

UNDERSTANDING BORDERLINE PERSONALITY DISORDER!

I'm so good at beginnings, but in the end I always seem to destroy everything, including myself... Kiera Van Gelder

WHAT TO KNOW!

- ❖ BPD is a mental illness characterized by unstable moods, behaviors and relationships
- ❖ It is more prevalent in females as 75% of diagnoses made are of women
- ❖ It affects 2 % of the general population
- ❖ BPD is estimated to occur in 20% of psychiatric hospitalizations and 10% of outpatients
- ❖ People with BPD have extreme reactions to real or perceived abandonment
- ❖ They have a pattern of intense and turbulent relationships that vary from extreme closeness and love to extreme anger and hate
- ❖ They have an unstable sense of self with frequent changes in self valuation
- ❖ People with BPD are impulsive and can be dangerous with unsafe sex, use of different substances, reckless driving, binge eating, gambling, and excessive spending
- ❖ They can be self harmful with recurrent self injury including suicidal threats, gestures, attempts, completions, cutting, and mutilation
- ❖ They experience intense and highly changeable moods with chronic feelings of emptiness and/or boredom
- ❖ They may have problems controlling intense and inappropriate anger
- ❖ They may dissociate where they feel cut off from themselves or lose touch with reality
- ❖ The symptoms of BPD, according to Marsha Linehan, fall into 5 areas of dysregulation:
 - A. **Emotions:** People feel emotions more easily, more deeply, and for longer times
 - B. **Behavior:** Impulsivity is common with substance abuse, promiscuity, recklessness
 - C. **Interpersonal:** Oversensitivity where feelings about others rapidly changes
 - D. **Sense of Self:** Self injury and suicidal behavior frequently occur
 - E. **Cognition:** Difficulty concentrating and dissociation where people “zone out”
- ❖ People with BPD also have a higher rate of depression, bipolar disorder, panic disorder, substance abuse and dependency, anorexia, bulimia, and ADHD
- ❖ Causes of BPD are diverse and include childhood trauma, brain abnormalities, a genetic predisposition, neurobiological factors, and environmental factors
- ❖ Long term psychotherapy is the treatment of choice for BPD and is focused on the needs of the person
- ❖ Dialectical Behavior Therapy (DBT) was specifically designed for BPD and teaches skills designed to regulate emotions, tolerate distress, and improve relationships

WHAT TO DO!

- ❖ If you have BPD, educate yourself and set realistic goals
- ❖ See a therapist to learn skills to regulate your emotions and reduce your symptoms
- ❖ Maintain a consistent schedule of eating, sleeping, and exercise
- ❖ Comply with treatment and attend every session
- ❖ Avoid drugs and alcohol but consistently take prescribed medications
- ❖ To help someone with BPD, offer support, understanding, patience, and encouragement while maintaining your own boundaries
- ❖ Educate yourself in depth about BPD
- ❖ Always take self-harm and suicidal statements seriously and notify the police
- ❖ Recognize that you will have varying emotional reactions to a person with BPD
- ❖ Seek professional help if you have difficulty relating with people who have BPD

WE CAN HELP!

Call us at **954 755-2885** or email us at DrKimmel@KimmelPsychology.com

Joel I. Kimmel, Ph.D. P.A. and Associates
5571 N University Drive, Suite 101
Coral Springs FL 33067