

Cognitive-behavioral treatments for personality disorders (pp. 579-605)

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The treatments available for personality disorders are varied, but, in general, they are not very effective. Current studies offer some guidelines for the treatment of personality disorders that are described here together with some of the cognitive-behavioral procedures used for the modification of these problems. While some disorders are difficult to modify (e.g., schizoid, antisocial or narcissistic personality disorders), others have structured programs of treatment that make us more optimistic about the effectiveness of interventions (e.g., borderline, avoidant or dependent personality disorders). We conclude by pointing out the need for more research on more effective procedures and techniques of intervention for the modification of personality disorders.