

Publication

Psychotherapie der Borderline-Persönlichkeitsstörung : Gemeinsamkeiten und Differenzen evidenzbasierter störungsspezifischer Behandlungen

JournalItem (Reviews, Editorials, Rezensionen, Urteilsanmerkungen etc. in einer wissenschaftlichen Zeitschrift)**ID** 1197217**Author(s)** Sollberger, D; Walter, M**Author(s) at UniBasel** [Walter, Marc](#) ;**Year** 2010**Title** Psychotherapie der Borderline-Persönlichkeitsstörung : Gemeinsamkeiten und Differenzen evidenzbasierter störungsspezifischer Behandlungen**Journal** Fortschritte der Neurologie, Psychiatrie**Volume** 78**Number** 12**Pages** 698-708**Keywords** borderline personality disorder, psychotherapy, disorder specific treatment, review

Borderline personality disorder (BPD) is known as a serious psychiatric disorder with high prevalence rates in clinical psychiatric populations. BPD is often very difficult to treat and is linked with conflicts among therapists and treatment teams. Over the last decades, in particular, neurobiological findings and psychotherapeutic research have led to a better understanding and treatment outcomes in BPD. The therapy of choice is psychotherapy. In the following review four efficient disorder-specific treatments for BPS are presented, two of which are cognitive-behaviourally oriented (dialectical behavioural therapy, DBT; scheme-focused therapy, SFT), and the other two are psychodynamically oriented (transference focused psychotherapy, TFP; mentalisation-based treatment, MBT). In this review, the similarities and differences of the methods are elaborated and discussed. After the current considerable progress in disorder-specific treatments for BPS, the development of differential indication criteria for the various treatments could lead to an additional improvement of BPD therapy in the future.

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