

Kiera Van Gelder

# the buddha & the borderline

*a memoir*

*my recovery from  
borderline personality  
disorder through  
dialectical behavior  
therapy, buddhism  
& online dating*

**Therapist Recommended**

# Buddha The Borderline My Recovery From Borderline

**Edited by Butler Marian, Marian Butler**

## **Buddha The Borderline My Recovery From Borderline:**

**The Buddha and the Borderline** Kiera Van Gelder,2010-08-01 The Buddha and the Borderline is a riveting first person account of one woman s struggle with borderline personality disorder BPD a diagnosis some have called a psychiatric death sentence and her eventual triumph over her symptoms through dialectical behavior therapy and Buddhist spirituality

**Self-Help That Works** John C. Norcross Ph.D.,Linda F. Campbell Ph.D.,John M. Grohol PsyD,John W. Santrock Ph.D.,Florin Selagea M.S.,Robert Sommer Ph.D.,2013-03-05 Self help is big business but alas not always a scientific one Self help books websites and movies abound and are important sources of psychological advice for millions of Americans But how can you sift through them to find the ones that work Self Help That Works is an indispensable guide that enables readers to identify effective self help materials and distinguish them from those that are potentially misleading or even harmful Six scientist practitioners bring careful research expertise and a dozen national studies to the task of choosing and recommending self help resources Designed for both laypersons and mental health professionals this book critically reviews multiple types of self help resources from books and autobiographies to films online programs support groups and websites for 41 different behavioral disorders and life challenges The revised edition of this award winning book now features online self help resources expanded content and new chapters focusing on autism bullying chronic pain GLB issues happiness and nonchemical addictions Each chapter updates the self help resources launched since the previous edition and expands the material The final chapters provide key strategies for consumers evaluating self help as well as for professionals integrating self help into treatment All told this updated edition of Self Help that Works evaluates more than 2 000 self help resources and brings together the collective wisdom of nearly 5 000 mental health professionals Whether seeking self help for yourself loved ones or patients this is the go to research based guide with the best advice on what works *The Dialectical Behavior Therapy Diary* Matthew McKay,Jeffrey C. Wood,2011-03-01 Difficult emotions like anger fear sadness guilt and shame are part of being alive and are meant to help protect us but when they get out of control these emotions can also cause severe pain When you re in the grip of an emotional storm it s all too easy to overreact lash out at others or become angry with yourself Therapists created dialectical behavior therapy or DBT to help people with overwhelming emotions calm themselves when their feelings become too painful or out of control The Dialectical Behavior Therapy Diary presents an overview of each of the four DBT skills distress tolerance mindfulness emotion regulation and interpersonal effectiveness and includes a journal you can use each day to monitor your successes chart your progress and stay on track making productive changes in your life With this diary you can Learn over twenty techniques to use when you feel overwhelmed Observe and record your progress each day Find out which coping strategies work best for you Discover nutrition and lifestyle changes that can make you feel better *Calming the Emotional Storm* Sheri Van Dijk,2012-03-01 When you have difficulties managing your emotions it can feel like you re losing control of your whole life Anger hurt grief worry and other intense feelings can be

overwhelming and how you react to these emotions can impact your ability to maintain relationships succeed at work or even think straight If you find it difficult to understand express and process intense emotions and most of us do this book is for you Calming the Emotional Storm is your guide to coping with difficult emotions calmly and responsibly by using powerful skills from dialectical behavior therapy This method combines cognitive behavioral techniques with mindfulness practices to change the way you respond to stressful situations By practicing these skills you can stop needless emotional suffering and develop the inner resilience that will help you weather any emotional storm This book will teach you how to Establish a balanced life for an everyday sense of well being Let go of unwanted worries and fears Become better at accepting yourself and others Work through a crisis without letting emotions take over

*The Handbook of Adult Clinical Psychology* Alan Carr, Muireann McNulty, 2016-03-31 The second edition of the Handbook of Adult Clinical Psychology An Evidence Based Practice Approach like its predecessor provides clinical psychologists in training with a comprehensive practice handbook to help build the skills necessary to complete a clinical placement in the field of adult mental health While practical in orientation the book is based solidly on empirical evidence Building on the success of the previous edition this handbook has been extensively revised in a number of ways Throughout the book the text references and website addresses and have been updated to reflect important developments since the publication the first edition Recent research findings on the epidemiology aetiology course outcome assessment and treatment of all psychological problems considered in this volume have been incorporated into the text Account has been taken of changes in the diagnosis and classification of psychological problems reflected in the DSM 5 Chapters on ADHD in adults emotion focused therapy radically open dialectical behaviour therapy and schema therapy have been added The book is divided into 6 sections Section 1 covers conceptual frameworks for practice lifespan development classification and epidemiology CBT psychodynamic emotion focused systemic and bio medical models and general assessment procedures Section 2 deals with mood problems depression bipolar disorder suicide risk and anger management Section 3 focuses on anxiety problems social phobia generalized anxiety disorder panic disorder obsessive compulsive disorder post traumatic stress disorder and depersonalization disorder Section 4 deals with psychological problems linked to physical health health anxiety somatization chronic pain adjustment to cancer and eating disorders Section 5 focuses on other significant psychological problems that come to the attention of clinical psychologist in adult mental health services ADHD in adults alcohol and other drug problems psychosis and psychological problems in older adults Section 6 contains chapters on therapeutic approaches to psychological distress related to complex childhood trauma dialectical behaviour therapy for borderline personality disorder racially open dialectical behaviour for over controlled presentations and schema therapy Each of the chapters on clinical problems explains how to assess and treat the condition in an evidence based way with reference to case material Interventions from cognitive behavioural psychodynamic interpersonal systemic and biomedical approaches are described where there is evidence that they are effective for the

