



Borderline Personality Disorder RESOURCES

Organizations & Programs Websites

American Psychiatric Association (APA)

1000 Wilson Boulevard, Suite 1825
Arlington, VA 22209-2901
703.907.7300
apa@psych.org
www.psych.org

American Academy of Child and Adolescent Psychiatry (AACAP)

3615 Wisconsin Avenue NW
Washington, DC 20016-3007
Office: 202.966.7300
Fax: 202.464.0131
www.aacap.org

Behavioral Tech – DBT referral, training and resources

1107 NE 45th St., Suite 230
Seattle, WA 98105
206.675.8588
www.behavioraltech.com
information@behavioraltech.com

Borderline Personality Disorder Demystified

Robert O. Friedel, M.D. (Gives clinics, wrote book by same title, on NEABPD board at one time; redid this website in 2012, updates periodically, comprehensive resources and news about BPD)
<http://www.bpddemystified.com/>

BPD World

<http://www.bpdworld.org>
General: mail@bpdworld.org
Support: support@bpdworld.org

BPD Central

www.bpdcentral.com

Brain and Behavior Research Foundation

90 Park Avenue, 16th Floor
New York, NY 10016
646-681-4888
800-829-8289
<http://bbrfoundation.org>

The Carter Center Mental Health Program

One Copenhill
453 Freedom Parkway
Atlanta, GA 30307
http://www.cartercenter.org/health/mental_health/index.html

The Fight Within Us: Rethink BPD

Blog by Amanda Wang of NYC
<http://thefightwithinus.com>

Florida Borderline Personality Disorder Association

509 Wilbur St,
Brandon, FL 33511
info@fbpda.org
<http://fbpda.org>

Hope for BPD

Treatment navigation and support for BPD and self-injury by Amanda Smith
941.704.4328
www.hopeforbpd.com
Amanda@hopeforbpd.com

The Menninger Clinic

Open 24 hours/day
12301 S Main St.
Houston, TX 77035
(713) 275-5000
<http://www.menningerclinic.com>
Blog: www.saynotostigma.com

Mental Health America (MHA)

500 Montgomery St., Suite 820
Alexandria, VA 22314
703.684.7722
800.969.6642
Fax: 703.684.5968
<http://www.mmentalhealthamerica.net>
<http://www.mentalhealthamerica.net/contact-us>

If you or someone you know is in crisis, please call 911, go to the nearest emergency room, call 1-800-273-TALK (8255) a 24-hour crisis center, or text "MHA" to 741741.

National Alliance on Mental Illness (NAMI)

3803 N. Fairfax Dr. Suite 100
Arlington, VA 22203
703.524.7600
Fax: 703.524.9094
Helpline: 1.800.950.6264
www.nami.org

National Education Alliance for Borderline Personality Disorder (NEABPD)

Conferences, publications, videos, courses, ©Family Connections,
©TeleConnections
PO Box 974
Rye, NY 10580
914.835.9011
www.borderlinepersonalitydisorder.com
info@neabpd.org

National Institute for Mental Health (NIMH)

6001 Executive Blvd. Rm 8184 MSC 9663
Bethesda, MD 20892-9663
Available in English and Spanish
1.866.615.6464 (toll free)
1.301.443.8431 (TTY)
1.866.415.8051 (TTY toll free)
Fax: 301.443.4279
www.nimh.nih.gov
nimhinfo@nih.gov
BPD page: <https://www.nimh.nih.gov/health/topics/borderline-personality-disorder/index.shtml>

New England Personality Disorder Association (NEPDA)

BPD family workshops, regional conferences, education, advocacy, support
115 Mill St.
Belmont, MA 02478
617.855.2680
www.nepda.org
<http://www.nepa.org/contact>

New York-Presbyterian Weill Cornell Medical Center

offers BPD treatment resources
525 East 68th Street
New York, NY 10065
212-746-5454
Find a Doctor: 877-697-9355
<http://www.nyp.org/bpdresourcecenter>

Report to Congress on Borderline Personality Disorder

U.S. Department of Health and Human Services
 Substance Abuse and Mental Health Services Administration (SAMHSA)
 May, 2011
<http://store.samhsa.gov/shin/content/SMA11-4644/SMA11-4644.pdf>

