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Talks about Borderline personality disorder, a term within the field of clinical psychology which came to possess specific stereotypes and negative meanings. This book applies a variety of modalities to identify treatment goals, including: selecting assessment tools, conceptualizing progression, pinpointing pitfalls, and developing techniques.

Comparative Treatments for Borderline Personality Disorder - Arthur Freeman, EdD, ABPP - 2004-11-18
Within the field of clinical psychology, the term borderline personality disorder was developed to fulfill a diagnostic need and has to possess specific stereotypes and negative meanings. Because the term borderline is an emotionally charged word, it can lead to a less-than-accurate view of the situation or patient being described, thus presenting a challenge to even the most experienced therapists and becoming one of the most complex disorders to treat. Through the use of one case study, however, experts in borderline personality disorders have put this difficulty at ease. Applying a variety of modalities to identify treatment goals, including: selecting assessment tools, conceptualizing progression, pinpointing pitfalls, and developing techniques, diagnosing and treating BPD has created a more successful therapeutic result.

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Borderline Personality Disorder - Arthur Freeman, EdD, ABPP - 2007-01-29
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Comparative Treatments for Borderline Personality Disorder - Arthur Freeman - 2005
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Antisocial Personality Disorder - Frederick Rotgers, PsyD, ABPP - 2005-11-10
Patients with antisocial personality disorder (APD) have traditionally been considered difficult to treat, or even untreatable, with psychotherapy. Recent clinical and research developments, however, have begun to change this view. In this book, both experienced and novice clinicians will gain an understanding of the developments in this area of psychotherapy. Rotgers and Maniacci present experts in the field of various models of treatment, among them Adlerian, biosocial-learning, motivational interviewing, Rogerian and psychopharmacological, to identify treatment goals, select assessment tools, conceptualize progression, pinpoint pitfalls, develop techniques, and move toward a successful therapeutic completion. By providing a brief overview of APD, discussing the ongoing controversies regarding the construct of APD, and assessing the responses to the same set of questions posed to each expert, the authors offers a glimpse into the difficult world of antisocial personality disorder.

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Anger-Related Disorders - Eva Feinleider, PhD - 2006-04-11
In this ground-breaking exploration, a glittering array of specialists investigate how and why anger is viewed as a secondary emotion by most clinical theories and practitioners and seeks to answer the following questions: What are anger-related disorders? What do they have in common and how are they different? How do we treat the various anger-related disorders? Drawing on one case study, the top-notch contributors each present a different method of treatment for anger-related disorders. By taking into consideration the variety of perspectives and treatments available for anger-related disorders, this book provides an overview of how clinicians can implement each of these treatments as well as combine treatments to provide a tailored therapy for each individual client.

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the state of the art of psychoanalytic outcome research, critically analyzing so-called evidence-based therapies. Are anger-related disorders? What do they have in common and how are they different? How do we treat the various types of anger-related disorders? Drawing on one case study, the top-notch contributors examine the method of treatment for anger-related disorders. By taking into consideration the variety of perspectives and treatments available for anger-related disorders, this book provides an overview of how clinicians can implement each of these treatments as well as combine treatments to provide a tailored therapy for each individual client.

Practice Guideline for the Treatment of Patients with Borderline Personality Disorder - American Psychiatric Association - 2001

The most common personality disorder here and abroad, borderline personality disorder is often misdiagnosed or underdiagnosed. Left untreated, it causes marked distress and impairment in social, occupational, and role functioning, with high rates of self-destructive behavior (attempted and completed suicide). Its pervasive pattern of impulsivity and instability of interpersonal relationships, affects, and self-image begins in early adulthood and presents in a variety of contexts. Developed primarily by psychiatrists in active clinical practice, the revised edition of this popular work offers an updated synthesis of current scientific knowledge and rational clinical practice for patients with borderline personality disorder -- with the important caveat that clinicians should consider, but not limit themselves to, the treatments recommended here. The summary of treatment recommendations is keyed according to the level of confidence with which each recommendation is made and coded to show the nature of its supporting evidence. Highly informative and easy to use, this eminently practical volume is organized into three major parts: Part A contains treatment recommendations (Section I, treatment summaries; Section II, treatment plans; Section III, special clinical considerations; and Section IV, risk management issues during treatment), Part B presents the evidence underlying these treatment recommendations (Section V, an overview of DSM-IV-TR criteria, prevalence rates, and natural history and course; and Section VI, a review of existing treatment literature), and Part C summarizes those areas in which better research data are needed. Remarkably concise and comprehensive, this practice guideline continues to be an indispensable reference for every clinician who treats patients with this heterogeneous and complex disorder.

