

# Psychodynamic Approaches To Borderline Personality Disorder

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*A Quality Manual for MBT - Anna Freud Centre*

distinct from other psychotherapeutic approaches for borderline personality disorder (1.2.). Focus is on

outlining the core treatment principles of MBT (1.3.). In a last paragraph, the organisation of this quality manual is linked to the general aim of being adherent to these treatment principles (1.4.).  
1.1. What is MBT?