Treatment Implementation Collaborative, LLC

Worldwide training, consulting and supervision, offering the evidence-based therapy, DBT, to mental health professionals. Clients are government agencies, private and non-profit organizations and individual treatment teams. Co-founders are Shari Manning, PhD, and Helen Best, M.Ed.
 6327 46th Avenue SW, Suite 1A
 Seattle, WA 98136
 206-251-5134
www.ticllc.org

University of Massachusetts Medical School

Department of Medicine
 Division of Preventive and Behavioral Medicine
 Center for Mindfulness Stress Reduction Program
<http://www.umassmed.edu/cfm/stress-reduction>

Books and Publications

Aguirre, Blaise A. ***Borderline Personality Disorder in Adolescents: What to Do When Your Teen Has BPD.*** Beverly, MA: Fair Winds, 2014.

Aguirre, Blaise A. and Gillian Galen, PsyD. ***Mindfulness for Borderline Personality Disorder – Relieve Your Suffering Using the Core Skill of Dialectical Behavior Therapy.*** Oakland, CA: New Harbinger Publications, 2013.

Aron, Elaine N. ***The Highly Sensitive Person: How to Thrive When the World Overwhelms You.*** New York: Broadway, 1997.

Bateman, Anthony, MA, FRC, and Peter Fonagy, Ph.D., FBA. ***Psychotherapy for Borderline Personality Disorder: Mentalization-based Treatment.*** Oxford: Oxford UP, 2004.

Bateman, Anthony, MA, FRC Psych, and Peter Fonagy, Ph.D., FBA. ***Handbook of Mentalizing in Mental Health Practice.*** Washington, DC: American Psychiatric Pub., 2012.

Beck, Aaron T. ***Prisoners of Hate: The Cognitive Basis of Anger, Hostility, and Violence.*** New York: Perennial, 2000.

- Blauner, Susan Rose. ***How I Stayed Alive When My Brain Was Trying to Kill Me: One Person's Guide to Suicide Prevention***. New York: Quill, 2003.
- Bleiberg, Efrain, MD. ***Treating Personality Disorders in Children and Adolescents: A Relational Approach***. New York: Guilford, 2004.
- Bockian, Neil R. and Nora Elizabeth. Villagran. ***New Hope for People with Borderline Personality Disorder***. Roseville, CA: Prima, 2002.
- Brown, C. Brené. ***I Thought It Was Just Me: But It Isn't: Telling the Truth about Perfectionism, Inadequacy, and Power***. New York: Gotham, 2008.
- Burns, David D., MD. ***The Feeling Good Handbook***. New York: Plume, 1999.
- Chapman, Alexander L., Ph.D., and Kim L. Gratz. ***The Borderline Personality Disorder Survival Guide: Everything You Need to Know about Living with BPD***. Oakland, CA: New Harbinger Publications, 2007.
- Coffey, Helen Cochran. ***Don't Let Anyone Know – A Story About Mental Illness – The World Viewed Only the Silhouette!*** Bloomington, IN: Xlibris Corporation, 2012.
- Diagnostic and Statistical Manual of Mental Disorders: DSM-5***. Washington, D.C.: American Psychiatric Association, 2013.
- Dimeff, Linda A., and Kelly Koerner. ***Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings***. New York: Guilford, 2007.
- Friedel, Robert O., MD. ***Borderline Personality Disorder Demystified: An Essential Guide for Understanding and Living with BPD***. New York: Marlowe, 2004.
- Fruzzetti, Alan E., Ph.D. ***The High-conflict Couple: A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy & Validation***. Oakland, CA: New Harbinger Publications, 2006.
- Fruzzetti, Alan. ***The Family Guide to Borderline Personality Disorder: Finding Peace in Your Family Using Dialectical Behavior Therapy***. New Harbinger Publications, 2017.
- Gelder, Kiera Van. ***The Buddha & the Borderline: My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism, & Online Dating***. Oakland, CA: New Harbinger Publications, 2010.
- Goleman, Daniel. ***Destructive Emotions: How Can We Overcome Them?: A Scientific Dialogue with the Dalai Lama***. New York: Bantam, 2003.
- Goleman, Daniel. ***Emotional Intelligence***. New York: Bantam, 1995.

