

2nd Edition

# Lost in the Mirror



*An Inside Look at  
Borderline Personality Disorder*

**Richard Moskowitz, M.D.**

Foreword by **Chris Costello** *Survivor*, author of *Five Days*

# Lost In The Mirror An Inside Look At Borderline Personality Disorder

**John G. Gunderson**



## **Lost In The Mirror An Inside Look At Borderline Personality Disorder:**

**Lost in the Mirror** Richard A. Moskowitz, 2001-03-01 Borderline personality disorder accounts for almost 25 percent of psychiatric hospitalizations in this country Lost in the Mirror takes readers behind the erratic behavior of this puzzling disorder examining its underlying causes and revealing the unimaginable pain and fear beneath its surface **Lost in the Mirror** Richard A. Moskowitz, 2001 Borderline Personality Disorder BPD afflicts six to ten million Americans and accounts for almost 25 percent of psychiatric hospitalizations in this country In Lost in the Mirror Dr Richard A Moskowitz provides an expert look into this complex disorder discussing causes symptoms behaviors and treatments interspersed with patients compelling stories of their daily struggles with BPD Finding Your Way Back The second edition provides readers with the latest innovations in psychotherapy new and effective drug treatments an expanded overview of conventional therapy an updated resource list for those who want to learn more Thoughtful and compelling Lost in the Mirror explores the frightening world of BPD patients and helps readers understand their pain **I Hate You--Don't Leave Me** Jerold J. Kreisman, Hal Straus, 2010-12-07 A new revised Third Edition is available now The bestselling guide to understanding borderline personality disorder After more than two decades as the essential guide to Borderline Personality Disorder BPD this new edition now reflects the most up to date research that has opened doors to the neurobiological genetic and developmental roots of the disorder as well as connections between BPD and substance abuse sexual abuse Post Traumatic Stress Syndrome ADHD and eating disorders Both pharmacological and psychotherapeutic advancements point to real hope for success in the treatment and understanding of BPD This expanded and revised edition remains as accessible and useful as its predecessor and will reestablish this book as the go to source for those diagnosed with BPD their family friends and colleagues as well as professionals and students in the field **Borderline Personality Disorder** John G. Gunderson, 2009-02-20 Covering the range of clinical presentations treatments and levels of care Borderline Personality Disorder A Clinical Guide Second Edition provides a comprehensive guide to the diagnosis and treatment of borderline personality disorder BPD The second edition includes new research about BPD s relationship to other disorders and up to date descriptions of empirically validated treatments including cognitive behavioral and psychodynamic approaches Compelling new research also indicates a much better prognosis for BPD than previously known A pioneer in the field author John Gunderson M D director of the Borderline Personality Disorder Center at McLean Hospital draws from nearly 40 years of research and clinical experience The guide begins with a clear and specific definition of BPD informed by a nuanced overview of the historical evolution of the diagnosis and a thoughtful discussion of misdiagnosis Offering a complete evaluation of treatment approaches Dr Gunderson provides an authoritative overview of the treatment options and describes in depth each modality of treatment including pharmacotherapy family therapy individual and group therapy and cognitive behavioral therapies Unlike other works this book guides clinicians in using multiple modalities including the sequence of treatments and the types of changes that can be

expected from each mode The discussion of each treatment emphasizes empirically validated therapies helping clinicians choose modalities that work best for specific patients In addition Borderline Personality Disorder A Clinical Guide Second Edition also outlines therapeutic approaches for multiple settings such as hospitalization partial hospitalization or day hospital programs and levels of outpatient care Complementing the well organized treatment guide are a series of informative and intriguing sidebars providing insight into the subjective experience of BPD addressing myths about therapeutic alliances in BPD and questioning the efficacy of contracting for safety Throughout the book Dr Gunderson recommends specific do s and don ts for disclosing the diagnosis discussing medications meeting with families starting psychotherapy and managing suicidality A synthesis of theory and practical examples Borderline Personality Disorder A Clinical Guide Second Edition provides a thorough and practical manual for any clinician working with BPD patients