Outcome Research and the Future of Psychoanalysis - Marianne Leuzinger-Bohleber - 2020-02-19

Outcome Research and the Future of Psychoanalysis explores the connection between outcome studies and important and complex questions of clinical practices, research methodologies, epistemology, and sociological considerations. Presenting the ideas and voices of leading experts in clinical and extra-clinical research in psychoanalysis, the book provides an overview of the state of the art of outcome research, its results and implications. Furthermore, its contributions discuss the basic premises and ideas of outcome research and in which way the contemporary Zeitgeist might shape the future of psychoanalysis. Divided into three parts, the book begins by discussing the scientific basis of psychoanalysis and advances in psychoanalytic thinking as well as Part II of the book contains exemplary research projects that are discussed from a clinical perspective, illustrating the dialogue between researchers and clinicians. Lastly, in Part III, several psychoanalysts review the importance of critical thinking and research in psychoanalytic education. Thought-provoking and expertly written and researched, this book is a useful resource for academics, researchers and postgraduate students in the fields of mental health, psychotherapy, and psychoanalysis.

Outcome Research and the Future of Psychoanalysis - Marianne Leuzinger-Bohleber - 2020-02-19

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Structured Interview for DSM-IV Personality - Bruce FohI  - 1997

Updated for DSM-IV, the Structured Interview for DSM-IV Personality (SIDP-IV) is a semi-structured interview that uses nonpejorative questions to examine behavior and personality traits from the patient’s perspective. The SIDP-IV is organized by topic sections rather than disorder to allow for a more natural conversational flow, a method that gleams useful information from related interview questions and produces a more accurate diagnosis. Designed as a follow-up to a general psychiatric interview that assesses episodic psychiatric disorders, the SIDP-IV helps the interviewer to more easily distinguish lifelong behavior from temporary states that result from an episodic psychiatric disorder. During the session, the interviewer can also refer to the specific DSM-IV criterion associated with that question set. In the event that the clinician decides to interview a third-party informant such as family members or close friends, a consent form is provided at the end of the interview. With this useful, concise interview in hand, clinicians can move quickly from diagnosis to treatment and begin to improve their patient’s quality of life.

Handbook of Good Psychiatric Management for Borderline Personality Disorder - John G. Gunderson - 2014-01-15

The diagnosis and treatment of patients with BPD can be fraught with anxiety, uncertainty, and complexity. How welcome, then, is the Handbook of Good Psychiatric Management for Borderline Personality Disorder, which teaches clinicians what to do and how to do it, as well as what not to do and how to avoid it. The author, a renowned researcher and clinician, has developed a new evidence-based treatment, Good Psychiatric Management (GPM) that comfortably utilizes cognitive, behavioral, and psychodynamic interventions that are practical and simple to implement. Because psychoeducation is an important component of GPM, the book teaches clinicians how to educate their patients about BPD, including the role of genetics and the expected course of the disease. This approach offers advantages both to practitioners, who become more adept at honest communication, and to patients, who are encouraged to have realistic hopes and to focus on strategies for coping with BPD in daily life. The book is structured for maximum learning, convenience, and utility, with an impressive array of features. Section I provides background on BPD, including the myths that sometimes discourage clinicians from treating these patients and that hamper the effective treatment of the disorder. Section II, the GPM Manual, provides a condensed and clear description of the most essential and specific GPM interventions that clinicians can learn from and use in everyday practice. Section III, the GPM Workbook, offers case vignettes which reference chapters from the manual. Each vignette has a number of “decision points” where alternative interventions are proposed and discussed. To further facilitate learning, a set of nine interactions is found in a series of online video demonstrations. Here, readers can see in vivo illustrations of the GPM model in practice. Finally, a set of appendices provides critical information, such as a comparison of GPM with other evidence-based treatments of BPD, scaling risk and response strategies, and family guidelines. Designed to be a basic case management text for all hospital, outpatient clinic, or office-based psychiatrists or mental health professionals who assume primary responsibility for the treatment of those with BPD, the Handbook of Good Psychiatric Personality Disorder constitutes a breakthrough in the treatment of these often misunderstood patients.

