

Overcoming Resistant Personality Disorders A Personalized Psychotherapy Approach

Author Theodore Millon Published On May 2007

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 Borderline Personality Disorder
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 Exploring the Story of Mental Illness from Ancient Times to the New Millennium
 A Rational Emotive Behavior Therapy Integrated Approach, Second Edition
 A treatment manual
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 Using Relentless Empathy in the Therapeutic Relationship
 Cognitive Therapy of Personality Disorders, Third Edition
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 Family-Based Interventions for Resistance, Rejection, and Alienation
 A Personalized Psychotherapy Approach
 Identifying and Dealing with Narcissists, Sociopaths, and Other High-Conflict Personalities

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A Practitioner's Guide to Personalized Clinical Assessment Guilford Publications
 Widely regarded as a premier clinical reference, this book provides state-of-the-science tools for conducting effective assessments and using the results to plan and monitor evidence-based interventions. Leading authorities present proven approaches to screening and assessment for specific psychological problems. They offer practical guidance and case examples to help clinicians select the best measures for different populations and assessment purposes. Recommended instruments and procedures are described, including applications for managed care and primary care settings. Many of the chapters feature detailed tables that compare and contrast relevant measures. New to This Edition *Thoroughly updated with new instruments and research findings. *Chapter on the role of assessment in evidence-based treatment. *Additional disorder-specific chapter: impulse control disorders. *Chapter explaining how to evaluate the reliability and validity of a measure.

A Personalized Psychotherapy Approach Routledge

Integrated Treatment for Co-Occurring Disorders addresses a complex client population, which presents service providers with significant professional challenges. Underlying personality disorders compromise treatment effectiveness for medical, other psychiatric, or trauma services, as well as the ability these individuals have in adhering to probation, parole, or court-ordered treatment requirements. A co-occurring substance use disorder amplifies the difficulties experienced by personality-disordered individuals, exacerbates the precarious nature of their relationships, and raises the skill level needed by service providers attempting to help them. There can be significant professional satisfaction in working effectively with the interplay of addiction and disorders of personality. The book brings focus to the specifics of assessment and treatment for this type of co-occurring disorder and suggests that greater adaptability, fewer self-sabotaging behaviors, and an abstinent lifestyle are all possible. Recovery from both disorders is the journey these individuals take toward greater maturation, reliable impulse control, and coping skills that are not dependent upon the evasion of the demands of living or use of substances to manage stress or uncomfortable affect. Recovery is possible, and service providers can assist these clients on their path to wellness.

Masters of the Mind Routledge

Quickly acquire the knowledge and skills you need to administer, score, and interpret the MCMI ®-IV Essentials of MCMI ®-IV Assessment is the definitive source of up-to-date, practical information for clinicians and students using the MCMI®-IV inventory. Step-by-step guidelines walk you through the process of administering the assessment, with a profile and demonstration of the clinical process from administration to treatment. Expert discussion helps inform higher-quality therapeutic interventions. The link between assessment and intervention is emphasized throughout, as well as coverage of relevant populations and clinical applications, to provide a well-rounded understanding while illuminating the uses of the MCMI ®-IV. This book provides instruction and clarification from the foremost experts to help you achieve better outcomes for your clients. Follow step-by-step guidelines for administering the MCMI ®-IV Recognize the connection between data and intervention Improve quality and accuracy of therapeutic applications Gain a more practical understanding of the MCMI ®-IV assessment process The MCMI ®-IV assesses a wide range of information related to a client's personality, emotional adjustment, test-taking approach, and other critical information. Interpretation and reporting serve as a basis from which therapeutic interventions are designed, so

quality and accuracy is of utmost importance every step of the way. Essentials of MCMI ®-IV Assessment is the most authoritative, up-to-date resource in the field, and a must-have reference for anyone who uses the test.

Introducing a DSM / ICD Spectrum from Normal to Abnormal American Psychiatric Pub

This book includes the work of 22 contributing writers in addition to the three primary authors, John F. Clarkin, Ph.D., Peter Fonagy, Ph.D., and Glen O. Gabbard, M.D. Each contributor has extensive clinical experience, and some also have research experience, with the assessment and treatment of specific personality disorders.

