

Ce livre est le fruit d'une collaboration entre deux psychologues qui prennent en charge des personnes avec un trouble de la personnalité. Depuis quelques années, Manon Beaudoin et Anaëlle Derval travaillent ensemble à l'hôpital Tarnier (Paris) où elles ont initié des prises en charge de groupe pour les patients avec un diagnostic de trouble de la personnalité et de trouble de la personnalité Borderline. Elles travaillent également en cabinet privé.

Ce livre a pour objectif de mettre en lumière ce que sont les troubles de la personnalité. L'accent est également mis sur l'importance de la psychoéducation et la proposition d'outils thérapeutiques à travers diverses approches (TCC, ACT, TCD, TFC). Ce livre s'adresse tant aux patients, qu'aux thérapeutes, aux proches et à toutes les personnes qui souhaitent en apprendre davantage sur les troubles de la personnalité.

À travers leur expérience professionnelle et ce livre, elles souhaitent adresser le message d'espoir qu'il est possible d'apprendre à mieux gérer son quotidien et à améliorer considérablement sa qualité de vie.

Manon Beaudoin est vice-présidente de l'Adorpet. Elle a principalement suivi des enseignements à la Thérapie comportementale et dialectique. Elle prend en charge des personnes avec un diagnostic du trouble de la personnalité borderline. Elle est co-auteure du livre Faire Face au trouble de la personnalité borderline, paru en 2021.

Anaëlle Derval est formée aux Thérapies cognitives et comportementales par l'AFTCC. Elle travaille avec des personnes qui présentent un trouble de la personnalité ainsi que d'autres problématiques comme les troubles anxieux. Elle travaille également auprès des adolescents.

- Qu'est-ce que la personnalité ?
- Quelle est la prévalence du trouble de la personnalité dans la population générale ?
- Comment pose-t-on le diagnostic d'un trouble de la personnalité ?
- En quoi consiste les thérapies comportementales et cognitives (TCC) ?
- Qu'est-ce que la relaxation et comment peut-elle m'aider dans la gestion de mes émotions ?
- Vers qui je peux me tourner quand je souffre d'un trouble de la personnalité ?



Les Troubles De L'identité Sexuelle Psychologie

SJ Ball



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