

Schema Therapy for Borderline Personality Disorder

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Schema Therapy (ST) for Borderline Personality Disorder (BPD) is a (cost-) effective treatment compared to a psychodynamic specialized treatment and treatment as usual (TAU). This presentation focuses on recent development in ST for BPD. First the results of the BPD RCT by Giesen-Bloo et al. (2006) will be presented. Then the new results of an implementation study of ST for BPD in regular practice will be presented. This study also tested to what degree telephone availability of the therapist in case of crisis had a medium of large effect on the results of ST (Nadort et al., 2009). Thirdly, a special group format seems to catalyze the processes of change used by ST. We will present results of a recent RCT comparing group ST for BPD to TAU and discuss the specific ingredients of this group-ST approach (Farrell et al. 2009).

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