CHRISTIAN PERSONALITY THEORY: A Self Compass For Humanity American Psychiatric Pub

Although there are a variety of textbooks and manuals of psychiatric disorders, few have focused on the management of treatment-resistant patients. Those that exist have largely focused on treatment-resistant depression and even these are now largely outdated. Because psychiatrists and other mental health care professionals increasingly manage patients who fail treatment from family practitioners and other non-psychiatric specialists, a single practical volume summarizing the evidence-based medicine as well as the art of managing treatment-resistant patients is a much needed volume for practitioners, psychiatry residents and other mental health workers. Most importantly, both psychopharmacological and psychotherapeutic interventions will be included, a shortcoming of many previous volumes. "Management of Treatment Resistant Major Psychiatric Disorders" contains chapters authored by leaders in the field on the management of the major treatment resistant psychiatric disorders.

Overcoming Resistant Personality Disorders Guilford Press

Patients with personality disorders need targeted treatments which are able to deal with the specific aspects of the core pathology and to tackle the challenges they present to the treatment clinicians. Such patients, however, are often difficult to engage, are prone to ruptures in the therapeutic alliance, and have difficulty adhering to a manualized treatment. Giancarlo Dimaggio, Antonella Montano, Raffaele Popolo and Giampaolo Salvatore aim to change this, and have developed a practical and systematic manual for the clinician, using Metacognitive Interpersonal Therapy (MIT), and including detailed procedures for dealing with a range of personality disorders. The book is divided into two parts, Pathology, and Treatment, and provides precise instructions on how to move from the basic steps of forming an alliance, drafting a therapy contract and promoting self-reflections, to the more advanced steps of promoting change and helping the patient move toward health and adaptation. With clinical examples, summaries of therapies, and excerpts of session transcripts, Metacognitive Interpersonal Therapy for Personality Disorders will be welcomed by psychotherapists, clinical psychologists and other mental health professionals involved in the treatment of personality disorders.

Management of Treatment-Resistant Major Psychiatric Disorders Routledge

Auditory hallucinations rank amongst the most treatment resistant symptoms of schizophrenia, with command hallucinations being the most distressing, high risk and treatment resistant of all. This new work provides clinicians with a detailed guide, illustrating in depth the techniques and strategies developed for working with command hallucinations. Woven throughout with key cases and clinical examples, Cognitive Therapy for Command Hallucinations clearly demonstrates how these techniques can be applied in a clinical setting. Strategies and solutions for overcoming therapeutic obstacles are shown alongside treatment successes and failures to provide the reader with an accurate understanding of the complexities of cognitive therapy. This helpful and practical guide will be of interest to clinical and forensic psychologists, cognitive behavioural therapists, nurses and psychiatrists.

Essentials of MCMI-IV Assessment American Psychiatric Pub

The most common personality disorder here and abroad, borderline personality disorder is often misdiagnosed or underdiagnosed. Left untreated, it causes marked distress and impairment in social, occupational, and role functioning, with high rates of self-destructive behavior (attempted and completed suicide). Its pervasive pattern of impulsivity and instability of interpersonal relationships, affects, and self-image begins in early adulthood and presents in a variety of contexts. Developed primarily by psychiatrists in active clinical practice, the revised edition of this popular work offers an updated synthesis of current scientific knowledge and rational clinical practice for patients with borderline personality disorder -- with the important caveat that clinicians should consider, but not limit themselves to, the treatments recommended here. The summary of treatment recommendations is keyed according to the level of confidence with which each recommendation is made and coded to show the nature of its supporting evidence. Highly informative and easy to use, this eminently practical volume is organized into three major parts: Part A contains treatment recommendations (Section I, treatment summaries; Section II, treatment plans; Section III, special clinical considerations; and Section IV, risk management issues during treatment), Part B presents the evidence underlying these treatment recommendations (Section V, an overview of DSM-IV-TR criteria, prevalence rates, and natural history and course; and Section VI, a review of existing treatment literature), and Part C summarizes those areas in which better research data are needed. Remarkably concise and comprehensive, this practice guideline continues to be an indispensable reference for every clinician who treats patients with this heterogeneous and complex disorder.

