

## Are There Other Options For Treatment?

Those diagnosed with BPD experience a wide range of symptoms. Some may require intensive inpatient care. Others may use outpatient treatments of various durations and never need hospitalization or emergency care.

Most people benefit from, and improve their quality of life by, seeking treatment.

## Family Connections

Changeable moods, high-risk behaviors, suicidality and intense anger are often part of life for those who love someone with BPD. Families and friends of people with BPD benefit from support, skills training and sometimes their own therapy.

Family Connections is a free group program run by trained family members that focuses on the needs of those close to the person with BPD. It is available in locations throughout the US as well as through teleconference. A family member or close friend acquiring these skills can tremendously aid the person with BPD.

For information about this course, see:  
[www.neabpd.org/family-connections/](http://www.neabpd.org/family-connections/)

## Resources

For help finding treatment providers:

[www.behavioraltech.org/resources/find-a-therapist/](http://www.behavioraltech.org/resources/find-a-therapist/)  
[www.ticllc.org](http://www.ticllc.org)  
[www.practiceground.org/ebpj-staff/](http://www.practiceground.org/ebpj-staff/)  
[www.nyp.org](http://www.nyp.org), Click on "How the BPD Resource Center Can Help You"

“ In the depth of winter, I finally learned that there was in me an invincible summer. ”

*Albert Camus*



## Skills, Conferences and Reading Recommendations

DBT Peer Connections [www.ilovedbt.com](http://www.ilovedbt.com)  
NEABPD [www.neabpd.org/consumer-recovery-resources](http://www.neabpd.org/consumer-recovery-resources)

**For therapists** wanting to learn more about treating those with the BPD condition, see Marsha Linehan's Skills Building on-line courses for professionals at [www.psychwire.com](http://www.psychwire.com) or the free online NEABPD 6-module course at: [www.neabpd.org/professionals/](http://www.neabpd.org/professionals/)

# ARE YOUR EMOTIONS TOO DIFFICULT TO HANDLE?



**National Education Alliance for  
Borderline Personality Disorder**

[www.borderlinepersonalitydisorder.org](http://www.borderlinepersonalitydisorder.org)

## WHAT IS BORDERLINE PERSONALITY DISORDER?

Borderline Personality Disorder (BPD) is a serious psychological and psychosocial disorder where people have extreme difficulty regulating their emotions.

The 9 Symptoms of Borderline Personality, of which you need 5 for the diagnosis [1]:

1. Intense, rapidly-shifting moods
2. Intense/inappropriate/repressed anger
3. Unstable self-image/low self-esteem
4. Chronic feelings of loneliness or emptiness
5. Fear of abandonment (real or imagined)
6. Pattern of unstable relationships
7. Self-destructive behavior (substance abuse, self-injury, excessive spending or sex, eating disorders, gambling, risky driving, etc.)
8. Suicidal thoughts or behaviors
9. Disassociation or break from reality

## What Causes BPD?

The causes of BPD are not yet clear, but research suggests that genetic, brain, environmental and social factors are likely to be involved.

### Genetics

BPD is 5 times more likely to occur if a person has a close family member (birth parents, full-blooded siblings, or children) with the disorder.

### Environmental and Social Factors

Many people with BPD report experiencing trauma, abuse, or abandonment, or being an emotionally sensitive child in an invalidating environment.

## Brain Factors

Studies show that people with BPD have differences in the structural and functional parts in the brain, especially in the areas that control impulses and emotional regulation. More research is needed to understand the relationship between the brain and BPD.

## How Common is Borderline Personality Disorder?

It is estimated that 1.6% of the adult US population has BPD, but it may be as high as 5.9%, or almost 14 million Americans. Recent research suggests that men and women show a similar prevalence for the disorder (5.6% among men, 6.2% among women) [2]. However, the expression of the disorder manifests differently in men and women.

Zlotnick and others found men presented with more substance abuse, antisocial features, and intermittent explosive disorders, while women presented more with eating disorders [3].

Scientists are also studying ways to identify the disorder earlier in adolescents [4].

## Are There Treatments Available for BPD?

Types of Psychotherapy used to treat BPD include:

### Dialectical Behavior Therapy (DBT)

DBT uses the concept of mindfulness, or being aware of and attentive to, the current situation and moods. DBT also teaches skills to manage intense emotions, reduce self-destructive behaviors, and improve relationships.

### Cognitive Behavioral Therapy (CBT)

CBT works through providing awareness of disruptive thoughts and beliefs, leading patients toward more effectively managed emotions. The ultimate goal of CBT is to introduce clients to a set of effective strategies that they can utilize when needed.

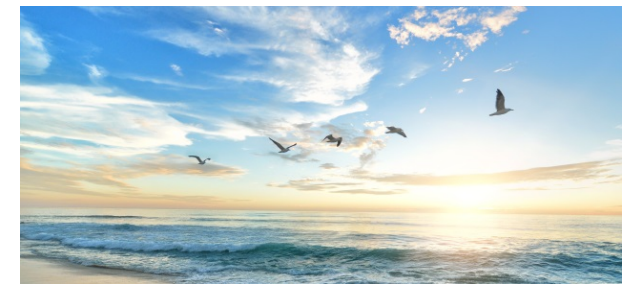
## Mentalization

Mentalization (MBT) is an evidence-based therapy in which the patient learns to identify one's own and others' feelings and attitudes as a way of explaining behaviors.

## Medication

There is no medication that specifically treats BPD. However, your mental health professional may recommend medications to treat symptoms that may occur from other psychiatric disorders that can accompany BPD such as depression, anxiety or mood swings.

People experience differing side effects from different medications. Talk to your doctor about what to expect from a particular medication.



[1] **National Institute of Mental Health**, "Borderline Personality Disorder" *National Institute of Mental Health. U.S. Department of Health and Human Services, Aug 2016. Web. 21 June 2017.*

[2] **Grant BF, Chou SP, Goldstein RB, et al.**, *Prevalence, correlates, disability, and comorbidity of DSM-IV borderline personality disorder: results from the Wave 2 National Epidemiologic Survey on Alcohol and Related Conditions. J Clin Psychiatry. 2008;69:533-545.*

[3] **Zlotnick C, Rothschild L, Zimmerman M.**, *The role of gender in the clinical presentation of patients with borderline personality disorder. J Pers Disord. 2002;16:277-282.*

[4] [www.mcleanhospital.org/consumer-education/borderline-personality-disorder/](http://www.mcleanhospital.org/consumer-education/borderline-personality-disorder/)