

Library and Knowledge Services

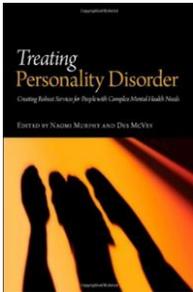
# Personality Disorders

A selection of books from the four Trust libraries

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## Treating personality disorder

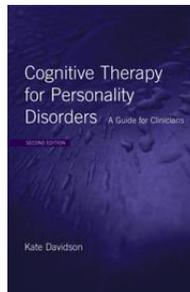
Naomi Murphy



This book considers personality disorders and how they are treated within the institutional context of prisons and hospitals and offers practical guidance on assessment, formulation and integrated treatment planning.

## Cognitive therapy for personality disorders

Kate Davidson



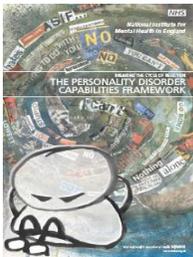
*Cognitive Therapy for Personality Disorders* provides a thorough description of how to apply cognitive behavioural therapy to patients who are traditionally regarded as being difficult to treat: those with borderline personality disorders

and those with antisocial personality disorders.

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## Breaking the cycle of rejection the personality disorder capabilities framework

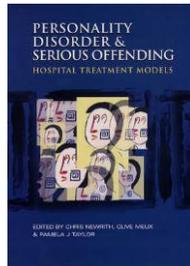
National Institute for Mental Health in England



This document has been produced by NIMHE, highlighting some of the capabilities, appropriate to interactions with people with personality disorder, required within services, by staff at all levels of their careers.

## Personality disorder and serious offending: hospital treatment models

Clive Meux



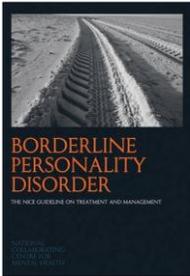
Evidence-based and entirely comprehensive in its approach, practitioners will find Personality Disorder and Serious Offending both a practical and insightful adjunct that will assist them in their work.

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## Borderline personality disorder

NICE

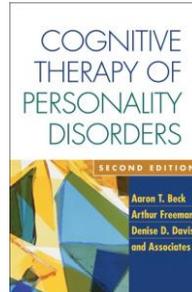


Personality disorder now accounts for a substantial portion of the workload of most community mental health teams in the UK and borderline personality disorder is associated with significant functional impairments for the

individual. The NICE guideline takes the first comprehensive view of the disorder and is an important resource for healthcare professionals to improve people's long-term outcomes. Recent years have seen an exponential rise in available treatments for personality disorder and the guideline on borderline personality disorder covers the available evidence on all of those interventions.

## Cognitive therapy of personality disorders

Aaron Beck



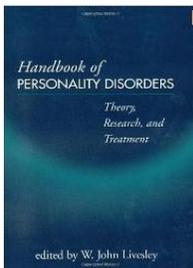
This important work presents a cognitive framework for understanding and treating personality disorders. In one volume, Aaron T. Beck and his distinguished co-authors offer both a comprehensive overview of scientific knowledge

and a detailed guide to individualized treatment. Part I lays out the conceptual, empirical, and clinical foundations of effective work with this highly challenging population, and Part II describes the process of cognitive-behavioral therapy for each of the specific disorders.

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## Handbook of personality disorders: theory, research, and treatment

John Livesley



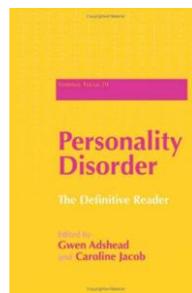
This major reference and text provides the authoritative account of current knowledge on personality disorders, including vital information to guide clinical decision making. Bringing together preeminent authorities in

the field, the Handbook synthesizes contemporary thinking about the classification, etiologies, and development of these complex disorders.

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## Personality disorder: the definitive reader

Gwen Adshead



"A Personality Disorder Reader" offers a comprehensive and accessible collection of papers that will be practically useful to practitioners working in secure and non-secure settings with patients who have personality disorders. This book

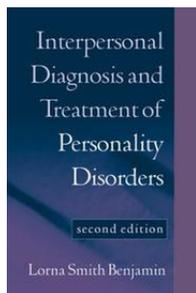
brings together fourteen classic papers, which address the impact that working with personality disorder patients can have on staff.

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## Interpersonal diagnosis and treatment of personality disorders

Lorna Benjamin Smith

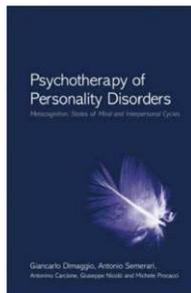


This book based on Professor Sheldon's previous book *Behavioural Modification* but expanded and updated to take into account recent developments in social work effectiveness research, psychotherapy and clinical psychology.

Professor Sheldon makes a case for the greater use of these therapies in full recognition of the pressures under which social workers have to operate.

## Psychotherapy of personality disorders: metacognition, states of mind and interpersonal cycles

Giancarlo Dimaggio

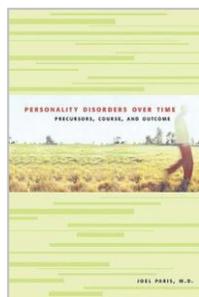


An accurate description of the problems associated with personality disorders can lead to psychotherapists providing better treatment for their patients, alleviating some of the difficulties associated with handling such disorders.

