Cognitive Behavior Therapy of DSM-IV Personality Disorders: Highly Effective Interventions for the Most Common Personality Disorders

M.D., Ph.D. Len Sperry

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Although the treatment of patients with various disorders of personality have been discussed in clinical literature since the early days of psychotherapy, the general literature on the psychotherapeutic treatment of personality disorders has emerged more recently, and is growing quickly. It is also in recent times that cognitive behavioral therapists have offered a structured, active, and directive treatment approach, in addition to advocating the use of a wide range of cognitive and behavioral techniques for addressing personality disorders. Cognitive Behavior Therapy of DSM-IV Personality Disorders specifies a number of effective and realistic treatment strategies that focus on both the temperament and character dimensions of personality and degree of severity of the disorder. The book is divided into two parts. In Part One the author introduces the reader to the paradigm shift that is presently taking place in behavioral health in the treatment of personality disorders. Part Two offers a clear description of an integrative and practical approach to the treatment of the six personality disorders most commonly seen in clinical practice. Extended case studies illustrate the process of treatment for each of these disorders and show how to use these various intervention strategies. Overall, this book highlights both cognitive and behavioral interventions, catalogues the maladaptive schema observed in specific personality disorders, and outlines fifteen common structured treatment interventions. The book's focus on achieving positive treatment outcomes offers hope to both the clinician and the patient. By providing a workable, realistic treatment protocol for these six disorders, Cognitive Behavior Therapy of DSM-IV Personality Disorders proves to be a valuable addition to the library of the practicing clinician and clinician-in-training.

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