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Systems Training for Emotional Predictability and Problem Solving for Borderline Personality Disorder - Donald W. Black - 2017-01-06

Borderline personality disorder (BPD) is a potentially severely debilitating psychiatric diagnosis that may affect up to 2% of the general population. Hallmarks of BPD include impulsivity, emotional instability, and poor self-image, and those with BPD have increased risk for self-harm and suicide. Systems Training for Emotional Predictability and Problem Solving (STEPPS) brings together research findings and information on implementation and best practices for a group treatment program for outpatients with BPD. A five-month long program easily learned and delivered by therapists from a wide range of theoretical orientations, STEPPS combines cognitive behavioral therapy, emotion management and behavioral skills training, and psychoeducation with a systems component that involves professional care providers, family, friends, and significant others of persons with BPD. The book provides a detailed description of the program, reviews the body of evidence supporting its use and implementation, and describes its dissemination worldwide and in different settings. Empirical data show that STEPPS is effective and produces clinically important improvement in mood and behavior, while reducing health care utilization. Unique among programs for BPD, STEPPS has been exhaustively studied in correctional systems (both prisons and community corrections), where it is shown to be as effective as in community settings. This volume will be a valuable guide to those in psychiatry, psychology, social work, nursing, and the counseling professions who treat people with BPD.

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Conduct Disorders  - Audrey L. Nelson, PhD, RN, FAAN - 2006-02-10

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50% new content reflecting a decade of advances in the field. Distinguished psychiatrist Joel Paris distills current Establishment of treatment goals Discussion of assessment procedures Specific clinical interventions In addition, a comparison grid offers a summation and comparison of the eight treatment models for use in developing and enhancing patient-tailored treatment approaches.

Conduct Disorders - Audrey L. Nelson, PhD, RN, FAAN - 2006-02-10
Take a journey through one of the most costly psychiatric disorders: Conduct Disorder. Explore why children in the same environment as a child with conduct disorder are more affected than the child diagnosed with the problem. Delve into the reasons most practicing clinicians of conduct disorder are influenced more so by the persons they treat and their desire to refine theoretical understanding of others and improve their methods of helping than by empirical research. With the increasing need to effectively address conduct-disordered youth, this book offers a comparative analysis of eight distinctive theoretical and practical interventions by expert therapists of one case study of conduct-disordered youth. Coverage of each treatment includes: Overview of the model Establishment of treatment goals Discussion of assessment procedures Specific clinical interventions In addition, a comparison grid offers a summation and comparison of the eight treatment models for use in developing and enhancing patient-tailored treatment approaches.

Comparative Treatments of Substance Abuse - E. Thomas Dowd, PhD, ABPP - 1999-07-16
"This volume in Springer's well-conceived Comparative Treatments [for] Psychological Disorders Series was designed to examine psychotherapy approaches to chemical dependence treatment[1] provides important theoretical and clinical information that will be of great use to psychotherapy students, particularly those at the graduate level. It will make an excellent companion resource to many specific chemical dependence treatment texts because it provides a variety of theories that are clearly linked to practical intervention strategies." - International Association for Cognitive Psychotherapy, August 2000. This volume addresses a clinical problem seen by most mental health professionals—the abuse of drugs and alcohol. Drs. Dowd and Rugle have assembled top professionals in the field to address the same case to illuminate the strengths and weaknesses of different therapeutic approaches to substance abuse. Treatment modalities include psychodynamic, behavioral, cognitive, REBT, family therapy, and more. The volume also presents current outcome research for evidence-based interventions.

