



Handbook of Diagnosis and Treatment of DSM-5 Personality Disorders: Assessment, Case Conceptualization, and Treatment, Third Edition

By Len Sperry

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Since the publication of the acclaimed second edition of *Handbook of Diagnosis and Treatment of DSM-IV-TR Personality Disorders*, much has changed in how the personality disorders are understood and treated. However, like its previous editions, this new edition is a hands-on manual of the most current and effective, evidence-based assessment and treatment interventions for these challenging disorders. The beginning chapters describes several cutting-edge trends in the diagnosis, case conceptualization, and treatment of them. Then, specific chapters focus on evidence-based diagnosis and treatment interventions for each of the 10 DSM-5 personality disorders. Emphasized are the most recent developments from Cognitive Behavior Therapies, Dialectical Behavior Therapy, Cognitive Behavior Analysis System of Psychotherapy, Pattern-Focused Psychotherapy, Mindfulness, Schema Therapy, Transference Focused Psychotherapy, and Mentalization-Based Treatment. As in previous editions, extensive case material is used to illustrate key points of diagnosis and treatment.

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Editorial Review

About the Author

Len Sperry, MD, PhD, is a professor of mental health counseling and director of clinical training at Florida Atlantic University, and clinical professor of psychiatry at the Medical College of Wisconsin. For more than three decades he has treated and taught courses and workshops on the personality disorders. Among his 1000+ professional publications are several articles, book chapters, and books on these disorders, including the recently published *Cognitive Behavior Therapy of DSM-5 Personality Disorders*.

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