

# Borderline Personality Disorder

A mental health condition that significantly disrupts a person's emotional regulation, leading to increased impulsivity, distorted self-image, and strained relationships with others



## Relevant symptoms

Affects self-perception, relationships, and behaviour

common symptoms can be; fear of abandonment, impulsive actions, mood swings, fluctuating self-image, etc.

## Approaches used

Psychotherapy (talk therapy)

- Dialectical behaviour therapy
- Cognitive behavioural therapy
- Schema-focused therapy
- Mentalization-based therapy
- Systems training for emotional predictability and problem-solving
- Transference-focused psychotherapy

Medicines

Hospitalization



## Medicine & Hospitals

- Medicines-
  - The FDA hasn't approved drugs specifically for BPD, medications can alleviate symptoms and address related conditions like depression, impulsivity, aggression, or anxiety. These may include antidepressants, antipsychotics, or mood stabilizers.
- Hospitalization-
  - Occasionally, treatment in a psychiatric hospital or clinic may be necessary, especially for safety reasons or to address suicidal thoughts or behaviours.

## Psychotherapy

- Cognitive behavioural therapy (CBT):
  - aims to modify distorted beliefs and improve relationships. By identifying and managing negative thoughts, CBT reduces mood swings, alleviates anxiety, and lowers the risk of self-harm or suicide attempts.
- Schema-focused therapy:
  - Targets negative thought patterns for change
- Mentalization-based therapy (MBT):
  - encourages recognizing and reconsidering thoughts and feelings to foster a different perspective. It emphasizes thoughtful reflection before responding
- Systems training for emotional predictability and problem-solving (STEPPS):
  - It's a 20-week treatment program involving group sessions with family, caregivers, friends, or significant others. It complements other talk therapies.
- Transference-focused psychotherapy (TFP):
  - Involves building a therapeutic relationship to explore emotions and interpersonal issues. Insights gained are then applied to other life situations.

## Dialectical Behaviour Therapy

- Those in this program will join a weekly DBT Skills training group led by a skills therapist in a class-like setting. They'll receive exercises to practice skills outside of sessions to effectively manage distress. These skills aim to replace unhealthy behaviours. The class typically meets once a week for 2 hours over 24 weeks to cover the full curriculum, teaching four key skills:
  - Mindfulness - being mindful means being fully aware of thoughts, feelings, and actions in the present moment without trying to change them
  - Distress tolerance - Coping with crisis involves accepting the situation as it is, especially when change isn't possible
  - Interpersonal effectiveness - Being able to ask for what you need and say no when necessary, while still respecting yourself and others
  - Emotion regulation - Being able to control emotions so they don't dictate thoughts and actions
- It addresses these symptoms:
  - feeling empty inside or hopeless.
  - low self-esteem or feelings of self-hate.
  - strong feelings.
  - intense mood swings.
  - risk-taking or impulsive behaviour.
  - unstable relationships.
  - self-harm.
  - suicidal thoughts or suicide attempts.



# Sources

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