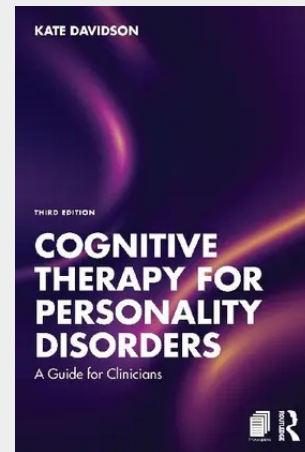


Cognitive Therapy for Personality Disorders

A Guide for Clinicians

Cognitive Therapy for Personality Disorders provides a thorough description of how to apply cognitive behavioural therapy to patients who are traditionally regarded as being difficult to treat, focusing on those with borderline personality disorder and antisocial personality disorder. This revised third edition expands substantially on previous editions, incorporating new developments in theory and practice in the field. It provides a comprehensive and authoritative guide to applying CBTpd, including clinical vignettes to illustrate how the therapy is applied. CBTpd takes a developmental perspective as childhood trauma and adversity are frequently associated with these disorders. This edition is informed by decades of training clinicians in the UK and internationally, responding to the challenges they commonly encounter in working with patients with personality disorders. The new edition provides clinicians with clear and detailed examples of how to manage complex problems, including how to develop a narrative formulation that takes a developmental perspective, as well as guidance on other challenges such as managing the therapeutic relationship whilst keeping therapy focused and the patient engaged in therapy. This guide will be essential reading for psychiatrists, clinical and counselling psychologists, therapists, mental health nurses, and trainees in CBT.

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43,50 €

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vorbestellbar, Erscheinungstermin ca. August 2026

Artikelnummer: 9781041085652

Medium: Buch

ISBN: 978-1-041-08565-2

Verlag: Taylor & Francis Ltd

Erscheinungstermin: 24.08.2026

Sprache(n): Englisch

Auflage: 3. Auflage 2026

Produktform: Kartoniert

Gewicht: 480 g

Seiten: 260

Format (B x H): 156 x 234 mm