Promoting Evidence-Based Psychodynamic Practice Overcoming Resistant Personality Disorders A Personalized Psychotherapy Approach

This booklet is designed for people who have someone in their lives who has borderline personality disorder (BPD). The first three sections include information about the symptoms and causes and treatment of BPD. Section four talks about how to support someone who has BPD and the last section discusses self-care for family and friends. Contents: - about personality disorders - about borderline personality disorder - treatment for people with BPD - supporting the family member who has BPD - self-care - recovery and hope - family crisis information sheet.

A Self Compass for Humanity Oxford University Press

Defined by stable, long-term, subjective distress and/or social impairment, personality disorders affect up to 18% of the population. Social impairment and health care usage are far more prevalent among people with personality disorders than among people with major depressive disorders. Personality disorders are highly prevalent, variable, and notoriously difficult to treat, and they continue to challenge the therapeutic community and represent a formidable public health concern. This volume ably addresses personality disorders as one of the top priorities of psychiatry for the new millennium, offering a thorough and updated review and analysis of empirical work to point up the issues central to developing a therapeutic model for treatment as well as current research challenges. A review of extant research yields the heartening conclusion that psychotherapy remains an effective treatment for people with personality disorders. An examination of psychodynamic treatment for borderline personality disorder speaks to its efficacy. An analysis of the rationale for combining psychotherapy and psychopharmacology emphasizes the importance of identifying temperament and target conditions. A well-documented and reasoned treatise on antisocial personality disorder makes the crucial point that clinicians must acquire a depth of understanding and skill sufficient to determine what the cut-off point is for treatable versus nontreatable gradations. With the caveat that evidence supporting the efficacy of cognitive treatments for personality disorders is slight and that such approaches require tailoring, a strong case is made for their validity. This timely volume both answers and reframes many stubborn questions about the efficacy of psychotherapy for treating personality disorders.

Mindfulness and CBT Tools for Coping with Unwanted Violent Thoughts Jones & Bartlett Learning
Common Dilemmas in Couple Therapy addresses four common problems that couples therapists face everyday in their offices - problems that leave therapists exhausted, drained, challenged, alive, racing, and on edge. These dilemmas encompass not only the difficult challenges therapists face everyday, but also the passions and profound disappointments of human intimate partnerships. The purpose of this book is not only to explore and give case illustrations of these dilemmas, but also to give therapists strategies to use and help them understand and handle their own profound experiences while doing this work.

A Clinical Handbook John Wiley & Sons

With a new foreword by Raymond DiGiuseppe, PhD, ScD, St. John's University "Albert Ellis has written many books on his favorite topic Rational Emotive Behavior Therapy. Although he writes on that topic very well, he often does not write about generic psychotherapy. REBT is an integrative form of psychotherapy. Following this model, psychotherapists can incorporate many diverse techniques and strategies to change clients' dysfunctional behaviors and emotions. Much of what AI identifies as good REBT in this book is just good psychotherapy. Because people so universally identify AI with REBT, people may generally overlook his wisdom as a clinician. Having worked with AI for more than thirty years, I have been fortunate enough to learn from him. Much of the knowledge I learned from AI and cherish the most is not necessarily about REBT theory. They concern wise ways of thinking about clinical problems. That is why, out of all AI's books, this is my favorite. This is AI Ellis, the clinician." -- From the Foreword by Raymond DiGiuseppe, PhD, ScD, Director of Professional Education, Albert Ellis Institute; Professor and Chair, Department of Psychology, St. John's University Now available in an affordable paperback, this edition takes a look at the underlying causes of resisting cognitive-emotional-behavioral change and the methods used to overcome them. Written in present-action language, Ellis gives an overview of the basic principles of Rational Emotive Behavior Therapy and Cognitive Behavior Therapy. Ellis charts the changes in the field that have taken place in the 20 years leading up to 2002, when this edition was originally published. The book also integrates recent therapies into REBT, including psychotherapy, solution-focused therapy, and recent findings of experimental psychology.

