



Borderline, Narcissistic, and Schizoid Adaptations: The Pursuit of Love, Admiration, and Safety

Elinor Greenberg PhD

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Borderline, Narcissistic, and Schizoid Adaptations demystifies the diagnosis and treatment of personality disorders. It offers clear and practical advice on how to differentiate and treat clients who have made Borderline, Narcissistic, or Schizoid adaptations. Elinor Greenberg begins with an overview of the topic of personality disorders, reframes these disorders as adaptations, and then explains the treatment interventions that work best for each type of adaptation. Later chapters describe how to do specific interventions that deal with commonly encountered treatment issues such as: such as: “How to undo a Narcissistic shame-based self-hating depression,” “How to judge a Schizoid client’s sense of interpersonal safety from their dreams,” and “How to help Borderline clients reach their goals.” Each type of intervention is explained in detail, ample clinical examples are given, as is how and when to utilize the method in the client’s treatment. Both beginning therapists and experienced clinicians alike will find this book a useful resource that will expand their understanding and effectiveness with this often challenging group of clients.

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