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## Personality disorders over time. Precursors, course and outcome

Joel Paris

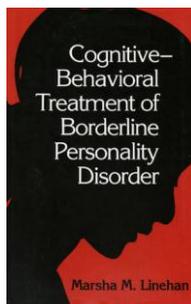


Treating personality disorders can be extremely frustrating for clinicians. As a result, many doctors get caught in a cycle of diagnosing and re-diagnosing in an attempt to find an approach that works. In *Personality Disorders Over Time: Precursors,*

*Course, and Outcome*, Joel Paris, M.D., proposes a better approach-one based on management rather than cure-that he developed while following a group of patients with borderline personality disorder (BPD) for over 25 years.

## Cognitive behavioural treatment of borderline personality disorder

Marsha Linehan



Representing a comprehensive, integrated approach to therapy, this is the first volume to provide strategies proven effective in controlled treatment trials. All clinicians know how difficult it is to work with borderline personality

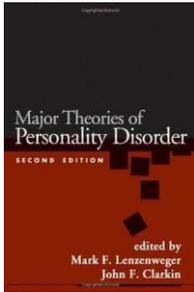
disorders. In this work, Marsha M. Linehan not only provides specific guidelines that creatively combine the best elements of behavioral, personality, psychoanalytic, strategic and other commonly employed modalities, but helps the therapist survive the process.

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## Major theories of personality disorder (E-book)

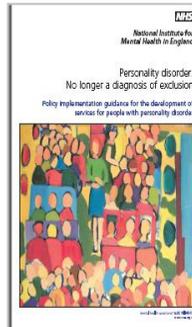
Mark Lenzenweger



Now in a fully revised and expanded second edition, this landmark work brings together in one volume the most important current perspectives on personality pathology.

## Personality disorder: no longer a diagnosis of exclusion

National Institute for Mental Health in England

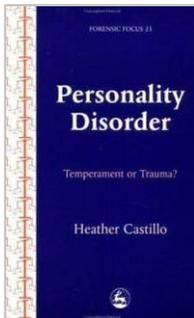


Policy implementation guidance for the development of services for people with personality disorder.

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## Personality disorder: temperament or trauma?

Heather Castillo

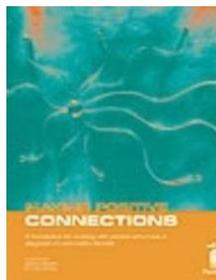


Personality Disorder (PD) is one of the most difficult psychological conditions to classify and treat and in the past literature on the subject has tended to neglect the invaluable viewpoint of sufferers themselves. Drawing on extensive research carried out in conjunction with service

users, Heather Castillo seeks to emphasise the need for health professionals to reassess their approach to the condition and allows those with PD to effectively define themselves and their illness.

## Making positive connections

Annette Duff



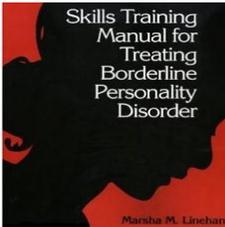
This 12 chapter resource brings together information on selected issues including: self-harm, aggression; self-awareness and client awareness. The training sessions are used to guide participants in the use

of a workbook (which constitutes the majority of this resource) and to provide support, guidance and opportunities for discussion and feedback. This resource can also be used by individuals who want to take advantage of the support guidance.

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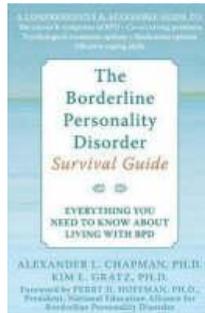
## Skills Training Manual For Treating Borderline Personality Disorder



This session-by-session treatment manual demonstrates how clinicians can teach patients four essential psychosocial skills: mindfulness, interpersonal effectiveness,

emotional regulation, and distress tolerance. This manual will be of great value to psychiatrists, psychologists, psychotherapists, social workers, primary care physicians, and nurses, as well as patients.

## The Borderline Personality Disorder Survival Guide



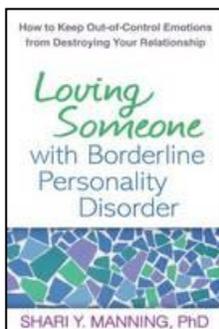
This compassionate book offers people with BPD a detailed guide to the disorder and a point-by-point plan to the treatment and condition-management process. The book is organized as a series of answers to questions common to BPD sufferers: What is

BPD? How long does it last? What other problems co-occur with BPD? Overviews of what we currently know about BPD make up the first section of the book

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## Loving Someone With Borderline Personality Disorder

Shari Y. Manning

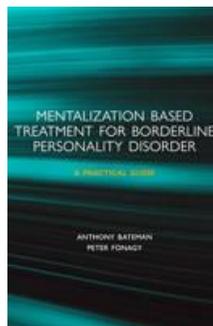


People with Borderline Personality Disorder (BPD) can be compassionate, caring, smart, and funny, but they are also prone to explosive emotional outbursts and highly self-destructive acts. BPD expert Dr. Shari

Manning helps overwhelmed loved ones understand why their spouse, adult child, or other family member acts so "impossible" - and learn to respond differently. She presents simple yet powerful strategies that can radically transform a troubled relationship.