problem in question Skill building exercises and further reading for psychologists and patients are included at the end of each chapter This book is one of a set of three volumes which cover the lion s share of the curriculum for clinical psychologists in training in the UK and Ireland The other two volumes are the Handbook of Child and Adolescent Clinical Psychology Third Edition by Alan Carr and the Handbook of Intellectual Disability and Clinical Psychology Practice Second Edition edited by Alan Carr Christine Linehan Gary O Reilly Patricia Noonan Walsh John McEvoy

**Don't Let Your Emotions Run Your Life for Teens** Sheri Van Dijk,2011-03-01 Let s face it life gives you plenty of reasons to get angry sad scared and frustrated and those feelings are okay But sometimes it can feel like your emotions are taking over spinning out of control with a mind of their own To make matters worse these overwhelming emotions might be interfering with school causing trouble in your relationships and preventing you from living a happier life Don t Let Your Emotions Run Your Life for Teens is a workbook that can help In this book you ll find new ways of managing your feelings so that you ll be ready to handle anything life sends your way Based in dialectical behavior therapy DBT a type of therapy designed to help people who have a hard time handling their intense emotions this workbook helps you learn the skills you need to ride the ups and downs of life with grace and confidence This book offers easy techniques to help you Stay calm and mindful in difficult situations Effectively manage out of control emotions Reduce the pain of intense emotions Get along with family and friends

**The Sum of My Parts** Olga Trujillo,2011-10-01 By the first day of kindergarten Olga Trujillo had already survived years of abuse and violent rape at the hands of her tyrannical father Over the next ten years she would develop the ability to numb herself to the constant abuse by splitting into distinct mental parts Dissociative identity disorder DID had begun to take hold protecting Olga s mind from the tragic realities of her childhood In The Sum of My Parts Olga reveals her life story for the first time chronicling her heroic journey from survivor to advocate and her remarkable recovery from DID Formerly known as multiple personality disorder DID is defined by the presence of two or more identities In this riveting story Olga struggles to unearth memories from her childhood and parallel identities Olga at five years old Olga at thirteen come forth and demand to be healed This brave unforgettable memoir charts the author s triumph over the most devastating conditions and will inspire anyone whose life has been affected by trauma

**New Books on Women, Gender and Feminism** ,2013 *Healing from Borderline Personality Disorder* Debbie Corso,2012 **New Books on Women and Feminism** ,2013 *Inside the Mind of a Borderline Personality, My Life and Recovery with BPD* Matthew Gewinner,2018-01-28 It is a book about a person who tells the story of his life living and dealing with BPD and other mental health conditions along with alcoholism As you read the journey of what he calls his life you ll be amazed that he survived

**Get Me Out of Here** Rachel Reiland,2002 *Inside the Mind of a Borderline Personality, My Life & Recovery with Bpd, 2nd Ed* Matthew J Gewinner,2018-09-08 *Media Review Digest* C. Edward Wall,1990 **Beyond Borderline** John G Gunderson,Perry D Hoffman,2016-08-01 Borderline personality disorder BPD is a complex illness that significantly impacts the lives of those who have it as well as those close to them In

Beyond Borderline two internationally acclaimed experts on BPD team up to present a rare glimpse into the personal lives and recovery of people with BPD This provocative book uncovers the truth about this most misunderstood and stigmatized disorder and offers an opportunity for a reexamination of BPD from the real experts individuals suffering with it **I'm Not Supposed to Be Here** Rachel Reiland,2002 **Forthcoming Books** Rose Army,1991 **Paperbound Books in Print** ,1966 Canadian Books in Print 2002 Edited by Butler Marian,Marian Butler,2002-02 Containing more than 48000 titles of which approximately 4000 have a 2001 imprint the author and title index is extensively cross referenced It offers a complete directory of Canadian publishers available listing the names and ISBN prefixes as well as the street e mail and web addresses Book Review Index Dana Ferguson,2001

Reviewing **Buddha The Borderline My Recovery From Borderline**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Buddha The Borderline My Recovery From Borderline**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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