

FACTS: Families and Carers Training and Support Programme

Introduction to Borderline Personality Disorder (BPD)

also known as Emotionally Unstable Personality Disorder or
Emerging Emotionally Unstable Personality Disorder (EUPD)

Module One:

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National Centre for
Children and Families



FACTS

Families and Carers Training and Support

*For carers of people with
Borderline Personality Disorder (BPD)
Emerging/Emotionally Unstable
Personality Disorder (EUPD)*

Welcome & house rules for this safe space

- **Disclaimer:** use your personal judgement regarding the appropriateness of the skills in your situation.
- **Confidentiality** – anything said in the group stays in the group.
- **Respect** for other's opinions and ideas.
- The **particular difficulties** of meeting online.
- Use the **hand icon** if you want to speak.
- We are learning and **welcome your feedback!**

Who are we?

- **Christella Dwyer and Philippa Lewis** developed FACTS (Families & Carers Training & Support Programme for carers of people who have BPD), working with Professor Anthony Bateman from the Anna Freud Centre.
- **Christella and Philippa** also run the Harrow BPD Carers Support Group.
- **Our co-presenters:** we welcome graduates of earlier FACTS courses who join us to share their experiences as carers and of using the skills learnt through the FACTS programme.

Focus of the course

- To teach families skills to:
 - aid communication with their loved one
 - reduce conflict
- Note: FACTS is a training course, not a support group.
- Support groups:
 - Harrow BPD Carers Support Group
 - Harrow Rethink Support Group

Content

- Module 1: **Introduction to BPD/EUPD**
- Module 2: **Mindfulness and Emotion Management**
- Module 3: **Mentalizing**
- Module 4: **Validation Skills**
- Module 5: **Problem Solving**

The principal difficulties in BPD

- Emotional problems
- Interpersonal problems
- Interpersonal sensitivity
- Impulsivity
- Risk

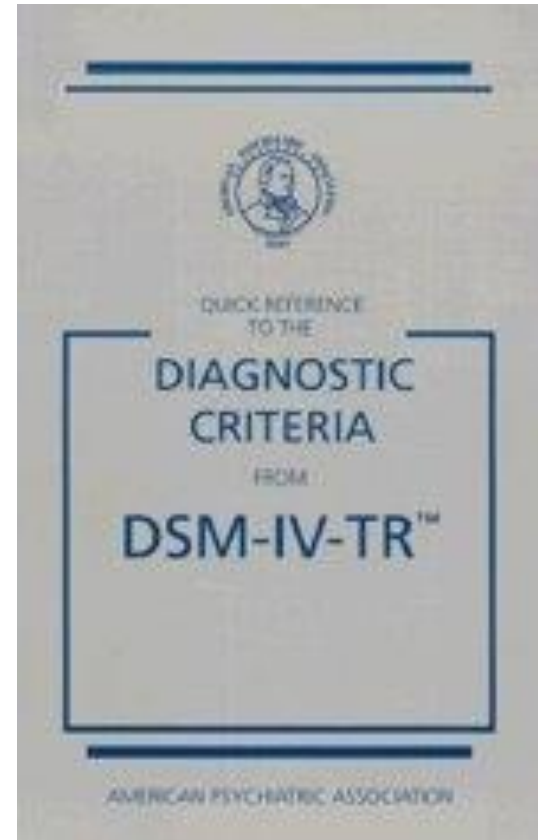


What is BPD?

1938 – Adolph Stern gave the name 'borderline'

- BPD was thought to be on a border between Psychosis and Neurosis.

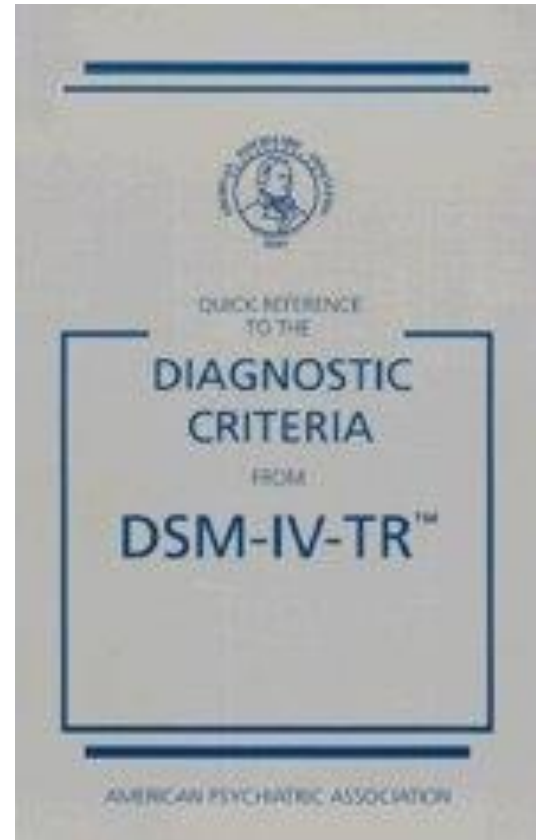
We now know they're not on a border!