Practitioner's Guide to Collaborative Treatment John Wiley & Sons

This practical guide presents Leahy's multidimensional model of resistance in cognitive therapy. Richly illustrated with case examples and session vignettes, the book addresses a variety of ways that clients may resist basic therapeutic procedures: noncompliance with agenda setting and homework assignments, splitting transference with other therapists, inappropriate behavior, and premature termination. Underlying processes of resistance are explored, from the desire for validation to risk aversion and self-handicapping. Also highlighted are ways that the therapist's own responses may inadvertently impede change. Provided are innovative tools for getting treatment back on track, including targeted interventions, in-session "experiments," and questionnaires and graphic models to share with clients.

COMPASS THERAPY: Christian Psychology in Action Oxford University Press

"This new edition covers new research on personality disorders, and the new DSM. Part 1 provides a basic primer on the cognitive model of personality disorders. Chapters in Part 2 then delve into the specifics of treating specific types of personality pathology. Each has at its core a nice, well-rounded case that illustrate the points well. Broad audience: Psychologists, psychiatrists, clinical social

workers, family therapists, mental health counselors, substance-abuse professionals, pastoral counselors"--Provided by publisher.

Borderline Personality Disorder Simon and Schuster

Borderline personality disorder (BPD) is characterized by unstable moods, negative self-image, dangerous impulsivity, and tumultuous relationships. Many people with BPD excel in academics and careers while revealing erratic, self-destructive, and sometimes violent behavior only to those with whom they are intimate. Others have trouble simply holding down a job or staying in school. Overcoming Borderline Personality Disorder is a compassionate and informative guide to understanding this profoundly unsettling--and widely misunderstood--mental illness, believed to affect approximately 6% of the general population. Rather than viewing people with BPD as manipulative opponents in a bitter struggle, or pitying them as emotional invalids, Valerie Porr cites cutting-edge science to show that BPD is a true neurobiological disorder and not, as many come to believe, a character flaw or the result of bad parenting. Porr then clearly and accessibly explains what BPD is, which therapies have proven effective, and how to rise above the weighty stigma associated with the disorder. Offering families and loved ones supportive guidance that both acknowledges the difficulties they face and shows how they can be overcome, Porr teaches empirically-supported and effective coping behaviors and interpersonal skills, such as new ways of talking about emotions, how to be aware of nonverbal communication, and validating difficult experiences. These skills are derived from Dialectical Behavior Therapy and Mentalization-based Therapy, two evidence-based treatments that have proven highly successful in reducing family conflict while increasing trust. Overcoming Borderline Personality Disorder is an empowering and hopeful resource for those who wish to gain better understanding of the BPD experience--and to make use of these insights in day-to-day family interactions. Winner of the ABCT Self Help Book Seal of Merit Award 2011

Frontiers for Preventive Intervention Research Springer Publishing Company

A definitive, authoritative and up-to-date resource for anyone interested in the theories, models and assessment methods used for understanding the many facets of Human personality and individual differences This brand new Handbook of Personality Theory and Assessment 2-Volume Set constitutes an essential resource for shaping the future of the scientific foundation of personality research, measurement, and practice. There is need for an up-to-date and international Handbook that reviews the major contemporary personality models Vol. 1 and associated psychometric measurement instruments Vol. 2 that underpin the scientific study of this important area of individual differences psychology, and in these two Handbooks this is very much achieved. Made unique by its depth and breadth the Handbooks are internationally edited and authored by Professors Gregory J. Boyle, Gerald Matthews, and Donald H. Saklofske and authored by internationally known academics, this work will be an important reference work for a host of researchers and practitioners in the fields of individual differences and personality assessment, clinical psychology, educational psychology, work and organizational psychology, health psychology and other applied fields as well. Volume 2: Personality Measurement and Assessment. Covers psychometric measurement of personality and has coverage of the following broad topics, listed by section heading: " General Methodological Issues " Multidimensional Personality Instruments " Assessment of Biologically-Based Traits " Assessment of Self-Regulative Traits " Implicit, Projective And Objective Measures Of Personality " Abnormal Personality Trait Instruments " Applications of Psychological Testing