- Goleman, Daniel. ***Healing Emotions: Conversations with the Dalai Lama on Mindfulness, Emotions, and Health***. Boston: Shambhala, 1997.
- Gottman, John Mordechai., and Joan DeClaire. ***The Relationship Cure: A Five-step Guide to Strengthening Your Marriage, Family, and Friendships***. New York: Three Rivers, 2002.
- Green, Tami. ***Helping Someone You Love Recover from Borderline Personality Disorder (finally and Completely)***. Houston, TX: T. Green, 2008. Download at: <http://online.ebooksales.top/?book=1606439251>
- Green, Tami. ***Self-help for Managing the Symptoms of Borderline Personality Disorder***. Houston, TX: T. Green, 2008. Download at: <http://ebooklibrary.pw/download/?book=1606439243>
- Gunderson, John G., MD, and Paul S. Links. ***Borderline Personality Disorder: A Clinical Guide***. Washington, DC: American Psychiatric, 2008.
- Gunderson, John G., MD, and Perry D. Hoffman. ***Understanding and Treating Borderline Personality Disorder: A Guide for Professionals and Families***. Washington, DC: American Psychiatric Pub., 2005.
- Hall, Karyn D., Ph.D., Melissa H. Cook, LPC, and Shari Y. Manning, Ph.D. ***The Power of Validation: Arming Your Child against Bullying, Peer Pressure, Addiction, Self-harm & Out-of-control Emotions***. Oakland, CA: New Harbinger Publications, 2012.
- Harvey, Pat, ACSW LCSW-C, and Jeanine A. Penzo, LICSW. ***Parenting a Child Who Has Intense Emotions: Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts & Aggressive Behaviors***. Oakland, CA: New Harbinger Publications, 2009.
- Hoffman, Perry D., Ph.D., and Penny Steiner-Grossman, Ed.D., MPH. ***Borderline Personality Disorder: Meeting the Challenges to Successful Treatment***. Binghamton, NY: Haworth, 2007.
- Hoffman, Perry D., Ph.D., and John G. Gunderson, M.D., editors, ***Beyond Borderline: True Stories of Recovery from Borderline Personality Disorder***. New Harbinger Publications, 2016.
- Judd, Patricia Hoffman, and Thomas H. McGlashan. ***A Developmental Model of Borderline Personality Disorder: Understanding Variations in Course and Outcome***. Washington, DC: American Psychiatric Assoc. Pub., 2003. [no longer readily available]

- Kaplan, Cynthia, Ph.D., Blaise A. Aguirre, MD, and Michael Rater, MD. ***Helping Your Troubled Teen: Learn to Recognize, Understand, and Address the Destructive Behavior of Today's Teens***. Beverly, MA: Fair Winds, 2007.
- Koerner, Kelly. ***Doing Dialectical Behavior Therapy: A Practical Guide***. New York: Guilford, 2012.
- Komrad, Mark S., MD. ***You Need Help! – A Step-by-step Plan to Convince a Loved One to Get Counseling***. Center City, MN: Hazelden, 2012
- Krawitz, Roy, and Wendy Jackson. ***Borderline Personality Disorder: (The Facts)***. Second Edition. Oxford: Oxford UP, 2008.
- Kreger, Randi, and Erik Gunn. ***The ABC's of BPD: The Basics of Borderline Personality Disorder***. Milwaukee: Eggshells, 2007.
- Kreger, Randi. ***The Essential Family Guide to Borderline Personality Disorder: New Tools and Techniques to Stop Walking on Eggshells***. Center City, MN: Hazelden, 2008.
- Kreisman, Jerold J., MD, and Hal Straus. ***Sometimes I Act Crazy: Living with Borderline Personality Disorder***. Hoboken, NJ: John Wiley & Sons, 2004.
- Lawson, Christine Ann, PhD. ***Understanding the Borderline Mother – Helping Her Children Transcend the Intense, Unpredictable and Volatile Relationship***. Lanham, MD: Rowman & Littlefield Publishers, 2000.
- Linehan, Marsha, Ph.D. ***DBT Skills Training Manual: Second Edition*** And ***DBT Skills Training Handouts and Worksheets: Second Edition***. New York: Guilford, 2015.
- Lundberg, Gary B., and Joy Saunders. Lundberg. ***I Don't Have to Make Everything All Better: Six Practical Principles to Empower Others to Solve Their Own Problems While Enriching Your Relationships***. New York, NY: Penguin, 2000.
- Manning, Shari Y., Ph.D. ***Loving Someone with Borderline Personality Disorder: How to Keep Out-of-control Emotions from Destroying Your Relationship***. New York: Guilford, 2011.
- Mason, Paul T., MS, and Randi Kreger. ***Stop Walking on Eggshells: Taking Your Life Back When Someone You Care about Has Borderline Personality Disorder***. Oakland, CA: New Harbinger, 2010.
- McKay, Matthew, Ph.D., Jeffrey C. Wood, Ph.D., and Jeffrey Brantley, MD. ***The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation & Distress Tolerance***. Oakland, CA: New Harbinger Publications, 2007.

