

Procedure and data analysis Each participant had twenty to twenty-four sessions of CAT. Personality traits and personality disorders in late middle and old age: do they remain stable? Borderline personality disorder patients are impulsive, unstable and destructive, hurting themselves and those around them, including those who seek to help them.

Cognitive Analytic Therapy and Borderline Personality Disorder: The Model ...

Therapists can help by using CAT in concert with other. In addition, cognitive analytic therapy seems to be a therapy that people just enjoy, according to a study in the journal , especially if the therapist provides a trusting and collaborative environment. Borderline personality disorder in residential care facilities.

Cognitive Analytic Therapy (CAT) in Borderline Personality Disorder

Personality disorders are common 3-15 percent of the general population and are associated with high personal suffering for those with the disorder and for those in their life. Dimensional models of BPD appear more age neutral and more useful across the entire life span.

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