*The Sexual Abuse Victim and Sexual Offender Treatment Planner, with DSM 5 Updates* David J. Berghuis, Rita Budrionis, 2015-09-10 This timesaving resource features Treatment plan components for 27 behaviorally based presenting problems Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options A step by step guide to writing treatment plans that meet the requirements of most insurance companies and third party payors The Sexual Abuse Victim and Sexual Offender Treatment Planner provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal review agencies Saves you hours of time consuming paperwork yet offers the freedom to develop customized treatment plans for clients who are sexual abuse victims and or sexual offenders Organized around 27 main presenting problems including such offender issues as anger difficulties deviant sexual arousal and legal issues such victim issues as eating disorders self blame and social withdrawal and such offender and victim issues as family reunification and self esteem and stress management deficits Over 1 000 well crafted clear statements describe the behavioral manifestations of each relational problem long term goals short term objectives and clinically tested treatment options Easy to use reference format helps locate treatment plan components by behavioral problem Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including HCFA JCAHO and NCQA

[Stop Walking on Eggshells](#) Paul T. T. Mason, Randi Kreger, 2020-12-01 Isn t it time you stopped walking on eggshells Learn how with this fully revised and updated third edition of a self help classic now with more than one million copies sold Do you feel manipulated controlled or lied to Are you the focus of intense violent and irrational rages Do you feel you are walking on eggshells to avoid the next confrontation If the answer is yes someone you care about may have borderline personality disorder BPD a mood disorder that causes negative self image emotional instability and difficulty with interpersonal relationships Stop Walking on Eggshells has already helped more than a million people with friends and family members suffering from BPD understand this difficult disorder set boundaries and help their loved ones stop relying on dangerous BPD behaviors This

fully revised third edition has been updated with the very latest BPD research on comorbidity extensive new information about narcissistic personality disorder NPD the effectiveness of schema therapy and coping and communication skills you can use to stabilize your relationship with the BPD or NPD sufferer in your life This compassionate guide will enable you to Make sense out of the chaos Stand up for yourself and assert your needs Defuse arguments and conflicts Protect yourself and others from violent behavior If you re ready to bring peace and stability back into your life this time tested guide will show you how one confident step at a time      **Stop Walking on Eggshells** Paul T. Mason,Randi Kreger,2010 Discusses the signs and symptoms of borderline personality disorder and explains how the families and friends of patients can cope with BPD behavior while taking care of themselves      Denied! Failing Cordelia: Parental Love and Parental-State Theft in Los Angeles Juvenile Dependency Court Simon Cambridge,2019-09-17 Climbing the Broken Judicial Ladder continues the author s journey of exploring the heartbreak and loss of first adopting Cordelia with severe reactive attachment disorder RAD in Washington state and then of nearly losing her to the draconian and confused child welfare legal complex in Los Angeles In this third volume of his Denied Failing Cordelia trilogy Cambridge climbs the broken California judicial ladder from the California Court of Appeals Second Appellate District based in Los Angeles to the California Supreme Court Cambridge concludes that in appeals relating to dependency cases the ladder is broken for parents seeking to advocate for themselves and for the true best interests of their children Policies relating to child welfare are flawed Cambridge argues because of the preemptive and prejudicial response to the issues raised during the detention of children As with his two earlier books Cambridge explores issues connected with how best to parent his adopted daughter and advocate for her needs in the context of a dependency case Cordelia s reactive attachment disorder would surface throughout the judicial struggle as would the author s own struggles with Asperger syndrome Each would feed negatively into the overall trauma and drama of the author s unrelenting quest to reunite his forever family Cambridge believes that dependency proceedings are ill equipped on many levels to elicit a proper understanding of RAD or of the therapeutic parenting needed to address it Cambridge believes that adoptive parents of children with special needs need to be understood by more sympathetic social workers and by therapists trained in attachment disorders Cambridge s persistent efforts to reunite his forever family would leave him increasingly isolated as he climbs the judicial ladder Based on his experiences Cambridge explores areas for reform in Los Angeles dependency proceedings and evokes Shakespeare s King Lear by arguing that social workers need to see better and that the Los Angeles Juvenile Dependency Court needs to encourage a broader understanding of the issues raised through more effective legal advocacy from assigned dependency lawyers Cambridge argues that parents should be allowed to address the court directly Cambridge also relates how he and his daughter have found many positive and healthy ways to heal in the years since their dependency case ended Much trauma could have been avoided if those around them had seen better and had recognized the value in their dramatic and loving adoption journey      **The Emotionally Abusive**

