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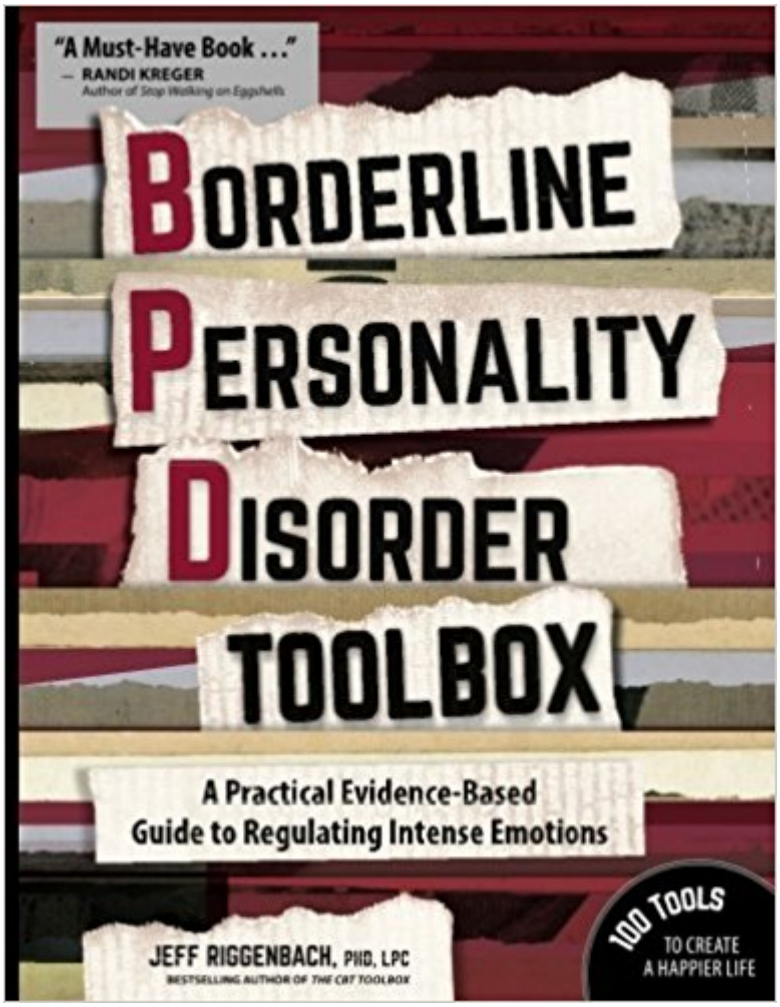
Borderline Personality Disorder Toolbox: A Practical Evidence-Based Guide To Regulating Intense Emotions



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Synopsis

CONGRATULATIONS TO JEFF RIGGENBACH AND BORDERLINE PERSONALITY DISORDER TOOLBOX ON FINISHING AS A SILVER FINALIST IN BOTH PSYCHOLOGY AND SELF-HELP AT THE 2017 IBPA BENJAMIN FRANKLIN AWARDS! -Do you feel misunderstood? -Do mood swings hit you quickly and intensely? -Are you susceptible to getting your "buttons pushed" more often than others? -Can you love your partner with all your heart and passionate intensity one moment, and hate them just as much only an hour later? -Do you constantly have a nagging voice in the back of your mind telling you someone you care about is going to leave you, and that you will never be able to make it in life without them? If the answer to the majority of these questions is "yes," it is likely that you have borderline personality disorder, or BPD. But there is hope. And good news -- BPD is a highly treatable disorder. Drawing from a variety of evidence-based approaches, the Borderline Personality Disorder Toolbox is a real-world self-help workbook. Escaping generalizations and stereotypes, this complete guide is filled with practical explanations, along with over 100 worksheets and activities to improve behavior. Highlights include: -Empower yourself so others can’t push your buttons -Tips to cope with intense feelings -Retrain your brain to constructively deal with distorted thoughts -Take control of your emotions before they take control of you -Tools to create a happier, healthier and more productive life!

Book Information

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Customer Reviews

"Many people who struggle to acknowledge the presence of BPD traits in their lives continue to

