



Cognitive Therapy of Personality Disorders

Aaron T. Beck MD, EdD Arthur Freeman EdD

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Since the publication of the now classic Cognitive Therapy of Depression by Aaron T. Beck and his colleagues, cognitive therapy has effectively been used to treat an expanding array of commonly encountered clinical problems. As the skills of cognitive therapists and the model's clinical techniques have matured in sophistication, the field has turned toward a more challenging problem--personality disorders. Well known to be a difficult population to engage, patients suffering from personality disorders do respond to cognitive therapy techniques. This volume, which emanates from the research and practical experience of Beck and his group, is the first to focus specifically on this diverse and clinically demanding population.

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