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Mentalization Based Treatment for Personality Disorders - Anthony Bateman - 2016
Loss of mentalizing leads to interpersonal and social problems, emotional variability, impulsivity, self-destructive behaviours, and violence. This practical guide on MBT treatment of personality disorders outlines the mentalizing model of borderline and antisocial personality disorders and how it translates into an effective clinical treatment.

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Treatment of Borderline Personality Disorder, Second Edition - Joel Paris - 2020-01-21
Acclaimed for its wisdom and no-nonsense style, this authoritative guide has now been revised and expanded with knowledge about borderline personality disorder (BPD) and reviews what works in diagnosis and treatment. Rather than advocating a particular therapy, Paris guides therapists to flexibly interweave a range of evidence-based strategies, within a stepped-care framework. The book presents "dos and don'ts" for engaging patients with BPD, building emotion regulation and impulse control skills, working with family members, and managing suicidality and other crises. It is illustrated throughout with rich clinical vignettes. New to this Edition *Up-to-date findings on treatment effectiveness and outcomes. *Chapter on dimensional models of BPD, plus detailed discussion of DSM-5 diagnosis. *Chapter on stepped care, including new findings on the benefits of brief treatment. *Chapter on family psychoeducation and other ways to combat stigma. *New and expanded discussions of cutting-edge topics—BPD in adolescents, childhood risk factors, and neurobiology.

Handbook of Effective Psychotherapy - Thomas R. Giles - 2012-12-06
Handbook of Effective Psychotherapy is the culmination of 15 years of personal interest in the area of psychotherapy outcome research. In my view, this is one of the most interesting and crucial areas in the field: it has relevance across disparate clinical disciplines and orientations; it provides a measure of how far the field has progressed in its efforts to improve the effectiveness of psychotherapeutic inter vention; and it provides an ongoing measure of how readily clinicians adapt to scientific indications in state-of-the-art care. Regrettably, as several of the chapters in this volume indicate, there is a vast chasm between what is known about the best available treatments and what is applied as the usual standard of care. On the most basic level there appears to be a significant number of clinicians who remain reluctant to acknowledge that scientific study can add to their ability to aid the emotionally distressed. I hope that this handbook, with its many delineations of empirically supported treatments, will do something to remedy this state of affairs.

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Cognitive-Behavioral Treatment of Borderline Personality Disorder - Marsha M. Linehan - 2018-08-07
For the average clinician, individuals with borderline personality disorder (BPD) often represent the most challenging, seemingly insoluble cases. This volume is the authoritative presentation of dialectical behavior therapy (DBT), Marsha M. Linehan's comprehensive, integrated approach to treating individuals with BPD. DBT was the first psychotherapy shown in controlled trials to be effective with BPD. It has since been adapted and tested for a wide range of other difficult-to-treat disorders involving emotion dysregulation. While focusing on BPD, this book is essential reading for clinicians delivering DBT to any clients with complex, multiple problems.
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Borderline Personality Disorder - Perry D Hoffman - 2012-11-12
Explore and understand new approaches in Borderline therapy Borderline Personality Disorder (BPD) lags far behind other disorders such as schizophrenia in terms of research and treatment interventions. Debates about diagnosis, etiology, neurobiology, genetics, medication, and treatment still persist. Borderline Personality Disorder brings together over two dozen of the field's leading experts in one enlightening text. The book also offers mental health providers a view of BPD from the perspectives of sufferers as well as family members to foster an understanding of the experiences of relatives who are often devastated by their loved ones' struggles with this common disorder. Although there has been an increasing interest in BPD in terms of research funding, treatment advancement, and acknowledgment of family perspective over the last decade, the fact remains that the disorder is still highly stigmatized. Borderline Personality Disorder provides social workers and other mental health clinicians with practical access to the knowledge necessary for effective treatment in a single volume of the most current research, information, and management considerations. This important collection explores the latest methods and approaches to treating BPD patients and supporting their families. This useful text also features handy worksheets and numerous tables that present pertinent information clearly. Chapters in Borderline Personality Disorder include: an overview of Borderline Personality Disorder confronting myths and stereotypes about BPD biological underpinnings of BPD BPD and the need for community—a social worker's perspective on an evidence-based approach to managing suicidal behavior in BPD patients Dialectical Behavior Therapy supportive psychotherapy for borderline patients Systems Training for Emotional Predictability and Problem Solving (STEPS) Mentalization-based Treatment fostering validating responses in families Family Connections: an education and skills training program for family member wellbeing and much more! Full of practical, useable ideas for the betterment of those affected by BPD, Borderline Personality Disorder is a valuable resource for social workers, psychologists, psychiatrists, and counselors, as well as students, researchers, and academics in the mental health field, family members, loved ones, and anyone directly affected by BPD.

