The Discovery of the Self

Enhancing Reflection, Emotional Regulation, and Self-care in Borderline Personality Disorder

A Structured Program for Professionals

Dolores Mosquera
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Acknowledgments

Foreword

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Identity Disturbance.

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Ten years later, Dolores Mosquera, now a well-known and still young psychologist, does me the favor of asking me to foreword the second edition of Rough Diamonds II.

I had met Dolores a few years earlier after giving a lecture on personality disorders. There, I was approached by a then barely known young psychologist who was interested in the subject. We later maintained a friendship with many collaborations, discussions, and conversations that have enriched us both.

As the title of this book suggests, it is a work for professionals. Nevertheless, I am convinced that the work is not only for professionals but also for students and anyone who is interested in the subject. The book is a treasure, and I am thankful for the opportunity to have contributed to it.

While still holding onto the freshness, sensitivity, and credibility of the first edition, in the second edition, the author and the "diamonds" are more "polished." This entails loyalty after all.

Dolores Mosquera has accompanied me in these ten years, and I am grateful for her friendship. I wish her all the best in her future endeavors.

Foreword by...