BPD or EUPD?

- **BPD:** traditionally used in adults
 - Borderline Personality Disorder- also known as
- **EUPD:** often used in CAMHS (children & adolescents)
 - Emotionally Unstable Personality Disorder or
 - Emerging Emotionally Unstable Personality Disorder
- **CEN:** Complex Emotional Needs

Google 'Rethink BPD/EUPD' to read more



Criteria in the DSM-5 for BPD

- Avoiding real or imagined abandonment
- Unstable and intense interpersonal relationships
- Identity disturbance
- Impulsivity
- Suicidal or self-mutilating behaviour
- Emotional instability
- Feelings of emptiness
- Inappropriate intense anger
- Stress-related paranoid ideation or severe dissociative symptoms

Tick for BPD

Imagine asking your loved one these questions. What do you think your family member would answer 'yes' to?

- Are you scared of rejection and abandonment, and being left all alone?
- Are your relationships with your friends and us unstable?
- Do you have trouble knowing who you are and what is important to you?
- Do you impulsively do things which might damage yourself in some way?
- Do you self-harm (cause intentional harm to your body, including taking overdoses) or behave in a suicidal manner?
- Do you have mood swings that can change quickly?
- Do you feel empty and feel you need others to fill you up and make you whole?
- Do you get excessively angry in a manner that is to your own detriment?
- Do you 'numb out' (dissociate) or sometimes feel overly suspicious or paranoid when stressed?
- Do you see things as either all 'good' or all 'bad'; 100% right or 100% wrong or in absolute terms – for example, do you tend to say things like; 'Everybody is...' or 'All men are...'?

How common is BPD?

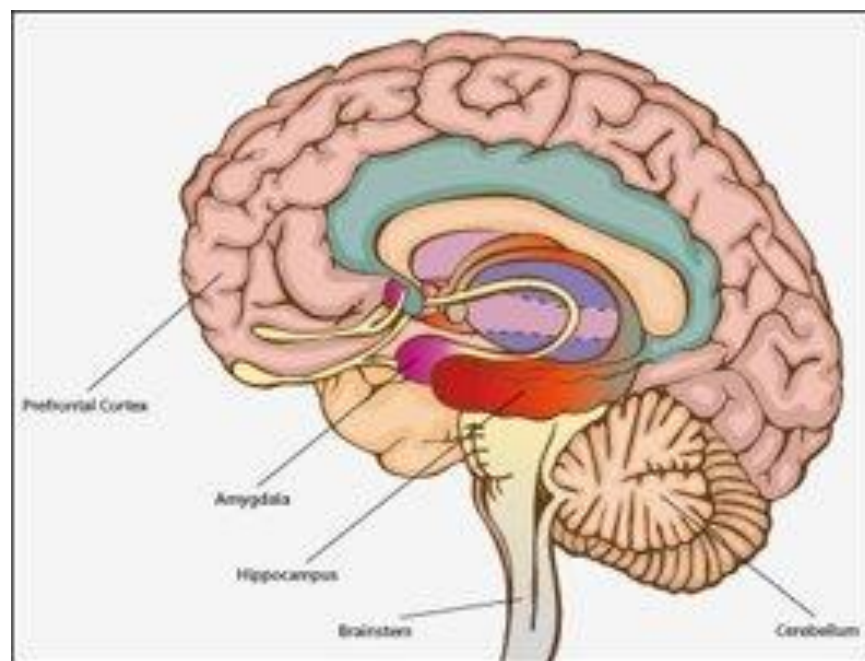
- US prevalence: 1.8 – 5.9%
- UK prevalence: 0.7 – 1.0%

BPD is as common as schizophrenia, but the public is less aware of it

Why do people develop BPD? (1)

Biology:

- Sensitivity to brain chemicals
- Overactive amygdala (emotional brain)
- Underactive prefrontal cortex (planning and reasoning brain)