## Mentalization-Based Treatment For Borderline Personality Disorder A Practical Guide

Anthony Bateman Peter Fonagy



Mentalizing - the ability to understand oneself and others by inferring the mental states that lie behind overt behavior - develops during childhood within the context of a secure attachment relationship. It is crucial to self-regulation and

constructive, intimate relationships. Failure to retain mentalizing, particularly in the midst of emotional interactions, is a core problem in borderline personality disorder and results in severe emotional fluctuations, impulsivity, and vulnerability to interpersonal and social interactions.

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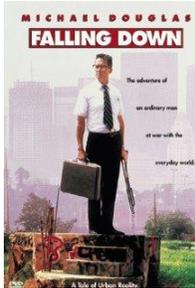
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# DVDs

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## Falling Down

(Personality disorders)



William (D-FENS), an unemployed defence worker, played by Michael Douglas, is frustrated with the various flaws he sees in society, begins to psychotically and violently lash out against them. D-FENS begins to crack and starts to fight back against the every day

“injustices” he encounters on his journey home.

## Girl, Interrupted

(Borderline personality disorder, suicide)



Susanna is like a lot of American teenagers – confused, insecure, and struggling to make sense of the rapidly changing world. In hospital with borderline personality disorder a group of offbeat women become her closest friends, and light

her way back to something she had lost – herself.

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## Black Swan

(Hallucinations, psychotic disorder, personality disorder, self-injurious behaviour)



Nina is a stunningly talented but dangerously unstable ballerina whose life is completely consumed with dance. She lives with her obsessive, former ballerina, mother who exerts a suffocating

control over her. Nina has competition from another dancer, Lily. As the two expand their rivalry into a twisted friendship, Nina's tenuous grip on reality starts to slip away as she gets more in touch with her dark side.

## Stepping off the map

South Somerset Mind

This information DVD presents a wealth of information about personality disorders through the use of spoken word, text, artwork created by service users and soothing music. It covers what different cluster types have been identified, what is thought to cause them and what those living with such a diagnosis have found helps them.

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# Library Catalogue

*The online catalogue for  
Coventry and Warwickshire Health Libraries*

## Accessing the catalogue

- **On the Internet**  
In the address bar type <http://tiny.cc/qj08fw> followed by the **Enter** key to go to the catalogue.
- **On the Intranet**  
On the Intranet pages, click on [Departments](#) and scroll down to [Library and Knowledge Services/online catalogue access](#).

- **Scan QR code**



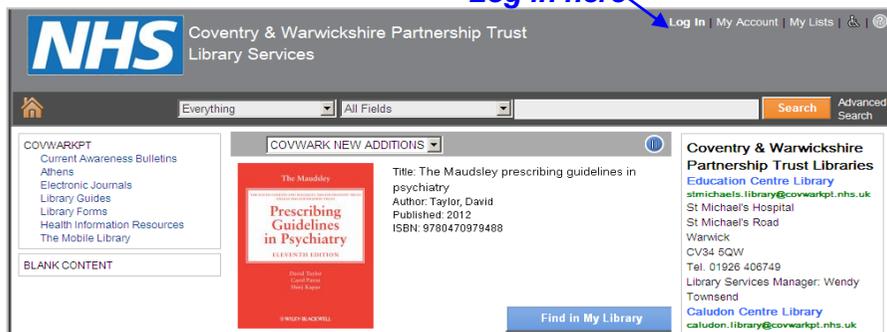
- **BookMyne**

A free mobile app for the catalogue is available to download. A leaflet is available on the library intranet pages and in libraries.



For full access, log in using your [Username](#) (reader number) and [Password](#) (PIN).

[Log in here](#)



The screenshot shows the NHS Coventry & Warwickshire Partnership Trust Library Services website. The header includes the NHS logo and navigation links for 'Log In', 'My Account', 'My Lists', and accessibility icons. A search bar is present with a dropdown menu set to 'Everything' and 'All Fields'. The main content area features a 'COVWARK NEW ADDITIONS' section with a book cover for 'The Maudsley Prescribing Guidelines in Psychiatry' (11th edition) by Taylor, David. To the right, contact information for the Coventry & Warwickshire Partnership Trust Libraries Education Centre Library is provided, including the address at St Michael's Hospital, Warwick, CV34 6QW, and contact details for Wendy Townsend, Library Services Manager. A 'Find in My Library' button is located at the bottom of the book listing.

# CWPT Library and Knowledge Services

## Library Service Manager

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## Education Centre Library

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Warwick

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[stmichaels.library@covworkpt.nhs.uk](mailto:stmichaels.library@covworkpt.nhs.uk)

## Brian Oliver Library

Library Assistant: Denise Howell

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Marston Green

Tel. 0121 3294923

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## Health Sciences Library

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Coventry

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## Manor Court Library

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Margaret Theaker

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