Family Connections: Short Reading List

- Bockian, N.R., Villagran, N.E., & Porr, V. (2002). New Hope for People with Borderline Personality Disorder: Your Friendly, Authoritative Guide to the Latest in Traditional and Complementary Solutions. Roseville, CA: Prima Publishing (a division of Random House).
- Fruzzetti, A. E. (2002). Dialectical behavior therapy for borderline personality and related disorders. In T. Patterson (Volume 2 Ed.), *Comprehensive handbook of psychotherapy, Volume 2: Cognitive-behavioral approaches* (pp. 215-240). New York: Wiley.
- Fruzzetti, A. E. (2006). *The high conflict couple: A dialectical behavior therapy guide to finding peace, intimacy, and validation.* Oakland, CA: New Harbinger Press.
- Fruzzetti, A. E., & Boulanger, J. L. (2005). Family involvement in treatment for borderline personality disorder. In J. G. Gunderson & P.D. Hoffman (Eds.), *Understanding and treating borderline personality disorder: A guide for professionals and families* (pp. 151-164). Washington, DC: American Psychiatric Publishing, Inc.
- Fruzzetti, A. E., Hoffman, P.D., & Santisteban, D. (in press). Dialectical Behavior Therapy adaptations for families. To appear in L. Dimeff, K. Koerner, & M. Byars (Eds.), *Adaptations of Dialectical Behavior Therapy*. New York: Guilford Press.
- Fruzzetti, A. E., & Iverson, K. M. (2006). Intervening with couples and families to treat emotion dysregulation and psychopathology. In D.K. Snyder, J. Simpson, & J. Hughes (Eds.), *Emotion regulation in couples and families: Pathways to dysfunction and health* (pp. 249-267). Washington, DC: American Psychological Association.
- Fruzzetti, A. E., Shenk, C., & Hoffman, P. D. (2005). Family interaction and the development of borderline personality disorder: A transactional model. *Development and Psychopathology*, 17, 1007-1030.
- Gunderson, J.G., Daversa, M. T., Grilo, C. M., et al. (2006). Predictors of 2-year outcome for patients with borderline personality disorder. *American Journal of Psychiatry*, 163, 822-826.
- Gunderson, JG. & Hoffman, PD. (2005) *Understanding and Treating Borderline Personality Disorder: A Guide for Professionals and Families*. American Psychiatric Press, Inc. Washington, DC.
- Hoffman, P. D., Buteau, E., Hooley, J. M., Fruzzetti, A. E., & Bruce, M. L. (2003). Family members' knowledge about borderline personality disorder: Correspondence with their levels of depression, burden, distress, and expressed emotion. *Family Process*, 42, 469-478.
- Hoffman, P. D., Fruzzetti, A. E., Buteau, E. (in press). Understanding and engaging families: An education, skills and support program for relatives impacted by borderline personality disorder. *Journal of Mental Health*.
- Hoffman, P. D., Fruzzetti, A. E., Buteau, E., Penney, D., Neiditch, E., Penney, D., Bruce, M., & Hellman, F., Struening, E. (2005). Family Connections: Effectiveness of a program for relatives of persons with borderline personality disorder. *Family Process*, 44, 217-225.
- Hooley, J. M., & Hoffman, P.D. (1999). Expressed emotion and clinical outcome in borderline personality disorder. *American Journal of Psychiatry*, *156*, 1557-1562.
- Linehan, M.M. (1993). *Skills training manual for treating borderline personality disorder*. New York: Guilford Press.
- Linehan, M. M., Comtois, K. A., Murray, A. M. Brown, M. Z., Gallop, R. J., Heard, H. L., Korslund, K. E., Tutek, D. A., Reynolds, S. K., & Lindenboim, N. (2006). Two-year randomized controlled trial

