Written in a very practical and clinically-oriented style, BPD and EMDR covers different situations such as defensive strategies, unhealthy self-care patterns, rigid core beliefs, emotional dysregulation, self-harming behaviors, and relational problems.

*Borderline Personality Disorder and EMDR* offers a comprehensive and structured framework for working with the complex challenges of clients struggling with BPD. The theoretical foundation of these interventions integrates attachment theory, structural dissociation, and the adaptive information processing model. Written in a very practical and clinically oriented style, BPD and EMDR covers a range of clinical components including defensive strategies, unhealthy self-care patterns, rigid core beliefs, emotional dysregulation, self-harming behaviors, and relational problems. Typically, therapists must address these issues to prepare clients for the effective processing of traumatic memories. This book will help you know when and how to integrate these additional treatment components effectively. Additionally, the book describes key considerations throughout the EMDR Eight Phase Model with clients with BPD.

**Key Features:**
- Wide ranging treatment considerations to EMDR Therapy with BPD
- Adaptations of EMDR Therapy for BPD in each of the 8 Phases
- Practical tools to deal with self-harm and suicidal ideation from EMDR Therapy
- Recommendations for working with client defenses
- Keys to facilitating adaptive reprocessing
- Numerous case vignettes and transcripts of sessions
- Written in straightforward and accessible clinical language

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“This book is chock full of important ideas and considerations when working with this population. The authors have drawn together their own empirical experiences together with the technical literature generated over the years. From this, they have synthesized an approach that makes a lot of sense and is backed up by the research. Although it is geared towards EMDR trained therapists, I believe that anyone working with borderline people will find it useful.”

- Amazon reviewer and EMDR Certified Therapist

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