

ИСТОЧНИКИ

Печатные материалы

Общие обзоры

“Borderline Personality Disorder.” *Journal of the California Alliance for the Mentally Ill*. Vol. 8, No. 1. 1997. Комментарии экспертов, семей и лиц с ПРЛ.

Sometimes I Act Crazy: Living with Borderline Personality Disorder, by J. J. Kreisman and H. Straus. Hoboken, NJ: John Wiley & Sons, 2004. Подробный обзор симптомов ПРЛ, много историй с точки зрения пациентов, а также рекомендаций; предназначен для семей больных.

New Hope for People with Borderline Personality Disorder, by N. R. Bockian, V. Porr, and N. E. Villagran. Roseville, CA: Prima Publishing, 2002. Доступно написанная книга для широкой публики, подчеркивающая положительные прогнозы.

Understanding and Treating Borderline Personality Disorder: A Guide for Professionals and Families, by J. G. Gunderson and P. D. Hoffman. Washington, DC: American Psychiatric Publishing, 2005. Доступно написанный обзор для клиницистов и семей пациентов.

Borderline Personality Disorder: A Clinical Guide (2nd ed.), by J. G. Gunderson. Washington, DC: American Psychiatric Publishing, 2008. Предназначено в первую очередь для практикующих врачей; включает обширный список источников и ресурсов.

Borderline Personality Disorder Demystified: An Essential Guide for Understanding and Living with BPD, by R.O. Friedel. New York: Marlowe & Company, 2004. До ступно написанное пособие для семей пациентов.

Рассказы пациентов и их семей

Siren's Dance: My Marriage to a Borderline: A Case Study, by A. Walker. Emmaus, PA: Rodale, 2003. Супружеский опыт.

Lost in the Mirror: An Inside Look at Borderline Personality Disorder (2nd ed.), by R. Moskovitz. Dallas, TX: Taylor Publications, 2001. Очень личностные описания страданий пограничной личности.

Get Me Out of Here: My Recovery from Borderline Personality Disorder, by R. Reiland. Center City, MN: Hazeldon Publishing, 2004. Личные воспоминания.

Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder, by R. Kreger and P. T. Mason. Oakland, CA: New Harbinger Publications, 1998. Поучительное руководство.

The Essential Family Guide to Borderline Personality Disorder, by R. Kreger. Center City, MN: Hazelden, 2008. Продолжение *Stop Walking on Eggshells* с рекомендациями для семьи.

Borderline Personality Disorder in Adolescents: A Complete Guide to Understanding and Coping When Your Adolescent Has BPD, by B. A. Aguirre. Beverly, MA: Fair Winds Press, 2007. Проблемы пограничных подростков.

Surviving a Borderline Parent: How to Heal Your Childhood Wounds and Build Trust, Boundaries, and Self-Esteem, by

K. Roth and F. B. Friedman. Oakland, CA: New Harbinger Publications? 2003. Для детей пограничных родителей.

Веб-сайты

BPD CENTRAL

www.bpdcentral.com

Один из первых и самых всеобъемлющих сайтов, предлагает много книг и статей.

BPD TODAY

www.borderlinepersonalitytoday.com

Содержит большой список статей и книг по ПРЛ.

BPD RESOURCE CENTER

www.bpdresources.net

Рекомендует книги и статьи, интервью с авторами и общую информацию для пациентов и их семей.

NEW YORK PRESBYTERIAN HOSPITAL INFORMATION

www.bpdresourcecenter.org

Вестчестерское отделение Университетской больницы Корнелла и Колумбии имеет активное отделение лечения, возглавляемое доктором медицинских наук Отто Кернбергом, и общий информационный веб-сайт.

NATIONAL INSTITUTE OF MENTAL HEALTH SUMMARY

www.nimh.nih.gov/health/publications/borderline-personality-disorderfact-sheet/index.shtml

Общая информация.

MAYO CLINIC INFORMATION

mayoclinic.com/health/borderline-personality-disorder/DS00442

Общая информация и ответы на вопросы.

BORDERLINE PERSONALITY DISORDER DEMYSTIFIED

www.bpddemystified.com

Сайт доктора медицинских наук Роберта О. Фриделя, ведущего психиатра и автора книги *Borderline Personality Disorder Demystified*.

PERSONALITY DISORDERS AWARENESS NETWORK (PDAN)

www.pdan.org

PDAN работает с целью повышать осведомленность граждан о влиянии ПРЛ на детей, отношения и общество.

FACING THE FACTS

www.bpdfamily.com

Один из крупнейших сайтов для сбора информации и поддержки семей пациентов.

BPD RECOVERY

www.bpdrecovery.com

Сайт для лиц, лечащихся от ПРЛ и желающих обратиться за помощью.

WELCOME TO OZ

http://groups.yahoo.com/group/welcometooz

Форум для членов семьи пациентов и их близких.

WELCOME TO OZ—PROFESSIONALS

<http://groups.yahoo.com/group/wtopprofessionals>

Форум и контакты электронной почты для практикующих врачей, работающих с ПРЛ.

BORDERLINE PERSONALITY DISORDER SANCTUARY

www.mhsanctuary.com/borderline

Образовательная информация, книги, поддержка и список врачей и психотерапевтов по штатам.

NATIONAL EDUCATION ALLIANCE FOR BORDERLINE PERSONALITY DISORDER (NEA-BPD)

www.borderlinepersonalitydisorder.com

Поддержка и просвещение для пациентов, родственников и профессионалов.

TREATMENT AND RESEARCH ADVANCEMENTS ASSOCIATION FOR PERSONALITY DISORDER (TARAAPD)

www.tara4bpd.org

Национальная некоммерческая организация, поддерживает лиц с ПРЛ и их семьи, спонсирует семинары и мастер-классы, руководит национальным ресурсным и справочным центром и доносит проблемы ПРЛ до законодателей в конгрессе.

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1. Мир пограничной личности

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2. Хаос и пустота

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3. Первопричины пограничного синдрома

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6. Как справиться с пограничной личностью

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7. Обращаясь за лечением

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8. Специфические психотерапевтические методики

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