- and follow-up of Dialectical Behavior Therapy vs therapy by experts for suicidal behaviors and borderline personality disorder. Archives of General Psychiatry, 63, 757-766.
- Moskovitz, R. (2001). Lost in the Mirror: An Inside Look at Borderline Personality Disorder (2nd Edition). New York, NY: Taylor Trade Publishing Co.
- Kreisman, J.J., & Straus, H. (1991). I Hate You Don't Leave Me: Understanding the Borderline Personality. New York, NY: Avon Books.
- Zanarini, M. C., Frankenburg, F. R., Hennen, J., & Silk, K. R. (2003). The longitudinal course of borderline psychopathology: 6-year prospective follow-up of the phenomenology of borderline personality disorder. American Journal of Psychiatry, 160, 274-283.

Reference List for Families

Edited:

List compiled by Michelle D. Sherman, Ph.D.

Director, Family Mental Health Program Oklahoma City Veterans Affairs Medical Center

Personality Disorders:

Friedel, RO. (2004) Borderline Personality Disorder Demystified. Marlow & Co. New York, NY.

Gunderson, JG. & Hoffman, PD. (2005) Understanding and Treating Borderline Personality Disorder: A Guide for Professionals and Families. American Psychiatric Press, Inc. Washington, DC.

Berent, J., & Lemley, A. (1994). Beyond Shyness: How to Conquer Social Anxieties. New York, NY: Simon & Schuster, Inc.

Bockian, N.R., Villagran, N.E., & Porr, V. (2002). New Hope for People with Borderline Personality Disorder: Your Friendly, Authoritative Guide to the Latest in Traditional and Complementary Solutions. Roseville, CA: Prima Publishing (a division of Random House).

Brown, N.W. (2001). Children of the Self-Absorbed: A Grown-Up's Guide to Getting over Narcissistic Parents. Oakland, CA: New Harbinger Publications.

Carter, L., & Minirth, F. The Choosing to Forgive Workbook. Newburgh, NY: Courage to Change Publications.

Ciarrocchi, J.W. (1995). The Doubting Disease: Help for Scrupulosity and Religious Compulsions. Mahwah, NJ: Paulist Press.

Ellis, T.E., & Newman, C.F. (1996). Choosing to Live: How to Defeat Suicide Through Cognitive Therapy. Oakland, CA: New Harbinger Publications.

Enright, R.D. (2002). Forgiveness is a Choice: A Step-by-Step Process for Resolving Anger and Restoring Hope. Washington, DC:

Fusco, G.M., & Freeman, A. (2002). Borderline Personality Disorder: A Patient's Guide to Taking Control. New York, NY: W.W. Norton & Co.

Hare, R.D. (1998). Without Conscience: The Disturbing World of Psychopaths Among Us. New York, NY: Guilford Press.

Heller, L.M. (1999). Life at the Border: Understanding and Recovering from the Borderline Personality Disorder. Okeechobee, FL: Dyslimbia Press, Inc.

Hotchkiss, S. & Masterton, J.F. (foreward) (2002) Why Is It Always About You? Saving Yourself From the Narcissists in Your Life. The Free Press, location unavailable; contact www.bn.com to order book.

Kreger, R., & Shirley, J.P. (Contributor) (2002). The Stop Walking on Eggshells Workbook: Practical Strategies for Living with Someone Who Has Borderline Personality Disorder. Oakland, CA: New Harbinger Publications.

Kreisman, J.J., & Straus, H. (1991). I Hate You - Don't Leave Me: Understanding the Borderline Personality. New York, NY: Avon Books.

Lawson, C.A. (2000). Understanding the Borderline Mother: Helping Her Children Transcend the Intense, Unpredictable, and Volatile Relationship. Northvale, NJ: Jason Aronson, Inc.

Linehan, M.M. (1993). Cognitive-behavioral treatment of borderline personality disorder. New York: Guilford Press.

Linehan, M.M. (1993). Skills training manual for treating borderline personality disorder. New York: Guilford Press.

