

BORDERLINE PERSONALITY DISORDER (BPD)

WHAT IS IT?	<ul style="list-style-type: none"> • This is a relationship disorder • Life-long maladaptive coping behaviour that affects how they interpret events and make sense of the world • Chronic mental illness • More common in women • Summary: Long –standing disturbed and unstable interpersonal relationships and self-image, along with impulsive, reckless, and often self-destructive behavior.
WHAT ARE THE CHARACTERISTICS?	<ul style="list-style-type: none"> • Unstable and shallow relationships • Poor self-image, emptiness • Need to be in control • Unstable emotions “chronically unhappy” • Fear of abandonment • Emotions fluctuate; Impulsive • Self-injury – attention seeking
WHAT CAUSES BPD?	Often a strong history of parental neglect, abuse, abandonment. Early childhood trauma that has led to issues with attachment.
WHAT DOES IT LOOK LIKE?	<p>Relational difficulties:</p> <ul style="list-style-type: none"> • Can’t form and maintain relationships • Lack the ability to control their feelings • Have difficulty getting their needs met in a healthy way • Critical and confrontational • Splitting between people • Self-centered, blame others • Manipulate and sabotage <p>Mental health issues:</p> <ul style="list-style-type: none"> • Anxiety • Depression (75-80% attempt suicide)
WHAT TO REMEMBER	The behaviour is the issue. It is a life long pattern or a defense mechanism. Don’t take it personally. Can’t change the person but we can change our approach and reactions and set limits to behaviours.
WHAT ARE SOME CARE STRATEGIES?	<ul style="list-style-type: none"> • Individualize their care plan • Set limits (see handout) • Consistent and clear communication • Same staff • Validate • Support positive behaviour