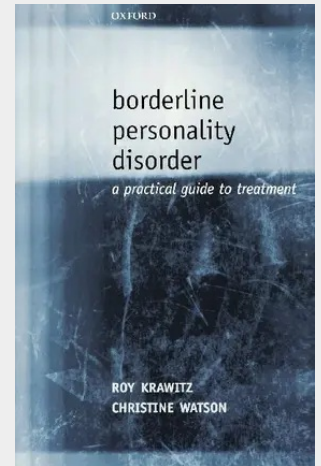


Borderline Personality Disorder

A Practical Guide to Treatment

Borderline personality disorder is a multidimensional disorder best considered as severe personality dysfunction. Around 2% of the population are thought to meet the criteria for the disorder, with approximately 1 in 10,000 people experiencing the most severe difficulties. This group is over-represented in the challenges facing mental health services. Once seen as 'untreatable', people meeting diagnostic criteria for borderline personality disorder are all too often mistreated and misdiagnosed, resulting in prolonged and unhelpful relationships with services that are taxing to clients and clinicians alike. Borderline Personality Disorder: A Practical Guide for Treatment draws on the latest research and clinical experience to provide an accessible and practical summary of treatment options. It provides hope and evidence that people meeting diagnostic criteria for the disorder can be treated effectively and successfully. The book presents a pragmatic approach to care to be read by all members of mental health and substance use teams including psychiatrists, clinical psychologists, counsellors, mental health nurses and social workers.

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