

## Educational Links (English):

- ❖ <https://www.nimh.nih.gov/health/topics/borderline-personality-disorder/index.shtml>
- ❖ <https://www.psycom.net/depression.central.borderline.html>
- ❖ <https://www.nami.org/Learn-More/Mental-Health-Conditions/Borderline-Personality-Disorder>
- ❖ <http://www.mayoclinic.org/diseases-conditions/borderline-personality-disorder/basics/definition/con-20023204>
- ❖ <http://www.borderlinepersonalitydisorder.com/>
- ❖ <http://psychcentral.com/lib/an-overview-of-dialectical-behavior-therapy/>
- ❖ <http://behavioraltech.org/resources/whatisdbt.cfm>
- ❖ [https://www2.nami.org/factsheets/DBT\\_factsheet.pdf](https://www2.nami.org/factsheets/DBT_factsheet.pdf)

*Lumos Psychiatric Services*



## Educational Booklet: Borderline Personality Disorder

Borderline Personality Disorder is characterized by impulsivity and instability, of self-image and relationships. This disorder is very common and is diagnosed more often in women than in men. People with this disorder also have high rates of concomitant disorders, such as depression, anxiety disorders, substance abuse and eating disorders, along with self-harm, and suicidal behaviors.

### What are the symptoms or characteristics?

A person with borderline personality disorder may experience intense episodes of distress, depression, and anxiety that can last from a few hours to days.

Other symptoms include:

- ❖ Frantic efforts to prevent real or imaginary abandonment
- ❖ A pattern of intense and unstable relationships, with family, friends and loved ones, often of extreme closeness and love (idealization) to the extreme displeasure or anger (devaluation)
- ❖ Distorted and unstable self-image or sense of self
- ❖ Dangerous impulsive behaviors, such as overspending, unsafe sex, substance abuse, reckless driving, and bullion
- ❖ Recurrent suicidal threats or behaviors, or self-harm
- ❖ Intense and highly changing moods, from intense depression, irritability and/or anxiety, with each episode lasting from a few hours to several days
- ❖ Chronic feelings of emptiness
- ❖ Inappropriate and intense anger or problems controlling courage
- ❖ Having stress-related paranoid thoughts
- ❖ Having severe dissociative symptoms, observing yourself from outside the body, or losing contact with reality



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## How is it diagnosed?

A professional experienced in diagnosing and treating mental disorders, such as a psychiatrist, psychologist, or clinical social worker, can diagnose the disorder. In addition, a complete medical examination, which can help rule out other possible causes of symptoms.

## What causes borderline personality disorder?

The causes of personality disorder are unclear, but it suggests that the brain, genetic, environmental and social factors are likely to be involved. There has been a relationship with problems of attachment in childhood, abandonment of parental figures, history of sexual abuse as potential contributors.

## Can other disorders occur along with borderline personality disorder?

Yes, and it is vital to determine if other psychiatric disorders are present. Border personality disorder may be accompanied by a depressive disease (including bipolar disorder), appetite disorders, and alcohol or drug abuse.

## What medications are prescribed for the disorder?

Antidepressants, anticonvulsants and short-term use of neuroleptics are common medications for the treatment of present symptoms, but nonetheless these are not curative of the condition. The situations to consider are: the person's willingness to take medications and how they were prescribed, the possible benefits, risks and side effects, and the risk of an overdose.

## What other types of treatment are there?

Borderline personality disorder is primarily treated by psychotherapy, but the most important factor is that the person must recognize that he has a problem and have the desire to make a change in his life.

The goals of psychotherapy are to help you to:

- ❖ Focus on current skills to function
- ❖ Learn to manage emotions that feel uncomfortable
- ❖ Reduce their impulsivity, helping them observe feelings rather than act on them
- ❖ Working on improving your relationships, recognizing your feelings and those of others
- ❖ Learn about borderline personality disorder

**Types of psychotherapy:** which have been found to be effective include:

- ❖ **Dialectical behavioral therapy (DBT):** DBT may include group or individual therapy specifically designed to treat borderline personality disorder.
- ❖ **Therapy-focused scheme:** Scheme-centering therapy can be performed individually or in a group. It can help identify unmet needs that have led to negative life patterns. Therapy focuses on helping to achieve your needs resolved in a healthy way to promote positive life models.
- ❖ **Mentalization-Based Therapy (MBT):** MBT is a type of psychotherapy that helps identify your own thoughts and feelings at any given time and create an alternative view on the situation.
- ❖ **Training systems for emotional predictability and problem solving (STEPPS):** STEPPS is a 20-week treatment that involves working in groups that incorporate

**For questions or concerns, discuss it with your doctor.**