



Manual de tratamiento de los trastornos de personalidad limite/Skills Training Manual for Treating Borderline Personality Disorder (Psicologia, Psiquiatria, Psicoterapia) (Spanish Edition)

Marsha M. Linehan

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Las personas con trastornos de personalidad limite suelen tener importantes deficits en habilidades conductuales. Este libro es una detallada guia para la ensenanza de cuatro grupos de habilidades esenciales: la efectividad interpersonal, la regulacion de emociones, la tolerancia al malestar y la conciencia. Su proposito es ensenar a llevar a cabo los procedimientos y principios que la autora defiende en lo que se refiere a los enfoques de este tipo de tratamientos. En la actualidad, el presente libro se esta empleando con exito en unidades de tratamiento internas y externas. Sus contenidos proporcionan todo lo necesario para que cualquier profesional lleve a la practica el programa, tanto en la terapia individual como en la grupal. Ademas, incluye pequenos textos de explicacion para los clientes, temas para el debate, ejercicios y consejos practicos para superar los problemas que suelen encontrar los formadores en habilidades.

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