



Managing Intense Emotions and Overcoming Self-Destructive Habits: A Self-Help Manual

Lorraine Bell

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What is borderline personality disorder and what can people with borderline problems do to help themselves?

The treatment of personality disorder is a major concern facing current mental health services. Specialist therapies are often not available and many people with these problems drop out of treatment. *Managing Intense Emotions and Overcoming Self-Destructive Habits* is a self-help manual for people who would meet the diagnosis of 'emotionally unstable' or 'borderline personality disorder' (BPD), outlining a brief intervention which is based on a model of treatment known to be effective for other conditions, such as anxiety, depression and bulimia.

The manual describes the problem areas, the skills needed to overcome them and how these skills can be developed. It is designed to be used with the help of professional mental health staff, ideally in a group with individual sessions to support and coach the person in the application of the skills taught. A minimum of 24 and maximum of 36 sessions are recommended. Areas covered include:

- * the condition and controversy surrounding the diagnosis of BPD
- * drug and alcohol misuse
- * emotional dysregulation and the role of thinking habits and beliefs
- * depression and difficult mood states
- * childhood abuse and relationship difficulties
- * anger management.

Borderline personality disorder is a complex and challenging condition. This manual aims to explain the problems experienced by people who may be given this diagnosis in a way that clients and staff can easily understand. It will be essential reading for people with BPD and professionals involved in their care - psychologists, psychiatric nurses, psychiatrists and occupational therapists.

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