

Why is BPD so stigmatized?

BPD is currently one of the most stigmatized mental illnesses in the health system. A number of myths contribute to this problem including:

MYTH: Borderline Personality Disorder (BPD) is a permanent condition that cannot be treated or improve.

FACT: Research shows that people with BPD can recover with effective treatment. Recent reports state that up to 88% of people with the disorder experience significant improvement over time.

MYTH: People with Borderline Personality Disorder are attention seeking and manipulative.

FACT: The phrases "attention seeking" and "manipulative" implies a conscious, deliberate and calculated thought and planning process. People with BPD are too impulsive to engage in such actions. They are simply reacting to overwhelming emotional pain in an urgent appeal for help.

MYTH: People with BPD have a flawed personality.

FACT: BPD is caused by a combination of environmental and neuro-biological factors, not a personality flaw.

MYTH: The term "Borderline Personality Disorder" is based on up-to-date research reflecting the true nature of the disorder.

FACT: The term "borderline" was developed in the early 1900's when psychoanalysts realized that BPD did not fit into their oversimplified way of categorizing mental illness – either as neurotic or psychotic. BPD was thought to be on the "borderline".

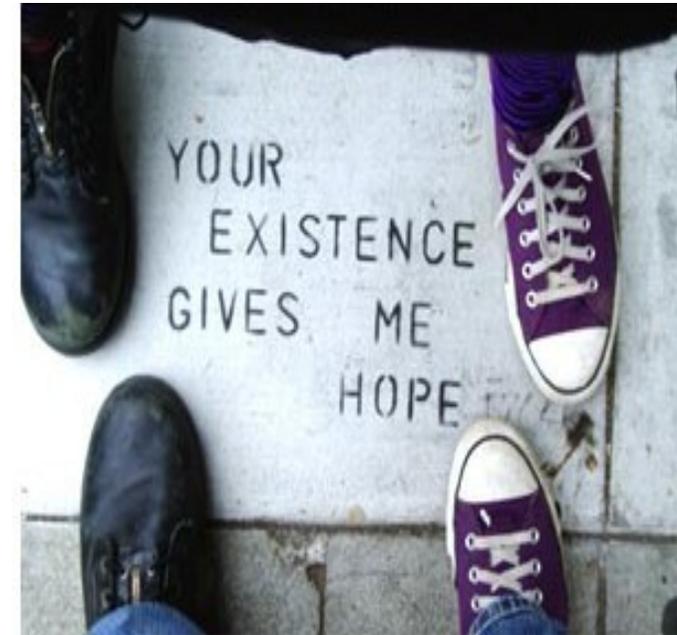
Myth: BPD can only be diagnosed in adulthood (18 year +).

Fact: BPD can be cautiously diagnosed in adolescence (around puberty).

Where else can I find help?

- The BC Schizophrenia Society (BCSS) Victoria Branch offers the New Light Recovery Workshop a peer-led psycho-educational workshop based on Dialectical Behavioral Techniques 250 384 4225.
- Victoria Mental Health has a Dialectical Behavioral Therapy (DBT) program that is part of the Urgent Short-term Assessment and Treatment (USTAT) Program. The DBT program requires a referral by a physician to Mental Health Intake.
- Danielle Rousseau (M.A, RCC) is a private practice therapist specializing in BPD & DBT 250 213 2109 www.stepbysteptherapy.com
- The DBT Centre of Vancouver is a private practice offering a full DBT Program 778 223 8864 www.dbtvancouver.com

Borderline Personality Disorder Society Of British Columbia



Join Us....

Phone: 250 383 5144 Box # 2127

Email: bpdsocietyofbc@gmail.com

Support Group: Every Wednesday, 125 Skinner Street (CMHA building) 7:00 –9:00 pm

Support Group Blog:

www.bpdsupportgroup.wordpress.com

Twitter: BPD_BC

Our Vision..

To offer hope and recovery for people with BPD & their family members

Our Mission..

To provide education and support for people with Borderline Personality Disorder (BPD), their family members and friends; to increase awareness to the community at large throughout BC; and to promote research about BPD.

What we offer...

BPD Support Group - for people living with Borderline Personality Disorder (BPD) and/or their family and friends. We are a completely **peer-driven support group**. We **do NOT** give medical advice, prescribe treatments, or provide diagnosis.

No referral is required to attend.

Some of us have been formally diagnosed while others are exploring the possibility. All are welcome. The group is facilitated by three individuals in recovery from BPD and one family member. Meetings take place every Wednesday 125 Skinner St (CMHA) Building 7-9 pm

BPD Resource Library - Various books (on loan basis), brochures, and documents are available. Topics include BPD, Self-Injury, BPD in the family, and Dialectical Behavioural Therapy. All materials are available for loan or distribution at the support group meetings.

What is Borderline Personality Disorder?

Borderline Personality Disorder (BPD) is a serious psychiatric illness. People with BPD have difficulty regulating their emotions and controlling their impulses. Their expression of emotion or impulses are often displayed through intense anger, self-injury or suicidal behavior. Although self-injury often occurs without suicidal intent, a significant number of people with BPD die by suicide (10%). Despite the seriousness of the disorder, recent research indicates that treatment can lead to considerable improvement over time, and there is hope for recovery!

What Are The Symptoms of BPD?

There are nine symptoms. You must have five to be diagnosed:

1. Frantic efforts to avoid real or imagined abandonment
2. A pattern of unstable and intense interpersonal relationships characterized by alternating between extremes of idealization and devaluation
3. Identity disturbance: unstable self-image or sense of self
4. Impulsivity in at least two areas that are potentially self-damaging (e.g., spending, sex, substance abuse, reckless driving, binge eating)
5. Suicidal behavior, gestures or threats; or self-mutilating behavior

6. Difficulty regulating mood (e.g., depression, irritability usually lasting a few hours and only rarely more than a few days)
7. Chronic feelings of emptiness
8. Inappropriate, intense anger or difficulty controlling anger
9. Paranoid thoughts or a feeling of being disconnected from your body or surroundings

How can I Get Well?

- Dialectical Behavior Therapy (DBT)
- Acceptance and Commitment Therapy (ACT)
- Medications including antidepressants, mood stabilizers and antipsychotics may be helpful
- Psychotherapy for trauma
- Support Groups, peer support, family support, and self-help
- Personal recovery plans can be helpful (e.g. Wellness Recovery Action Plan)
- Family or couples therapy

American Psychiatric Association (1994)
Diagnostic and Statistical Manual of Mental Disorders
Fourth Edition (DSM-IV).

Alexander, L., Chapman & Kim L. (2007). The Borderline Personality Disorder Survival Guide: Everything you need to know about living with BPD, Oakland, CA: Newbringer Publications Inc