

Book Review: Cognitive Therapy of Personality Disorders Third Edition (2015).

Beck, Davis & Freeman, The Guildford Press. Approx Cost (A\$69.95).

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The latest edition of this classic text is a fantastic resource for all clinical psychologists working with people trying to overcome disorders of personality. The third edition includes 65 per cent new material compared to the previous edition, including updates to reflect the changes in the classification of personality disorders from DSM-IV to DSM-5.

The book is relatively concise at 437 pages and is broken up into three sections. The first brings the reader up to date with the latest theory and research on personality disorders. The second section dedicates a chapter to each of the 10 personality disorders in DSM-5, including an excellent chapter on borderline personality disorder by Professor Arnoud Arntz – one of the international keynote speakers at the forthcoming APS College of Clinical Psychologists Conference in Adelaide in June. The book is rounded out with chapters on comorbidity, clinical management issues and comments on the future for treatment outcomes using cognitive interventions for personality conditions.

The greatest strength of this book is its practical applicability to clinical practice. There is consistent connection between the description of empirically based theory of personality disorders and cognitive interventions. This book is also an excellent resource for clinical psychology registrars wanting to strengthen their knowledge of and competency in personality disorders even if they do not wish to make personality disorders an area of clinical expertise.

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