



Borderline Personality Disorder in Adolescents: A Complete Guide to Understanding and Coping When Your Adolescent has BPD

Blaise A. Aguirre

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Borderline Personality Disorder and Adolescents offers parents, caregivers, and adolescents themselves a complete understanding of this complex and tough-to-treat disorder. It thoroughly explains what it is and what a patient's treatment options are.

Author Blaise A. Aguirre, M.D., is one of the foremost experts in the field and was named head of the Adolescent Dialectic Behavior Therapy Treatment Center at McLean Hospital, one of the most prestigious psychiatric hospitals in the nation and a teaching facility for Harvard Medical School. Dr. Aguirre describes recent advances in treatments and brings into focus what we do and don't know about this condition. He explains the most advanced techniques available, including the revolutionary new treatment called dialectic behavior therapy.

Readers will learn the differences between BPD and other adolescent psychiatric diagnoses; treatment options (e.g., medication and therapy); how to choose the right therapist; how to determine when inpatient treatment is necessary; how to enforce boundaries; how to take care of and protect yourself; and practical techniques for effective communication with those who have BPD.

- There is no other adolescent borderline personality book in the general trade book market—only BPD books focused on adults
- U.S. News and World Report consistently ranks McLean Hospital in Belmont, Mass., as the nation's top psychiatric facility in the country. McLean is the largest psychiatric clinical care, teaching, and research facility of Harvard Medical School.
- With the recent development in diagnostic techniques and treatments, thousands of teens are discovering they have borderline personality disorder.

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