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## Borderline Personality Disorder An evidence-based guide for generalist mental health professionals

Anthony W. Bateman and Roy Krawitz

Print Publication Year: 2013 Published Online: Aug 2015 Publisher: Oxford University Press  
ISBN: 9780199644209 eISBN: 9780191808159 DOI: 10.1093/med:psych/9780199644209.001.0001  
Item type: book

This is a book for general mental health professionals who treat people with borderline personality disorder (BPD). It offers practical guidance on how to help people with BPD with advice based on research evidence. After a discussion of the symptoms of BPD, the authors review all the generalist treatment interventions that have resulted in good outcomes in randomised controlled trials, when compared with specialist treatments, and summarise the effective components of these interventions. The treatment strategies are organised into a structured approach called structured clinical management (SCM), which can be delivered by general mental health professionals without extensive additional training. The heart of the book outlines the principles underpinning SCM and offers a step-by-step guide to the clinical intervention. Practitioners can learn the interventions easily and develop more confidence in treating people with BPD. In addition, a chapter is devoted to how to help families - an issue commonly neglected when treating patients with BPD. Finally the authors discuss the top 10 strategies for delivering treatment and outline how the general mental health clinician can deliver these strategies competently.

## Psychotherapy for Borderline Personality Disorder Mentalization-based treatment

Anthony Bateman and Peter Fonagy

Print Publication Year: 2004 Published Online: Oct 2015 Publisher: Oxford University Press  
ISBN: 9780198527664 eISBN: 9780191808043 DOI: 10.1093/med:psych/9780198527664.001.0001  
Item type: book

Borderline personality disorder (BPD) is a severe personality dysfunction thought to affect some 2% of the population. This title presents a psychoanalytically oriented treatment for BPD known as mentalization treatment. With randomised controlled trials having shown this method to be effective, this book presents the first account of this treatment for BPD.

# Systems Training for Emotional Predictability and Problem Solving for Borderline Personality Disorder Implementing STEPPS Around the Globe

Donald W. Black and Nancee Blum (eds)

Print Publication Year: 2016 Published Online: Mar 2017 Publisher: Oxford University Press  
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This edited, multi-authored text brings together all that is known about Systems Training for Emotional Predictability and Problem Solving (STEPPS), a group treatment program for outpatients with borderline personality disorder. The book describes the program, the evidence that is supportive of STEPPS, and its implementation in a variety of settings and countries. Created at the University of Iowa in 1995, STEPPS combines cognitive-behavioral therapy, skills training, and psychoeducation with a systems component for family, friends, and significant others. The 5-month-long program is easily learned and delivered by therapists from a wide range of theoretical orientations. Data show that STEPPS is effective and produces clinically important improvement. The program is well accepted by patients and therapists. STEPPS is listed in the US Substance Abuse and Mental Health Services Administration (SAMSHA) National Registry of Evidence-based Practices (NREPP). The program is embraced by the health care systems in the United Kingdom and The Netherlands and is used in correctional settings.