**Relationship** Beverly Engel, 2003-08-13 Engel doesn't just describe she shows us the way out Susan Forward author of Emotional Blackmail Praise for the emotionally abusive relationship In this book Beverly Engel clearly and with caring offers step by step strategies to stop emotional abuse helping both victims and abusers to identify the patterns of this painful and traumatic type of abuse This book is a guide both for individuals and for couples stuck in the tragic patterns of emotional abuse Marti Loring Ph D author of Emotional Abuse and coeditor of The Journal of Emotional Abuse This groundbreaking book succeeds in helping people stop emotional abuse by focusing on both the abuser and the abused and showing each party what emotional abuse is how it affects the relationship and how to stop it Its unique focus on the dynamic relationship makes it more likely that each person will grasp the tools for change and really use them Randi Kreger author of The Stop Walking on Eggshells Workbook and owner of BPD Central com The number of people who become involved with partners who abuse them emotionally and or who are emotionally abusive themselves is phenomenal and yet emotional abuse is the least understood form of abuse In this breakthrough book Beverly Engel one of the world's leading experts on the subject shows us what it is and what to do about it Whether you suspect you are being emotionally abused fear that you might be emotionally abusing your partner or think that both you and your partner are emotionally abusing each other this book is for you The Emotionally Abusive Relationship will tell you how to identify emotional abuse and how to find the roots of your behavior Combining dramatic personal stories with action steps to heal Engel provides prescriptive strategies that will allow you and your partner to work together to stop bringing out the worst in each other and stop the abuse By teaching those who are being emotionally abused how to help themselves and those who are being emotionally abusive how to stop abusing The Emotionally Abusive Relationship offers the expert guidance and support you need The Group Therapy Treatment Planner, with DSM-5 Updates David J. Berghuis, Kim Paley, 2015-07-31 This fully revised resource features Treatment plan components for 33 behaviorally based presenting problems Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options A step by step guide to writing treatment plans that meet the requirements of most insurance companies and third party payors The Group Therapy Treatment Planner Second Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal review agencies A critical tool for mental health professionals developing formal treatment plans for working with a variety of groups New edition features expanded coverage and outlines entirely new areas including utilizing group therapy to treat panic agoraphobia PTSD trauma adult ADHD obsessive compulsive disorder and borderline personality disorder Streamlined interventions and fully updated language make this edition easier to use and more clinically applicable Saves you hours of time consuming paperwork yet offers the freedom to develop customized treatment plans Organized around 33 main presenting problems with a focus on applying a group therapy approach to a wide variety of disorders Over 1 000 well crafted clear statements describe the

