



The Difficult Borderline Personality Patient Not So Difficult to Treat: Understanding Their Psychodynamics as a Guide to Successful and Satisfying Therapy

Helen G Albanese

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Many a therapist, beginning or even an experienced one, has experienced exasperation, frustration, and at times fear when working with the Borderline Personality Disorder patients. Their threatening or acted out at times self-hurting or violent behavior puts a heavy burden on the therapist. The therapist struggles to prevent a calamity and often feels insecure in the effectiveness of the therapeutic approach. This may lead to escalation of the therapeutic attempt, yet, in spite of these, the patient gets worse. Therapists often avoid such patients. But, what if you have to work with such a patient! This book is about helping these patients. Having worked for over thirty years with the difficult Borderline Personality Disorder patients, Dr. Albanese has developed an effective therapeutic approach. Understanding the meaning of the patients' symptoms and behavior allows the therapist to work with these patients with confidence. All the negative feelings the patient evokes in the therapist can actually be helpful! The many trainees and colleagues of Dr. Albanese have found her approach very helpful and yet found it requiring the understanding of only a few basic concepts. This book is written with the encouragement of these people and in hope of helping all other therapists working with such patients.

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