- Mondimore, Francis Mark, MD, and Patrick Kelly, MD. ***Borderline Personality Disorder: New Reasons for Hope***. Baltimore: Johns Hopkins UP, 2011.
- Moskovitz, MD., Richard A. ***Lost in the Mirror – An Inside Look at Borderline Personality Disorder***. Dallas, TX: Taylor Trade Publishing, 2001.
- National Alliance on Mental Health. ***Borderline Personality Disorder Fact Sheet***. Arlington, VA: National Alliance on Mental Health, 2012. NAMI. National Alliance on Mental Health, Nov. 2012. Web. 13 Aug. 2014. <http://www.nami.org/factsheets/bpd_factsheet.pdf>.
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- Pershall, Stacy. ***Loud in the House of Myself: Memoir of a Strange Girl***. New York: W. W. Norton, 2011.
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- Preston, John, Psy.D. ***Integrative Treatment for Borderline Personality Disorder: Effective, Symptom-focused Techniques, Simplified for Private Practice***. Oakland, CA: New Harbinger Publications, 2006.
- Reiland, Rachel. ***Get Me out of Here: My Recovery from Borderline Personality Disorder***. Center City, MN: Hazelden, 2004.
- Spradlin, Scott E. ***Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You in Control***. Oakland, CA: New Harbinger, 2003.
- Tusiani, Bea. ***Remnants of a Life on Paper: A Mother and Daughter's Struggle with Borderline Personality Disorder***. New York: Baroque Press, 2013.
- U.S. Department of Health and Human Services, commissioned by SAMHSA. ***Borderline Personality Disorder***. CreateSpace Independent Platform, 2014. Available at:

www.nimh.nih.gov/health/topics/borderline-personality-disorder/index.shtml

Videos

Andrew Solomon: Love, No Matter What. Perf. Andrew Solomon. TED. TED Conferences, LLC, Apr. 2013. http://www.ted.com/talks/andrew_solomon_love_no_matter_what (23 min.)

Beyond Remission: Mapping BPD Recovery –Kiera Van Gelder, MFA. YouTube. www.youtube.com/watch?v=ux8-7EniZBM

BPD Videos by Topic, NEA.BPD: <http://www.borderlinepersonalitydisorder.com/bpd-videos-by-topic/>

If Only We Had Known: A Family Guide to Borderline Personality Disorder (5 DVD set) Dawkins Productions. 2014. A documentary on BPD following 4 families affected by the disorder, interspersed with commentary by experts. <http://www.bpdvideo.com>

It's Not About the Nail. (About Listening) Posted by Jason Headley. YouTube. 22 May 2013. <https://www.youtube.com/watch?v=-4EDhdAhrOg>

Why Empathy Is More Powerful Than Sympathy. (About never feeling “good enough” and how to be present with a person in pain) By Cate Matthews. Perf. Brene Brown. *HuffPost Healthy Living*. Huffington Post, 12 Dec. 2013, 21 minutes. http://www.huffingtonpost.com/2013/12/12/why-empathy-is-more-powerful-than-sympathy_n_4433231.html?utm_hp_ref=mostpopular

