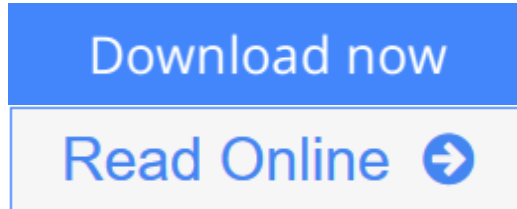


# Integrative Treatment for Borderline Personality Disorder: Effective, Symptom-Focused Techniques, Simplified for Private Practice

By John D. Preston Psy D ABPP



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

The Best Interventions for BPD—Structured for Private Practice

If you're a therapist in private practice, the odds are that, at some point, you'll encounter a client with borderline personality disorder (BPD). You already know how challenging it is to help people with BPD, especially within the limited scope of treatment allowed by managed care programs. But you want to help. And the severity of BPD, in particular the tendency of people with BPD to engage in suicidal and self-destructive behaviors, makes it critical that you have every chance for conducting a successful intervention—no matter what resources are available to you.

By blending the most effective treatment techniques available for BPD into a clear and systematic protocol, this book shows you how to maximize your chances for helping your client achieve lasting change in the course of brief therapy. Skills for regulation of out-of-control emotions, including some from the much acclaimed dialectical behavior therapy (DBT), make up the core of the program. The book also benefits from the psychopharmacological expertise of its author, John Preston, whose **Handbook of Clinical Psychopharmacology for Therapists** is the essential resource for therapists about psychoactive medication.

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## **Editorial Review**

### Review

“A must read for clinicians facing the challenge of treating borderline personality disorder. 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 the DSM-IV

### From the Publisher

A noted expert in the treatment of borderline personality disorder presents a comprehensive program for treating this difficult condition—integrating the most effective treatments in use today, including dialectical behavior therapy (DBT). This book allows therapists in private practice to make progress with clients with BPD in just a few sessions.

### About the Author

**John D. Preston, PsyD, ABPP**, is a licensed psychologist and author or coauthor of twenty books. He is professor emeritus of psychology at Alliant International University, and has also served on the faculty of the UC Davis School of Medicine. He has lectured widely in the United States and abroad. He is the recipient of the Mental Health Association’s President’s Award for contributions to the mental health professions, and is a fellow of the American Psychological Association.

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