

# Treating Borderline Personality Disorder Just Got a Little Easier

Introduction  
The Challenge

Chapter 1  
Diagnosis

Chapter 2  
Etiological Issues

Chapter 3  
Core Characteristics  
and Treatment  
Implications

Chapter 4  
Fundamental  
Treatment Decisions

Chapter 5  
Common Features in  
Various Treatments

Chapter 6  
Prognosis and Treatment  
Goals

Chapter 7  
Therapeutic Strategies

Chapter 8  
Therapeutic Strategies  
for Reducing Emotional  
Arousal and Dyscontrol

Chapter 9  
Self-Destructive  
Behavior

Chapter 10  
Psychopharmacology

Chapter 11  
When You Have Time for  
Longer-Term Therapy

Chapter 12  
Psychotherapy:  
Terminable and  
Interminable

Appendix A  
Assessing BPD with  
Psychological Tests

Appendix B  
Pleasant Events Checklist

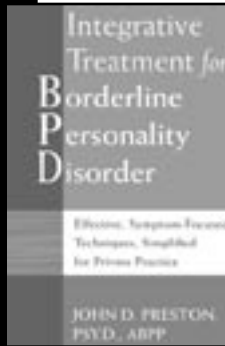
Appendix C  
Early Maladaptive  
Schemas

References

Index

**“...practical, wise, and immediately helpful advice that will improve your next session.”**

—Allen Frances, MD, professor and chair of the Department of Psychiatry and Behavior Sciences at the Duke University Medical Center



Emotional dysregulation, explosive anger, extreme impulsivity: these are just a few of the characteristics of borderline personality disorder, and clients with BPD don't leave them at the door when they enter a therapist's office. No doubt about it, treating someone with BPD can be a frustrating and sometimes frightening experience for a clinician, but it just got a little easier. In *Integrative Treatment for Borderline Personality Disorder* psychologist John Preston offers therapists a complete treatment protocol that pulls together the most effective techniques from empirically validated therapies—including dialectical behavior therapy—and treatments that target neurobiology.

**John D. Preston, Psy.D., ABPP**, is a licensed psychologist and author of more than seventeen books, including *The Handbook of Clinical Psychopharmacology for Therapists*, *Child and Adolescent Psychopharmacology Made Simple*, and *Clinical Psychopharmacology Made Ridiculously Simple*.

“Preston has taken on a Herculean task. First, he has written a book on the treatment of individuals with borderline personality disorder, and second, he has offered a protocol for the shorter-term treatments of these individuals. He has succeeded brilliantly in both areas. From conceptualization through diagnosis and treatment, this volume offers both experienced and novice clinicians a practical, applied, and straightforward framework for increasing the potential for therapeutic success with this most difficult and diverse client group.”

—Arthur Freeman, Ed.D., ABPP, professor and chair of the Department of Psychology at the Philadelphia College of Osteopathic Medicine

“A must read for clinicians facing the challenges of treating borderline personality disorders. The book provides practical, wise, and immediately helpful advice that will improve your next session.”

—Allen Frances, MD, professor and chair of the Department of Psychiatry and Behavioral Sciences at the Duke University Medical Center and chair of the Task Force on DSM-IV

**PLEASE CONSIDER FOR REVIEW. FOR MORE INFORMATION CONTACT:  
Lorna Garano, 510-652-0215, x107, lorna@newharbinger.com**

*Integrative Treatment for Borderline Personality Disorder: Effective, Symptom-Focused Techniques, Simplified for Private Practice* by John D. Preston, Psy.D., ABPP

Published in April 2006, New Harbinger Publications, ISBN: 1-57224-446-1, \$24.95, 177 pages  
800-748-6273, [www.newharbinger.com](http://www.newharbinger.com)