The Function of Emotions: Marcia Linehan, “Borderliner Notes,” April 2017: <https://www.youtube.com/watch?v=tR-O12A78hw>

Shame: Marcia Linehan, “Borderliner Notes,” April 2017: https://www.youtube.com/watch?v=pglTm_IpSzU

Mindfulness: The First Skills Module Taught in DBT: Marcia Linehan, “Borderliner Notes,” April 2017: <https://www.youtube.com/watch?v=PCJ0R6vAUnw>

Using Mindfulness to Regain Control During Crisis: Marcia Linehan, “NICABM” October 2013: <https://www.youtube.com/watch?v=MXxatFoSbeY>

Strategies for Emotion Regulation: Marcia Linehan, “Borderliner Notes,” April 2017: <https://www.youtube.com/watch?v=IXFYV8L3sHQ>

Why Distress Tolerance Skills Are Necessary, Marcia Linehan, “Borderliner Notes,”

April 2017: <https://www.youtube.com/watch?v=sJrgPC11VS0>

Distress Tolerance Skills for Therapist and Patient, Marcia Linehan, “Borderliner

Notes,” April 2017: https://www.youtube.com/watch?v=LVar3c_1RO0

Interpersonal Effectiveness: Marcia Linehan, “Borderliner Notes,” April 2017:

<https://www.youtube.com/watch?v=3NzjE0ATaws>

Mindfulness Skills I: Marcia Linehan, Faces Conference, October 2009:

https://www.youtube.com/watch?v=Eec_SA6oSEA&list=PLNK-EH5RX4oXXoApZ-F8bQjllHjMAX9p7&index=5

Mindfulness Skills II: Marcia Linehan, Faces Conference, October 2009:

<https://www.youtube.com/watch?v=-1ceBmqZnSI&list=PLNK-EH5RX4oXXoApZ-F8bQjllHjMAX9p7&index=7>

Mindfulness Skills III: Marcia Linehan, Faces Conference, October 2009:

<https://www.youtube.com/watch?v=UTWITUGhDZs&list=PLNK-EH5RX4oXXoApZ-F8bQjllHjMAX9p7&index=4>

Mindfulness Skills IV: Marcia Linehan, Faces Conference, October 2009:

<https://www.youtube.com/watch?v=yoLKQLvGylQ&t=55s>

Mindfulness Skills V: Marcia Linehan, Faces Conference, October 2009:

<https://www.youtube.com/watch?v=TFYGEbDzjnM&t=184s>

Audios

Axelrod, Seth, PhD, **Overview of the BPD Diagnosis and Challenges**,

<http://www.borderlinepersonalitydisorder.com/media-library/audio-presentations>

Fruzzetti, Alan, PhD, *Dialectical Behavior Therapy (DBT)*

<http://www.borderlinepersonalitydisorder.com/media-library/audio-presentations>

<http://www.borderlinepersonalitydisorder.com/media-library/call-in-series-archive/> Five years of call-ins with experts addressing different topics, such as: “Getting DBT into the Real World,” “Mental Illness and Parity,” “How to Think About Medications in the Treatment of BPD,” and many more.

Blogs

The Experience of Borderline Personality Disorder, from the anthology “Beyond Borderline: True Stories of Recovery from Borderline Personality Disorder”

www.borderlinepersonalitydisorder.com/blog2/

Various articles on Borderline Personality Disorder: topics including: hope for, treatment of, understanding, fighting stigma of, relationships involving BPD, difference between BPD and Bi-polar, and more found at:

<https://www.nami.org/Blogs/NAMI-Blog/June-2017>

Apps

“**Safety Plan**” – App with green cross; free; has GPS; National Suicide Prevention Hotline

“**DBT Diary Card**” – Available on iTunes

“**DBT Skills Coach**” – Available on iTunes

“**Headspace**” – Mindfulness; available on Androids

“**DBT Self Help**” – Available on Androids

“**DBT 911**” – Available on Androids