behavioral manifestations of each relational problem long term goals short term objectives and clinically tested treatment options Easy to use reference format helps locate treatment plan components by behavioral problem Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including HCFA JCAHO and NCQA      **The Addiction Treatment Planner** Robert R. Perkinson,2005-11-07 The Addiction Treatment Planner Third Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal review agencies This Third Edition includes new language for evidence based care that fits mandates set forth by the American Society of Addiction Medicine ASAM which are being adopted by most state accrediting bodies New chapters cover chronic pain dangerousness lethality opioid dependence and self care Saves you hours of time consuming paperwork yet offers the freedom to develop customized treatment plans Organized around 42 main presenting problems including chemical and nonchemical addictions such as substance abuse eating disorders schizoid traits and others Over 1 000 well crafted clear statements describe the behavioral manifestations of each relational problem long term goals short term objectives and clinically tested treatment options Easy to use reference format helps locate treatment plan components by behavioral problem or DSM IV TR diagnosis Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including HCFA JCAHO and NCQA      *Stop Walking on Eggshells* Paul T. Mason M. S.,Randi Kreger,2009-09 People with Borderline Personality Disorder BPD challenge those close to them with their often bewildering mood shifts and unpredictable behavior This resource articulates specific strategies that those close to the person with BPD can use to effectively cope with these behaviors      Caring for Adults with Mental Health Problems Ian Peate,Sonya Chelvanayagam,2007-01-11 Mental health care provision can be complex and the approach the carer uses can have a detrimental effect on the health of the person being cared for Caring for Adults with Mental Health Problems provides the reader with many examples of thoughts ideas and perspectives in a user friendly easily accessible format The chapters are divided into discrete sections reflecting contemporary care approaches Reference to care in a range of primary and secondary care settings is made throughout the book Each chapter provides the reader with a clear and concise approach to health care encouraging the reader to understand and delve deeper Written by contributors who are experienced clinicians and academics with many years of clinical and academic experience in various health care settings this text is based upon the principles of care a foundation text that encourages the student to grow and develop Caring for Adults with Mental Health Problems is a practice based handbook or manual that has a sound evidence basis and one that will challenge and encourage the student to develop a questioning approach to care The text is designed to be used as a reference book by a variety of readers in either the clinical setting classroom or at home in statutory or non statutory surroundings      **The Veterans and Active Duty Military Psychotherapy Treatment Planner** Bret A. Moore,David J. Berghuis,2009-07-31 The Veterans and Active Duty Military

Psychotherapy Treatment Planner provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies Features empirically supported evidence based treatment interventions Organized around 39 main presenting problems in treating veterans and active duty military personnel including substance abuse adjustment to killing anger management and domestic violence pre deployment stress survivors guilt and combat and operational stress reaction Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem Designed to correspond with The Veterans and Active Duty Military Psychotherapy Progress Notes Planner Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA **Compassion for Annie** Marilyn R. Dowell,2011 In this book the many challenges of Borderline Personality Disorder BPD are explored through the stories of a fictional married couple Although they are products of author Marilyn Dowell s mind their behavior is based on careful research In each chapter some facet of BPD is acted out in an informative way for those who have little experience with the disorder Beyond showing the typical features of BPD Compassion for Annie offers insights for responding to the sufferer in a compassionate manner In addition to the dialogues Dowell includes an analysis of the interaction a prayer specific to the chapter topic and a list of suggested readings Dowell wrote this book as a means of understanding a loved one with the disorder while helping others Compassion for Annie is intended for those with the disorder and those who love them

The Veterans and Active Duty Military Psychotherapy Treatment Planner, with DSM-5 Updates Bret A. Moore,David J. Berghuis,2014-12-16 This timesaving resource features Treatment plan components for 39 behaviorally based presenting problems Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options A step by step guide to writing treatment plans that meet the requirements of most insurance companies and third party payors Includes Evidence Based Practice Interventions as required by many public funding sources and private insurers PracticePlanners THE BESTSELLING TREATMENT PLANNING SYSTEM FOR MENTAL HEALTH PROFESSIONALS The Veterans and Active Duty Military Psychotherapy Treatment Planner provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies Features empirically supported evidence based treatment interventions Organized around 39 main presenting problems in treating veterans and active duty military personnel including substance abuse adjustment to killing anger management and domestic violence pre deployment stress survivors guilt and combat and operational stress reaction Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem Designed to correspond with The Veterans and Active Duty Military Psychotherapy Progress Notes Planner Includes a sample treatment plan that



conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA Additional resources in the PracticePlanners series Progress Notes Planners contain complete prewritten progress notes for each presenting problem in the companion Treatment Planners Homework Planners feature behaviorally based ready to use assignments to speed treatment and keep clients engaged between sessions For more information on our PracticePlanners including our full line of Treatment Planners visit us on the Web at [www.wiley.com/practiceplanners](http://www.wiley.com/practiceplanners)