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represent a formidable public health concern. This volume ably addresses personality disorders as one of the top techniques in treating clients across various conditions, settings, and subgroups. Client problems featured include both those often associated with REBT (e.g., anxiety, depression, anger) and others noted for complex presentations, difficulties with engagement, and impasses (e.g., addictions, suicidality, psychosis). Challenging treatment populations are covered as well, including women, couples, families, elder and pediatric clients, clients with disabilities, and sexual minorities. These stimulating cases show how well the diversity of clients and their concerns is matched by the flexibility of techniques and applications within REBT. In each chapter, expert therapists: - Identify concepts in REBT especially suited to approaching the problem or population. - Outline best REBT practices in assessment and treatment of the client(s). - Survey evidence-based non-REBT approaches most useful in complementing REBT. - Provide a brief case example representing appropriate REBT in action. - Assess their use of REBT in treating the problem or members of the population. A bedrock text for REBT scholars-practitioners, REBT with Diverse Populations and Problems is a testimony to the continuing usefulness of the therapy and its adaptability as client populations emerge and as the contexts of client problems evolve in response to a demanding world.

Psychotherapy for Personality Disorders - John G. Gunderson - 2008-11-01

Defined by stable, long-term, subjective distress and/or social impairment, personality disorders affect up to 18% of the population. Social impairment and health care usage are far more prevalent among people with personality disorders than among people with major depressive disorders. Personality disorders are highly prevalent, variable, and notoriously difficult to treat, and they continue to challenge the therapeutic community and represent a formidable public health concern. This volume ably addresses personality disorders as one of the top priorities of psychiatry for the new millennium, offering a thorough and updated review and analysis of empirical work to point to the issues central to developing a therapeutic model for treatment as well as current research challenges. A review of extant research yields the heartening conclusion that psychotherapy remains an effective treatment for people with personality disorders. An examination of psychodynamic treatment for borderline personality disorder speaks to its efficacy. An analysis of the rationale for combining psychotherapy and psychopharmacology emphasizes the importance of identifying temperament and target conditions. A well-documented and reasoned treatise on antisocial personality disorder makes the crucial point that clinicians must acquire a depth of understanding and skill sufficient to determine what the cut-off point is for treatable versus nontreatable gradations. With the caveat that evidence supporting the efficacy of cognitive treatments for personality disorders is slight and that such approaches require tailoring, a strong case is made for their validity. This timely volume both answers and reframes many stubborn questions about the efficacy of psychotherapy for treating personality disorders.

Borderline personality disorder (BPD) has been widely viewed as a chronic disorder, which has led many clinicians to avoid treating patients with this diagnosis. BPD is also one of the most stigmatized of psychiatric disorders, due to the awkward manner in which these individuals attempt to get their needs met. As such, the findings generated by this important research provide much-needed hope for those diagnosed with BPD, particularly in guiding future research on and treatment for borderline personality disorder.

