



Overcoming Borderline Personality Disorder: A Family Guide for Healing and Change

By Valerie Porr

Tantor Media, Inc, United States, 2017. CD-Audio. Condition: New. Unabridged edition. Language: English . Brand New. Overcoming Borderline Personality Disorder is a compassionate and informative guide to understanding this profoundly unsettling-and widely misunderstood-mental illness, believed to affect approximately six percent 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.



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Reviews

A very great ebook with perfect and lucid answers. It can be packed with wisdom and knowledge I found out this book from my dad and i encouraged this publication to learn.

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This created pdf is excellent. This is for anyone who statte that there had not been a really worth reading through. Your life span will probably be transform as soon as you total looking over this publication.

-- **Prof. Esteban Wuckert**