



Psychodynamic Psychotherapy Of Borderline Patients

Otto F. Kernberg, Michael A. Selzer, Harold W. Koenigsberg, Arthur C. Carr, Ann H. Applebaum

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No name has been more closely associated with borderline pathology than that of world-renowned psychiatrist Otto D. Kernberg. His conceptualization of borderline personality organization and his ego psychology—object relations approach have broadened the understanding of these difficult patients and pointed the way to a more successful treatment of them. This long-awaited book, based on years of clinical research by Kernberg and his associates, is the first to present his model of psychodynamic psychotherapy with borderline patients. Using abundant clinical vignettes and transcripts, the authors take the reader through the treatment—from establishing the contract through dealing with termination—always explaining the theory that underlies the technique. They describe the phases of treatment, beginning with the most primitive and moving on to working with advanced defenses and transferences. Included are guidelines on such crucial issues as dealing with countertransference, modifying technical neutrality, and handling suicide threats. With its elegant integration of theory and practice and clear explication of treatment strategies, this important book is an essential resource for both beginning and seasoned practitioners.

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