



# Cognitive Therapy of Personality Disorders, Third Edition

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## Cognitive Therapy of Personality Disorders, Third Edition

This widely used practitioner resource and training tool is the definitive work on understanding and treating personality disorders from a cognitive-behavioral therapy (CBT) perspective. The prominent editors and contributors explain the nature of personality disorders and why they are so challenging to treat. Chapters addressing 12 specific disorders are organized around vivid, instructive clinical examples. The book provides up-to-date scientific knowledge about each disorder and describes effective strategies for differential diagnosis, case conceptualization, implementing individualized CBT interventions, and overcoming roadblocks.

### New to This Edition

- \*Incorporates cutting-edge clinical approaches and research; expands the cognitive theory of personality disorder.
- \*Chapters on neural mechanisms, cultural diversity issues, and depressive personality disorder.
- \*Chapters on co-occurring disorders and management of clinical challenges.
- \*Disorder-specific chapters now include sections on key treatment goals, progress and termination, and clinician self-care.
- \*Discusses DSM-5 concepts and diagnostic criteria.
- \*Reviews advances in assessing personality beliefs.

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