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**BORDERLINE**  
CAHIER PRATIQUE  
DE THÉRAPIE À DOMICILE



**Lire des ebooks Borderline Déborah Ducasse PDF, ePub, mobi, Êtes-vous borderline ?**

Vos émotions sont toujours très intenses...

Les relations avec les autres sont sources de souffrance dans votre vie...

Êtes-vous prêt à découvrir comment améliorer votre quotidien ?

Ce livre est fait pour vous ! Grâce à lui, vous suivrez pas à pas, à domicile, un programme thérapeutique. Vous apprendrez les stratégies les plus efficaces permettant de réguler vos émotions, de diminuer votre impulsivité et d'améliorer vos relations avec les autres.

Vous découvrirez aussi tout ce que nous savons aujourd'hui sur ce trouble. Ce livre constitue le premier guide pratique intégrant les éléments centraux des thérapies validées dans le trouble borderline.

Voici le livre qui va vous aider à dépasser les difficultés du quotidien et vivre une vie qui a du sens pour vous.

Déborah Ducasse est médecin, psychiatre-psychothérapeute.

Véronique Brand-Arpon est docteur en biologie de la santé, infirmière-psychothérapeute.

Formées en thérapies cognitives et comportementales, dont celles basées sur la mindfulness, elles sont à l'origine de la filière de soins dédiée aux personnes souffrant de trouble de la personnalité borderline au CHU de Montpellier.

Elles sont au cœur d'une activité de recherches, d'innovations scientifiques et de formation des professionnels de santé en psychothérapies.

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