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The aim of psychotherapy is to eliminate or relieve mental disorders and suffering related to them, to support psychological growth and development, to enhance the patient’s capability to solve personal problems himself/herself and to help the patient to find new functional approaches in human relationships. Psychotherapy may also be indicated as a preventive measure for persons who work in health care professions or in other tasks, where deepening of self-knowledge is important. More than 400 different psychotherapy techniques have been described in literature. Most of these are applications of the six following main forms of psychotherapy: psychodynamic psychotherapy, cognitive psychotherapy, interpersonal psychotherapy, systemic psychotherapies, and family therapists group therapies supportive psychotherapy.

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Cognitive-Behavioral Strategies in Crisis Intervention, Third Edition - Frank M. Dattilio - 2012-08-22

This invaluable practitioner guide and text shows how cognitive-behavioral interventions can help people weather situations of extreme stress and build needed skills for the future. Leading authorities describe effective, time-efficient approaches to managing different types of crises: those related to particular psychological problems, such as panic disorder, suicidal depression, and personality disorders; medical crisis; child and family crises; and environmental and situational crises, including large-scale traumatic events. Vivid case material illustrates what the interventions look like in action and how to tailor them to individual clients’ needs.

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Integrated Modular Treatment for Borderline Personality Disorder - W. John Livesley - 2017-01-20

This clinical guide describes a different way to treat borderline personality disorder. Rather than using the currently available therapies, the author presents a trans-theoretical approach that combines the essential elements of all effective treatments. The book offers a framework for understanding the nature and origins of borderline personality disorder that is used to define treatment targets and strategies. Building on this...
handouts, and exercises for practitioners to use with their clients

Forensic CBT - Raymond Chip Tafrate - 2013-09-16
Forensic CBT: A Handbook for Clinical Practice is an edited collection that represents the first authoritative resource on the utilization of CBT strategies and techniques for offender clients. Features contributions from leaders of the major schools of CBT on the treatment of antisocial personality patterns as well as anger, interpersonal violence, substance abuse, and sexual aggression. Addresses modified CBT approaches for female, juvenile, and culturally diverse forensic populations. Covers emerging areas of forensic practices, including the integration of motivational interviewing and strength-based approaches. Includes an assortment of worksheets, handouts, and exercises for practitioners to use with their clients.

Coping with BPD - Blaise Aguirre - 2015-11-01
In this much-needed book, two renowned borderline personality disorder (BPD) experts offer simple, easy-to-use skills drawn from dialectical behavior therapy (DBT) and cognitive behavior therapy (CBT) to help you address the most common issues of BPD, such as intense feelings of anger, depression, and anxiety. For many, having BPD is like living in emotional overdrive. And whether you are feeling depressed, anxious, worried, or angry, you might struggle just to get through each day. So, how can you start balancing your moods and managing your symptoms? This helpful guide addresses over fifty of the most common struggles people with BPD face every day, and offers accessible, evidence-based solutions to help you feel better and get back to living your life. You’ll discover powerful DBT and mindfulness skills to help you set personal limits, manage intense emotions and moods, and address issues like substance abuse and doing harm to yourself and others. In addition, you’ll learn how to deal with the inevitable negative self-talk, feelings of paranoia, and self-invalidation. If you’re ready to take charge of your BPD—instead of letting it take control of you—this book will be your go-to guide. Perfect for everyday use, the practices within will help you manage your symptoms as they arise.

The Philosophy and Psychology of Ambivalence - Berit Brogaard - 2020-12-23
This book collects original essays by top scholars that address questions about the nature, origins, and effects of ambivalence. While the nature of agency has received an enormous amount of attention, relatively little has been written about ambivalence or how it relates to topics such as agency, rationality, justification, knowledge, autonomy, self-governance, well-being, social cognition, and various other topics. Ambivalence presents unique questions related to many major philosophical debates. For example, it relates to debates about virtues, rationality, and decision-making, agency or authenticity, emotions, and social or political metacognition. It is also relevant to a variety of larger debates in philosophy and psychology, including nature vs. nurture, objectivity vs. subjectivity, or nomothetic vs. idiographic. The essays in this book offer novel and wide-ranging perspectives on this emerging philosophical topic. They will be of interest to researchers and advanced students working in ethics, epistemology, philosophy of mind, philosophy of psychology, and social cognition.

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