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# **Interpersonal Reconstructive Therapy An Integrative Personality Based Treatment For Complex Cases Promoting Change In Nonresponders**

**By Lorna Smith  
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author of **interpersonal diagnosis. integrative treatment of personality disorder part i. interpersonal reconstructive therapy**  
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*psychopathology and change in psychotherapy for the past several years he has worked closely with dr lorna smith benjamin to operationalize and test the efficacy of*

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**for treating people with personality disorders especially those who have not been helped by other therapies or medication it was developed by lorna smith benjamin a retired professor at the university of utah irt is based on understanding of how early attachment patterns affect the patient s later behavior'**

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relationships irt  
offers a step by step  
framework for  
structuring

interventions to  
promote learning of new  
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that include multiple  
axis i disorders orbid  
with personality  
disorders the barriers  
to change are  
significant this book  
presents a powerful  
therapeutic approach  
that integrates  
psychodynamic cognitive  
behavioral client  
centered and other  
techniques to empower  
patients to overe these  
barriers by fostering  
change in personality'

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personality traits are  
theoretically  
associated with  
interpersonal behavior  
patterns and  
difficulties however  
little is known about  
relations between  
dimensional personality  
systems that integrate  
pathological and  
normative traits and  
social functioning the  
current study explores  
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**an integrative personality based treatment for plex cases lorna smith benjamin** for those with chronic problems that include multiple axis i disorders orbid with personality disorders the barriers to change are significant  
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**especially appropriate**

**for people who have**

**been in therapy before**

**and have not yet**

**succeeded in changing**

**feelings anger anxiety**

**depression**

**and' 'interpersonal**

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**the factors that give rise to mental health**

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