*Undoing Perpetual Stress* Richard O'Connor, 2006-02-07 The author of *Undoing Depression* presents an effective guide to modern anxiety and shows how you can recognize and rescue yourself from its effects Twenty first century life evolves at a breakneck pace and with it stress seems to multiply by the day We work long harrowing hours We fret over our families and finances Our e mail beeps and our cell phones ring But our nervous systems were never meant to handle so many stressors In this groundbreaking book psychotherapist Richard O Connor explains how a wide range of common problems both emotional and physical are actually side effects of modern life and how you can undo their damage Combining expertise with down to earth language *Undoing Perpetual Stress* explains how you can Recognize the hidden effects of stress on your brain and body Understand your inner sanity in conflict with a crazy world Develop self control over how you think act and feel when stressed Regain a sense of meaning and purpose in your life You already know how to do stress With the help of this book you can undo it too

**Denied! Failing Cordelia** Simon Cambridge, 2014-08-30 The Cankered Rose and Esther's Revenge begins the author's dramatic journey of adopting his teenage daughter with severe attachment issues in Seattle The heartbreak of then seeing Cordelia stolen by the efforts of his former wife and the child welfare legal complex in Los Angeles alongside that of the trauma of being denied during efforts to reunify with her are each foreshadowed here Issues surrounding adoption trauma parenting children with reactive attachment disorder and the author's own struggles with Asperger's syndrome will be his constant companions on this perilous journey of adopting losing and then trying to reunite with his beloved daughter In this and subsequent volumes the author will also be questioning the ability of the child welfare legal complex and the Los Angeles Juvenile Dependency Court to understand the nature of damaged child attachment or the therapeutic parenting needed to heal children with special needs Ultimately each would be as responsible for failing Cordelia as the breaking of the violent waves for the shattering movement of the rocks on the beach [The Stop Walking on Eggshells Workbook](#)

[The Stop Walking on Eggshells Workbook](#) Randi Kreger, 2002-08-09 Kreger draws on new research to provide advice for navigating life with someone who has borderline personality disorder Step by step suggestions many from users of the author's comprehensive Web site help readers set and enforce personal limits communicate clearly cope with put downs and rage and make realistic decisions **Mapping the Edges and the In-between** Nancy Nyquist Potter, 2009-06-25 Borderline Personality Disorder BPD is a diagnosis given to ten percent of all those seen in outpatient mental health facilities and twenty percent of those seen in inpatient psychiatric units This is a significant number of people in the Western world Yet many of the core concepts

and symptoms that underlie this diagnosis are questionable. Many of the attitudes and actions of carers are based on assumptions about those with BPD that cry out for analysis with both cultural and gender norms interacting with clinical diagnosis and treatment to the detriment of both carers and patients. This book considers how we diagnose BPD looking at the key constructs: identity disturbance, inappropriate or excessive anger, unstable relationships, impulsivity, self-injurious behaviour, and manipulativity. It starts by looking at the cultural and gender assumptions and norms behind BPD, drawing upon philosophical, clinical, anthropological, and sociological literature. Combining philosophical analysis with clinical experience and patients' writings, it clarifies the constructs so that the reader can understand the messiness and complexity that frames this diagnosis and treatment. After examining the current state of these constructs and their effects on carer-patient interactions, Part II sees an application of virtue theory to therapeutic treatment with BPD patients. It looks at three virtues that are particularly important for clinicians and other carers to cultivate when working with BPD patients: trustworthiness, the virtue of giving uptake, and empathy. It argues that in their absence, not only are clinicians' attitudes harmful to patients, but that the status of the diagnosis is actually compromised. *Mapping the Edges and the In Between* presents a compelling argument that Borderline Personality Disorder needs to be approached in a new light, one that will benefit patients.

Ignite the flame of optimism with is motivational masterpiece, Find Positivity in **Lost In The Mirror An Inside Look At Borderline Personality Disorder** . In a downloadable PDF format ( \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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## **Lost In The Mirror An Inside Look At Borderline Personality Disorder Introduction**

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