Resolving Difficult Clinical Syndromes National Academies Press

Some difficult people aren't just hard to deal with—they're dangerous. Do you know someone whose moods swing wildly? Do they act unreasonably suspicious or antagonistic? Do they blame others for their own problems? When a high-conflict person has one of five common personality disorders—borderline, narcissistic, paranoid, antisocial, or histrionic—they can lash out in risky extremes of emotion and aggression. And once an HCP decides to target you, they're hard to shake. But there are ways to protect yourself. Using empathy-driven conflict management techniques, Bill Eddy, a lawyer and therapist with extensive mediation experience, will teach you to: - Spot warning signs of the five high-conflict personalities in others and in yourself. - Manage relationships with HCPs at work and in your private life. - Safely avoid or end dangerous and stressful interactions with HCPs. Filled with expert advice and real-life anecdotes, 5 Types of People Who Can Ruin Your Life is an essential guide to helping you escape negative relationships, build healthy connections, and safeguard your reputation and personal life in the process. And if you have a high-conflict personality, this book will help you help yourself.

Psychodynamic Psychotherapy for Personality Disorders John Wiley & Sons

From the authoritative expert in personality disorders, Search for the Real Self is a thorough dissection of how one's real self is developed, how it relates to the outer world, and how personality disorders are understood and treated in our modern society. Personality disorders—borderline, narcissistic, and schizoid—have become the classic psychological disorders of our age. Outwardly successful, charming and powerful, personality-disordered individuals have long confounded their colleagues, family, lovers and employees—as well as mental health professionals. The author helps the reader understand them. After describing how the healthy real self develops and functions, he explains what can go wrong. Drawing on case histories, he shows how the false self behaves in relationships and on the job, and then delineates appropriate treatments, offering real hope for cure. *Exploring the Story of Mental Illness from Ancient Times to the New Millennium* Tyndale Momentum Covering the range of clinical presentations, treatments, and levels of care, Borderline Personality Disorder: A Clinical Guide, Second Edition, provides a comprehensive guide to the diagnosis and treatment of borderline personality disorder (BPD). The second edition includes new research about BPD's relationship to other disorders and up-to-date descriptions of empirically validated treatments, including cognitive-behavioral and psychodynamic approaches. Compelling new research also indicates a much better prognosis for BPD than previously known. A pioneer in the field, author John Gunderson, M.D., director of the Borderline Personality Disorder Center at McLean Hospital, draws from nearly 40 years of research and clinical experience. The guide begins with a clear and specific definition of BPD, informed by a nuanced overview of the historical evolution of the diagnosis and a thoughtful discussion of misdiagnosis. Offering a complete evaluation of treatment approaches, Dr. Gunderson provides an authoritative overview of the treatment options and describes in-depth each modality of treatment, including pharmacotherapy, family therapy, individual and group therapy, and cognitive-behavioral therapies. Unlike other works, this book guides clinicians in using multiple modalities, including the sequence of treatments and the types of changes that can be expected from each mode. The discussion of each treatment emphasizes empirically validated therapies, helping clinicians choose modalities that work best for specific patients. In addition, Borderline Personality Disorder: A Clinical Guide, Second Edition, also outlines therapeutic approaches for multiple settings, such as hospitalization, partial hospitalization or day hospital programs, and levels of outpatient care. Complementing the well-organized treatment guide are a series of informative and intriguing sidebars, providing insight into the subjective experience of BPD, addressing myths about therapeutic alliances in BPD, and questioning the efficacy of contracting for safety. Throughout the book, Dr. Gunderson recommends specific do's and don'ts for disclosing the diagnosis, discussing medications, meeting with families, starting psychotherapy, and managing

suicidality. A synthesis of theory and practical examples, *Borderline Personality Disorder: A Clinical Guide, Second Edition*, provides a thorough and practical manual for any clinician working with BPD patients.

[A Rational Emotive Behavior Therapy Integrated Approach, Second Edition](#) Lulu.com

Now in a substantially revised and expanded second edition, this important work thoroughly details the full range of clinical assessment tools developed by Theodore Millon and his associates.

Presented is the most current, authoritative overview of the Millon Clinical Multiaxial Inventory (MCMI), as well as comprehensive information on widely used instruments for such specific populations as adolescents, preadolescents, medical patients, and college students. With a heightened focus on clinical practice, the second edition offers explicit guidance for linking assessment to individualized, evidence-based treatment planning and intervention. Many of the chapters are entirely new, reflecting significant research advances and the development of new inventories.