suffer needlessly. In the Borderline Personality Disorder Toolbox, Dr. Jess Riggenbach explains this diagnosis clearly and offers a variety of skills from evidence-based approaches for treating it. This toolbox is a must-have for mental health professionals, people with BPD traits and their family members." --Randi Kreger, Author, Stop Walking on Eggshells and The Official Family Guide to Borderline Personality Disorder, Founder, BPDCentral.com "Written in clear user-friendly language, and drawing on vast research literature, beautifully summarizes what is known about BPD and how it can be effectively treated. Comprehensive in approach, it is an excellent resource for patients, clinicians, and families." --Joel Paris, MD Author, Treatment of Borderline Personality Disorder: A Guide to Evidence-Based Practice, Editor, Canadian Journal of Psychiatry"Borderline Personality Disorder Toolbox is a must-have comprehensive guide to understanding and managing BPD. Dr. Riggenbach's step-by-step accessible strategies will help the reader obtain empirically valid powerful tools to cope with Borderline Personality. This uniquley helpful guide will be an essential resource for both clients and their clinicians alike." --Leslie Sokol, PhD, Distinguished Founding Fellow, Academy of Cognitive Therapy, Fellow, ABCT, Co-author, The Think Confident, Be Confident Workbook for Teens"Being asked to see a patient who has been diagnosed as having a Borderline Personality Disorder is enough to frighten even the most skilled and experienced clinician. Following Aaron T. Beck's notion of the "Continuity Continuum," Riggenbach describes and discusses the recommended treatments for various levels of Borderline, from mild to severe. This is a volume for every front-line therapist regardless of their professional discipline." Arthur Freeman, EdD, ScD, ABPP, Co-Author with Aaron Beck, Cognitive Therapy of Personality Disorders, Chair, Department of Behavioral Science, Touro College, NY Dr. Riggenbach s toolbox incorporates much practical gear for dealing with the vulnerabilities of borderline personality. He incorporates elements of several therapeutic approaches to develop functional strategies for regulating these challenges. These tools help all those experiencing the demands of BPD to build and sustain more stable relationships. --Jerold Kreisman, MD, Author of I Hate You, Don't Leave Me: Understanding the Borderline Personality and Sometime I Act Crazy: Living with Borderline Personality Disorder

Jeff Riggenbach, PhD, LPC is the author of the bestselling CBT Toolbox: A Workbook for Clients & Clinicians, and recognized expert in the area of personality dysfunction. Dr. Riggenbach has developed and directed borderline personality disorder treatment programs at several national hospitals, where over the last 15 years he has facilitated the care of more than 500 patients with BPD. A sought-after speaker, he has trained more than 10,000 mental health professionals across

the United States, Canada, Mexico and Australia.

Awesome purchase. This is a great resource for psychoeducation and challenging patients with BPD. I love the worksheets and explanations throughout this toolbox. It has helped several of my patients since I purchased and used the information. Now, they are planning to purchased this book and use it to help their families understand BPD. Again, a great buy.

Good workbook. Educational.

Dr. Riggenbach’s "Borderline Personality Disorder Toolbox" presents beneficial information for anyone affected by BPD. I especially appreciate the inclusion of information for professionals. Oftentimes, expert authors only present information from a provider’s perspective, ignoring our perspectives, and the information is often laced with bias--intentional or not. For BPD individuals, the stigma is unavoidable & painful. Having received inadequate and inappropriate medical treatment due to my BPD diagnosis, I am grateful to see it tactfully addressed by Dr. Riggenbach. He addresses BPD so that patients, friends, families, and both medical and mental health providers can benefit from reading it as well as utilizing and practicing the skills, "tools", and exercises provided. I have already been able to use several of the "tools" and exercises and found them very helpful. As a result, I confidently encourage anyone affected by BPD to buy Dr. Riggenbach’s book.

Borderline Personality Disorder Toolbox: A Practical Evidence-Based Guide to Regulating Intense Emotions by Jeff Riggenbach is a well-designed, practical workbook for those that suffer from BPD. Written in an accessible, conversational tone, Riggenbach presents the material in an easy-to-digest manner.The workbook opens with a solid explanation of what BPD is, how it is defined, how to find a qualified therapist, and how to set treatment expectations. These opening sections empower the patient to take control of his or her treatment.The workbook exercises are clear, concise, simple to follow, and cover a wide range of potential trigger situations. Though designed for the patientÃƒÂ¢Ã â ¬Ã â„¢s use, this book is a valuable resource for friends and family who want to better understand the condition so that they can provide needed support. Family can work through many of the worksheets with the patient to provide additional encouragement and reinforce the lessons.Reviewer note: I received a comp copy of this book for review and criticism

This book contains invaluable tools for clinicians and for our clients. Many mental health

professionals are daunted by working with BPD clients and struggle to provide effective and caring therapy, as well as dealing with their own stress reactions. This book, which is so well organized and so clearly written, will help mental health professionals, such as myself, enormously in our work with this group of clients, who suffer so greatly and who so often receive inferior, non-evidence-based and compassion- devoid treatment. Jeff Riggenbach has done a masterful job in showing how Dialectical Behavior Therapy (DBT), Schema Focussed Therapy and more standard Cognitive Behavior Therapy can be applied skillfully to the many issues Borderline Personality Disorder clients can struggle with . The forms and handouts are also excellent; clear and well-written. The many case examples are very helpful and illustrative of both the way these clients experience the world and also of a way forward for many BPD sufferers. This book is unreservedly recommended..John Ludgate, Ph.D.CBT Center,Asheville, NC

Great book very happy but didn’t get it in two days.

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Dialectical Behavior Therapy Splitting: Protecting Yourself While Divorcing Someone with Borderline or Narcissistic Personality Disorder Sometimes I Act Crazy: Living with Borderline Personality Disorder One Way Ticket To Kansas Caring About Someone With Borderline Personality Disorder And Finding A Healthy You

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