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Group Schema Therapy for Borderline Personality Disorder: A Step-by-Step Treatment Manual with Patient Workbook

Joan M. Farrell, Ida A. Shaw

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Group Schema Therapy for Borderline Personality Disorder represents the first treatment manual for group schema therapy and is based on the only group ST model validated by published empirical evidence.

- Presents an original adaptation of schema therapy for use in a group setting
- Provides a detailed manual and patient materials in a user-friendly format
- Represents a cost-effective ST alternative with the potential to assist in the public health problem of making evidence-based BPD treatment widely available
- Includes 'guest' chapters from international ST experts Jeff Young, Arnoud Arntz, Hannie van Genderen, George Lockwood, Poul Perris, Neele Reiss, Heather Fretwell and Michiel van Vreeswijk

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