



EMDR

ADVANCED TRAINING & DISTANCE LEARNING

Distance Learning Book Course

THE DISCOVERY OF THE SELF - BPD



ENHANCING REFLECTIVE THINKING,
EMOTIONAL REGULATION AND SELF-CARE
IN BORDERLINE PERSONALITY DISORDER

DOLORES MOSQUERA

***The Discovery of the Self - BPD* home study program will help you organize therapeutic work for patients with BPD.**

This practical guide for clinicians will help organize the therapeutic work for patients with Borderline Personality Disorder.

The manual includes a structured program divided into 9 thematic blocks:

1. Goal Setting
2. Possible Interferences with Therapy
3. Self-Observation
4. Self-Care
5. Defenses
6. Boundaries and Interpersonal Relationships
7. Identity and Differentiation
8. Emotions and Emotional Regulation
9. Coping Techniques and Maintaining Improvement.

Each of these sections includes an organized framework for addressing a range of problem areas common to those with BPD. In total, these 35 sessions include psychoeducation, resources and exercises for the development of reflective thinking, emotional regulation and self-care. From the beginning, the patient is actively involved in the process, which starts with self-observation that promotes reflective capacity and curiosity. With this approach, patients do not simply become passive recipients of information, but gradually explore their different problem areas and learn to see how they interfere with their quality of life and ability to function adaptively in the world. This toolbox of techniques allows clinicians to operate from the platform developed by an expert in the field.

Key Features:

- 35 structured sessions with theory and exercises to enhance reflective thinking
- 9 sections on key problematic areas for BPD
- Easy to understand and use materials
- Workbook pages designed for clients to write responses
- Straightforward and non-threatening psychoeducation suggestions

ABOUT THE AUTHOR:



Dolores Mosquera is a psychologist and psychotherapist. She is the director of the Institute for the Study of Trauma and Personality Disorders (INTRA-TP), a private institution where she has worked with EMDR for many years on cases related to severe traumatization. She is an EMDR Europe Consultant and Facilitator. She has extensive teaching experience, leading seminars, workshops and lectures internationally. She has published many books and articles on personality disorders, complex trauma and dissociation and is a recognized expert in this field.

Online Program: \$99.00
(book needs to be purchased separately via our site)

Purchase of this online program includes:

1. Home CEU Course – Downloadable PDF
2. 12 NBCC approved masters level professional CEUs (including LCSW, LMHC, LMFT, LPC, and more) and 12 EMDRIA CEUs



“In the arena of psychotherapy too often filled with jargon and complexity, Dolores Mosquera once again brings clarity and order. This marvelous, field-tested and research-supported manual provides a structured series of thirty-five sessions, which offer professionals a coherent, yet flexible program for those suffering from Borderline Personality Disorder. Without belaboring the sophisticated theoretical foundations on which the program is based, the book offers easy-to-deliver sessions. Clinicians can select how best to make use of these sessions to support their patients developing skills in self-care, self-observation, self-acceptance, self-expression, and a more positive self-image.”

- Andrew Leeds, PhD

Available at www.EMDRadvancedtrainings.com