinical Guide* will prove indispensable to mental health professionals seeking to provide thoughtful, effective care to these patients.

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Editorial Review

From the Inside Flap

Transference-Focused Psychotherapy for Borderline Personality Disorder: A Clinical Guide is a treatment manual designed for mental health professionals who work with individuals presenting with moderate to severe forms of personality disorder. Although the authors' research has been with patients with a DSM-5 diagnosis of borderline personality disorder (BPD), the book focuses on the broader group of patients with borderline personality organization, expanding the reach and utility of this volume. The authors, who are among the foremost experts in BPD, combine principles of intervention with clinical cases that illustrate the principles as applied in a variety of situations. The clinical knowledge that is imparted by this approach is further developed through online videos that accompany the text.

Phenomenal advances in treatments for borderline pathology have been made over the past 25 years. Transference-Focused Psychotherapy for Borderline Personality Disorder: A Clinical Guide marshals these theoretical advances and data from developmental and neurocognitive studies to enrich the reader's understanding of both the pathology itself and the elements of effective clinical intervention and treatment. The book represents an important contribution to the literature on BPD.

About the Author

Frank E. Yeomans, M.D., Ph.D., is Clinical Associate Professor of Psychiatry at Weill Cornell Medical College, Director of Training at the Personality Disorders Institute at Weill Cornell Medical College, and Adjunct Associate Professor of Psychiatry at the Columbia Center for Psychoanalytic Training and Research, New York, New York. John F. Clarkin, Ph.D., is Codirector of the Personality Disorders Institute at Weill Cornell Medical College and Clinical Professor of Psychology in Psychiatry at Weill Cornell Medical College, New York, New York. Otto F. Kernberg, M.D., is Director of the Personality Disorders Institute at Weill Cornell Medical College, Professor Emeritus at Weill Cornell Medical College, and Training and Supervising Analyst at Columbia University Center for Psychoanalytic Training and Research, New York, New York.

Users Review

From reader reviews:

Roger Cooper:

This Transference-Focused Psychotherapy for Borderline Personality Disorder: A Clinical Guide book is simply not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is definitely information inside this book incredible fresh, you will get data which is getting deeper anyone read a lot of information you will get. This kind of Transference-Focused Psychotherapy for Borderline Personality Disorder: A Clinical Guide without we know teach the one who studying it become critical in pondering and analyzing. Don't possibly be worry Transference-Focused Psychotherapy for Borderline Personality Disorder: A Clinical Guide can bring once you are and not make your carrier space or bookshelves' turn into full because you can have it in your lovely laptop even cell phone. This Transference-Focused Psychotherapy for Borderline Personality Disorder: A Clinical Guide having very good arrangement in word in addition to layout, so you will not experience uninterested in

reading.

Wilma Shay:

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Jessica Sarmiento:

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