Linehan, M.M. Heard, H.L. & Armstrong, HE. (1993). Naturalistic follow-up of a behavioral treatment for chronically parasuicidal borderline patients. Archives of General Psychiatry, 50, 971-974.

Lykken, D.T. (1995). The Antisocial Personalities. Mahwah, NJ: Lawrence Erlbaum Associates, Inc.

Mason, P.T., and Kreger, R. (1998). Stop Walking on Eggshells: Taking Your Life Back when Someone You Care about has Borderline Personality Disorder. Oakland, CA: New Harbinger Publications.

Moskovitz, R. (2001). Lost in the Mirror: An Inside Look at Borderline Personality Disorder (2nd Edition). New York, NY: Taylor Trade Publishing Co.

Oldham, J.M., & Morris, L.B. (1995). The New Personality Self-Portrait: Why You Think, Work, Love and Act the Way You Do. New York, NY: Bantam Dell Publishing Group/Random House.

Paxton, L. (1999). Borderline and Beyond: A Program of Recovery from Borderline Personality Disorder. Cape Canaveral, FL: Bally Web, Inc.

Santoro, J., & Cohen, R. (1997). The Angry Heart: Overcoming Borderline and Addictive Disorders: An Interactive Self-Help Guide. Oakland, CA: New Harbinger Publications.

Siever, L.J., & Frucht, W. (1997). The New View of Self: How Genes and Neurotransmitters Shape Your Mind, Your Personality, and Your Mental Health. Diane Publishing Co.

Stein, M.B., & Walker, J. (2001). Triumph over Shyness: Conquering Shyness and Social Anxiety. New York, NY: McGraw-Hill Professional Publishing Group.

Strong, M. (1998). A Bright Red Scream: Self-Mutilation and the Language of Pain. New York, NY: Viking Press.

Sutton, J. (1999). Healing the Hurt Within: Understand and Relieve the Suffering behind Self-Destructive Behavior. Oxford, England: Pathways, How to Books, Ltd.

Thornton, M.F., Barley, W.D., & Peterson, E.W. (Contributors) (1997). Eclipses: Behind the Borderline Personality Disorder. Madison, AL: Monte Sano Publishing.

Vaknin, S., & Rangelovska, L. (Ed.) (1999). Malignant Self Love: Narcissism Revisited (with diskette). Skopje, Macedonia: Narcissus Publications.

Walker, A., & Gunderson, J.G. (Contributor) (2001). The Courtship Dance of the Borderline. Lincoln, NE: Writer's Showcase.

Wetzler, S. (1993). Living with the Passive-Aggressive Man: Coping with Hidden Aggression - From the Bedroom to the Boardroom. New York, NY: Simon & Schuster, Inc.

Winkler, K., & Kreger, R. (1999). Hope for Parents: Helping Your Borderline Son or Daughter without Sacrificing your Family or Yourself. Milwaukee, WI: Eggshell Press

Autobiographies:

Riding the roller coaster: Living with mood disorders. (1999). M. Bergen. (personal experience of bipolar disorder)

Tell me I'm here. (1992). A. Deveson. (mother's experience of son with schizophrenia)

My mother's keeper: A daughter's memoir of growing up in the shadow of schizophrenia. (1997). T. and J. Holley.

An unquiet mind. (1995). K.R. Jamison. (personal experience of bipolar disorder)

The outsider: A journey into my father's struggle with madness. (2000). N. Lachenmeyer. (son's experience with his father's schizophrenia)

Undercurrents: A therapists' reckoning with her own depression. (1998). M. Manning, (personal experience of depression)

Getting better: Inside Alcoholics Anonymous. (1988). N. Robertson. (alcoholism)

The quiet room: A journey out of the torment of madness. (1994). L. Schiller & A. Bennett. (personal experience of schizophrenia)

His bright light: The story of Nick Traina. (1998). Danielle Steele. (mother's experience of son with bipolar disorder)