



National Education Alliance for Borderline Personality Disorder
Family Connections™ Participant Code of Conduct

Family Connections™ (FC) is taught in a confidential, supportive environment conducive to learning skills to support your relationship with a person with BPD or its symptoms, including emotion dysregulation. Our code of conduct is the standard through which we honor and respect the needs of our participants and co-leaders. To enroll in a Family Connections™ course, we ask that you agree to abide by our code of conduct.

What we ask of you as a NEABPD Family Connections™ program participant:

- Maintain the confidentiality of all participants by not discussing their personal information and situations outside the program. Please don't allow people who are not registered participants to listen in to the zoom session. Participants share personal histories and issues concerning themselves, their families and the person with BPD they love. No recordings are permitted.
• Attend class with an open mind and an open heart. Plan to attend all 12 classes since each class builds on the previous one. Weekly engagement also increases trust and reinforces skills. Please respect the experiences and feelings of each participant and honor their time to share.
• Provide an atmosphere of support and non-judgment so that others will feel comfortable sharing. All of us have different experiences with people who suffer from BPD.
• Take care of yourself. You may experience moments that are especially upsetting to you. These feelings may come from a number of sources--from recounting past experiences or sharing a recent interaction with your person with BPD, from your current life stressors, or from hearing another participant's sharing. If you need additional support or if your current situation could benefit from more than what the course can provide, your leaders can direct you to additional resources.
• Take from the program the information and skills that you believe are most helpful for you.

I have read the above information and I agree to abide by the rules as explained in this document. I also understand that this does not mean I am enrolled in a course, but that I will be offered one as soon as one becomes available.

Name: \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_