

Borderline Personality Disorder

Symptoms can range from manageable to very severe and can include any combination of the following:



Fear of abandonment



Unstable relationships



Changing self-image



Rapid mood changes



Impulsive behavior



Self-harm or suicidal threats



Feeling empty



Intense anger



Disconnected thoughts

Borderline Personality Disorder

Charles H. Elliott, Laura L. Smith



Borderline Personality Disorder:

Borderline Personality Disorder Barbara Stanley, Antonia New, 2017-09-27 Over the past decade there has been a burgeoning of interest in understanding and treating borderline personality disorder a disorder characterized by extreme emotional reactivity impulsivity and serious interpersonal difficulties resulting in frequent loss of relationships Individuals with borderline personality disorder comprise a substantial proportion of the psychiatric outpatient population are often seen in emergency rooms and have major functional impairment e g unemployment Suicide occurs in 3 9% of the population Furthermore non suicidal self injury e g cutting without the intent to die eating disorders and substance abuse are frequently seen in the context of borderline personality disorder Not only do the individuals with the disorder suffer their family members also experience distress and can feel burdened and overwhelmed Once thought to be nonexistent or a grab bag diagnosis borderline personality disorder is now understood as a significant emotional disorder with its own neurobiological and psychosocial correlates At the same time the disorder is still poorly understood and stigmatized with limited resources available to the novice clinician and mental health professional trainees e g psychiatry residents psychology doctoral students social work students The aim of this primer on borderline personality disorder is to fill this void and provide an accessible easy to use clinically oriented evidenced based guide for early stage clinicians We present the most up to data about borderline personality disorder by leading experts in the field in a format accessible to trainees and professionals working with individuals with borderline personality disorder and their family members The volume is comprehensive and covers the etiology of BPD its clinical presentation and co morbid disorders genetics and neurobiology of BPD effective treatment of BPD the role of advocacy and special subpopulations e g forensic in the clinical management of BPD

Understanding and Treating Borderline Personality Disorder John G. Gunderson, Perry D. Hoffman, 2007-04-02 *Understanding and Treating Borderline Personality Disorder A Guide for Professionals and Families* offers both a valuable update for mental health professionals and much needed information and encouragement for BPD patients and their families and friends The editors of this eminently practical and accessible text have brought together the wide ranging and updated perspectives of 15 recognized experts who discuss topics such as A new understanding of BPD suggesting that individuals may be genetically prone to developing BPD and that certain stressful events may trigger its onset New evidence for the success of various forms of psychotherapy including Dialectical Behavior Therapy DBT in reducing self injury drug dependence and days in the hospital for some groups of people with BPD Pharmacology research showing that the use of specific medications can relieve the cognitive affective and impulsive symptoms experienced by individuals with BPD as part of a comprehensive psychosocial treatment plan New resources for families to help them deal with the dysregulated emotions of their loved ones with BPD and to build effective support systems for themselves Yet much remains to be done Research on BPD is 20 to 30 years behind that on other major psychiatric disorders such as schizophrenia and bipolar disorder Despite evidence to the contrary much of the

professional literature on BPD continues to focus on childhood trauma abuse and neglect as triggers for BPD to the detriment of both patient and family Families of people with BPD must deal with an array of burdens in coping with the illness often without basic information The chapters on families and BPD give voice to the experience of BPD from the perspective of individuals and family members and offer the hope that family involvement in treatment will be beneficial to everyone Above all this book is about the partnership between mental health professionals and families affected by BPD and about how such a partnership can advance our understanding and treatment of this disorder and provide hope for the future

Borderline Personality Disorder Joel Paris,1994 The etiology of borderline personality disorder is essentially unknown Although many well known theoretical formulations remain the best possible hypotheses much of what has been suggested thus far for the management of BPD has proved impractical in a majority of cases Written by an expert in the field of BPD Borderline Personality Disorder presents a practical approach to the management of patients with this disorder Designed for readers who are skeptical of facile explanations this book provides a broader view of the etiology of BPD than has been presented in previous studies Readers will not only appreciate the review of the current research but also its theoretical integration into practice Borderline Personality Disorderhas two goals to build a comprehensive theory of etiology which takes into account biological psychological and social factors to suggest treatment guidelines which are consistent with this theory and which are based on the findings of clinical trials Based on the most up to date clinical research available Borderline Personality Disorder shows how these complex disorders are shaped by biological vulnerability brought on by psychological experiences and influenced by social conditions

Coping with BPD Blaise Aguirre,Gillian Galen,2015-11-01 People with borderline personality disorder BPD often feel like they are in emotional overdrive and may struggle just to get through the day In *Soothe the Suffering* two renowned BPD experts offer simple easy to use skills drawn from dialectical behavior therapy DBT for addressing the most common issues that people with BPD face every day such as intense feelings of anger depression and anxiety

