

The Discovery of the Self

Enhancing Reflective Thinking, Emotional Regulation,
and Self-Care in Borderline Personality Disorder
A Structured Program for Professionals

DOLORES MOSQUERA

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Foreword

ALMOST TEN YEARS ago, *Rough Diamonds II* came into our hands; it was a book by a then barely known young psychologist, Dolores Mosquera. The book was a huge success and has grown to be an emblematic work in Spanish literature dealing with personality disorders.

I had met Dolores a few years earlier after giving a lecture on personality disorders. There, I was approached by an even younger and completely unknown psychologist who expressed her interest in personality disorders—at the time, an area with little prestige in the clinical world. So we began a professional relationship and friendship with many collaborations, discussions, and conversations that have enriched us both.

She asked me to write the foreword to this book and, at that time, I said that the work itself was a diamond in the rough, mainly contributing sensitivity and credibility to professionals, because it was the fruits of their labor and daily clinical experience—something lacking in technical texts.

Ten years later, Dolores Mosquera, now a well-known and still young psychologist, does me the favor of asking me to foreword the second edition of *Rough Diamonds II*, for which I am thankful. This entails loyalty after all these years of work trying to help clarify the complex universe of patients suffering with borderline personality disorder (BPD) and their families.

Flipping through the book the reader holds in his or her hands, it is easy to appreciate, that these ten years have not passed in vain; the author and the “diamonds” are more “polished.”

While still holding onto the freshness, sensitivity, and credibility of the first edition, in the second edition, the author transmits the depth of her experience in this work. Dolores’s journey through therapeutic approaches, such as EMDR Therapy and Sensorimotor Psychotherapy, as well as her insights and contributions to the problem of dissociation that she has developed in other works, show in this book.

The difficult issues of self-injury and trauma in patients with BPD—on which Dolores has worked with much interest, sometimes with long conversations and joint discussions—are reflected in this new edition.

Without ceasing to view this work as a “structured program for professionals,” which is what it is and what it claims to be, we can find more extensive and illuminating theoretical and dialectical developments which undoubtedly, for the professional reader, facilitate a more appropriate framework for understanding the usefulness of the therapeutic sessions provided.

The ten years between one edition and the other should also serve to make us reflect on the journey that, during this period, the care of people suffering from BPD and their families has gone through and how professionals have accompanied them. One might say that these ten years have had ups and downs, just as the psychobiographies of our patients do. Specific units have been created that later disappeared or lessened, different patient and family associations with irregular and discontinuous activity, psychoactive medication that promised achievements that were not fulfilled as successfully as expected, and the incorporation of psychotherapy techniques often used with willing and iatrogenic results by novice and inexperienced hands. The truth is that nowadays, there is ever greater consensus for the idea that BPD is a disease that must be addressed by a variety of