Borderline Personality Disorder in Adolescents Blaise A Aguirre,2007-11-01 Borderline Personality Disorder and Adolescents offers parents caregivers and adolescents themselves a complete understanding of this complex and tough to treat disorder It thoroughly explains what it is and what a patient s treatment options are Author Blaise A Aguirre M D is one of the foremost experts in the field and was named head of the Adolescent Dialectic Behavior Therapy Treatment Center at McLean Hospital one of the most prestigious psychiatric hospitals in the nation and a teaching facility for Harvard Medical School Dr Aguirre describes recent advances in treatments and brings into focus what we do and don t know about this condition He explains the most advanced techniques available including the revolutionary new treatment called dialectic behavior therapy Readers will learn the differences between BPD and other adolescent psychiatric diagnoses treatment options e g medication and therapy how to choose the right therapist how to determine when inpatient treatment is necessary how to enforce boundaries how to take care of and protect yourself and practical techniques for effective

communication with those who have BPD There is no other adolescent borderline personality book in the general trade book market only BPD books focused on adults U S News and World Report consistently ranks McLean Hospital in Belmont Mass as the nation s top psychiatric facility in the country McLean is the largest psychiatric clinical care teaching and research facility of Harvard Medical School With the recent development in diagnostic techniques and treatments thousands of teens are discovering they have borderline personality disorder

The Borderline Personality Disorder Survival Guide

Alexander Chapman, Kim Gratz, 2007-12-01 If you or someone you love is struggling with borderline personality disorder BPD you need up to date accurate and accessible information on the problems you re facing and where you can turn for help But where do you look Much of the professional literature on BPD is too technical and confusing to be of much help And searching the Internet for accurate information can be treacherous with some sites providing useful information and others giving dangerous advice and misinformation If you re living with BPD this compassionate book offers what you really need an easy to follow road map to guide you through this disorder and its treatment This book provides answers to many of the questions you might have about BPD What is BPD How long does it last What other problems co occur with BPD Overviews of what we currently know about BPD make up the first section of the book Later chapters cover several common treatment approaches to BPD DBT mentalization based treatment MBT and medication treatments In the last sections of the book you ll learn a range of useful coping skills that can help you manage your emotions deal with suicidal thoughts and cope with some of the most distressing symptoms of BPD This book has been awarded The Association for Behavioral and Cognitive Therapies Self Help Seal of Merit an award bestowed on outstanding self help books that are consistent with cognitive behavioral therapy CBT principles and that incorporate scientifically tested strategies for overcoming mental health difficulties Used alone or in conjunction with therapy our books offer powerful tools readers can use to jump start changes in their lives

Me and the Monster Jason Murra, 2012-01-03 Jason Murra Iron Mountain native has written his second book Me and the monster Understanding Boarderline Personality Disorder I have come up with a character to describe the hooridness of mental illness

Borderline Personality Disorder For Dummies Charles H. Elliott, Laura L. Smith, 2020-11-10 Get to know the ins and outs of BPD and make the choice to change Borderline personality disorder BPD is an extremely serious and often seriously neglected condition Despite around 4 million diagnoses in the USA BPD has attracted lower funding and levels of clinical concern than more popular conditions such as bipolar disorder But there s no need to lose hope Borderline Personality Disorder For Dummies 2nd Edition was written to bridge this gap and help sufferers learn how to break the cycle to lead a full and happy life BPD impacts the way you think and feel about yourself and others and can cause long term patterns of disruptive relationships and difficulties with self control It often results from childhood abuse or neglect as well as from genetic or brain abnormalities particularly in areas of the brain that regulate emotion impulsivity and aggression Knowing how it works means we know how to manage it and Borderline Personality Disorder For Dummies

written in a friendly easy to follow style by two leading clinical psychologists is packed with useful techniques to do just that from identifying triggers to finding the right care provider Get a compassionate actionable understanding of the symptoms and history of BPD Acquire techniques to identify and halt damaging behaviors Evaluate providers and the latest therapies and treatments Set goals and habits to overcome problems step by step BPD should never be allowed to dictate anyone s existence This reference gives you the tools to take your life back and is a must have for sufferers and their loved ones alike

Borderline Personality Disorder Gina M Fusco,Arthur Freeman,2004 This text presents a patient s guide to taking control of borderline personality disorder It presents an innovative programme with practical strategies in the context of the latest research and theory *Acceptance and Commitment Therapy for Borderline Personality Disorder* Patricia E. Zurita Ona,2020-12-01 Clients with borderline personality disorder BPD need compassionate and proven effective care to help them manage emotions improve interpersonal relationships and move beyond negative beliefs about themselves This book outlines a new treatment framework utilizing acceptance and commitment therapy ACT to help clinicians treat BPD and emotion dysregulation problems with a focus on values and forgiveness With this guide clinicians will learn to target the fundamental cause of BPD for better treatment outcomes and happier healthier clients

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