Why do people develop BPD? (2)

Genetics and environment

- Temperament has a genetic contribution
- Stressful or traumatic life events
- People with BPD tend to be emotionally sensitive
- Tendency to have very intense, long-lasting emotional responses
- 'Poorness of fit': difficult to parent child with different temperament



Why do people develop BPD? (3)

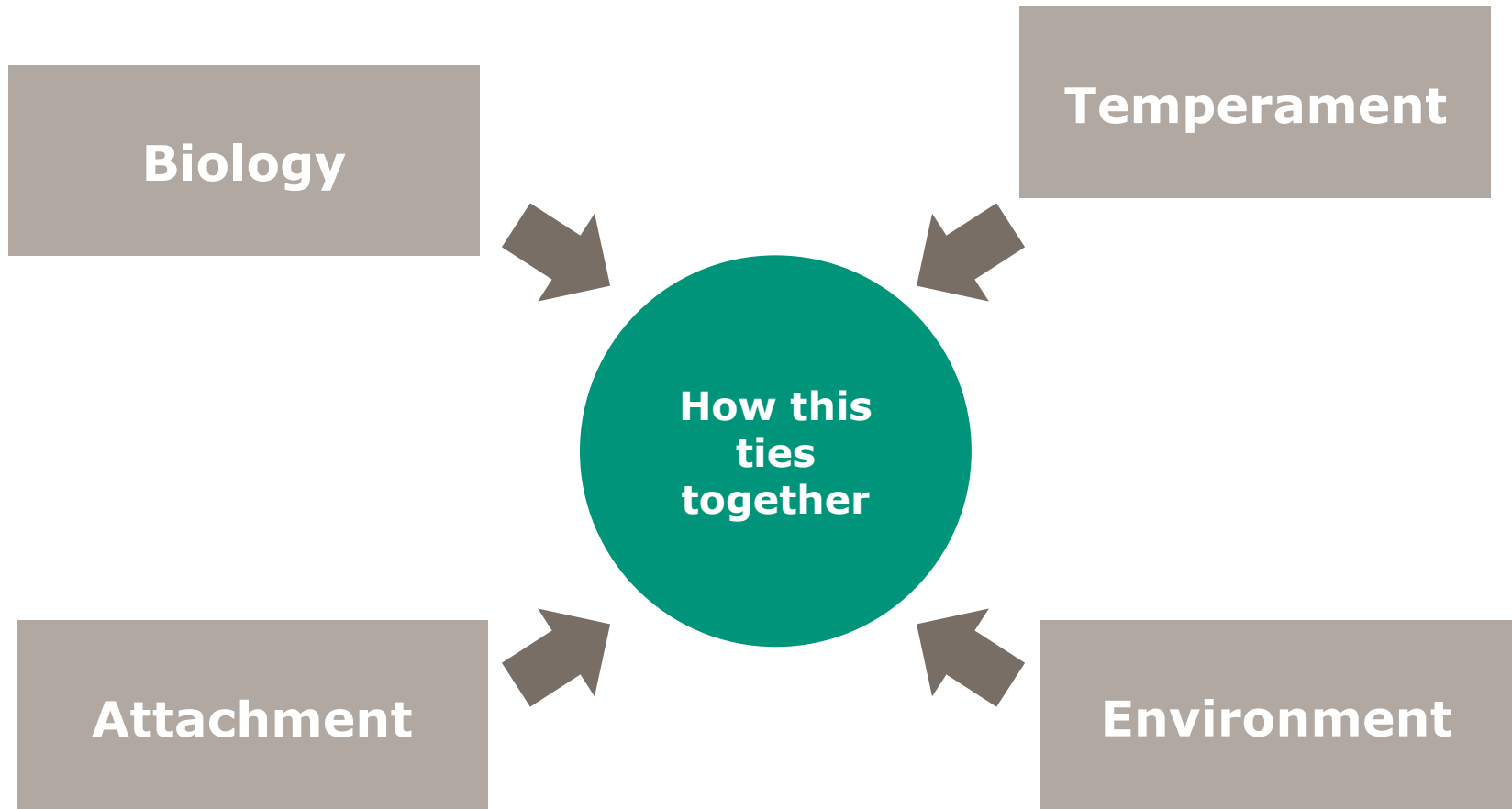
Attachment theory

- A child needs a **secure** relationship with at least one primary caregiver.
- The **attachment** process is where **emotion management** is learned

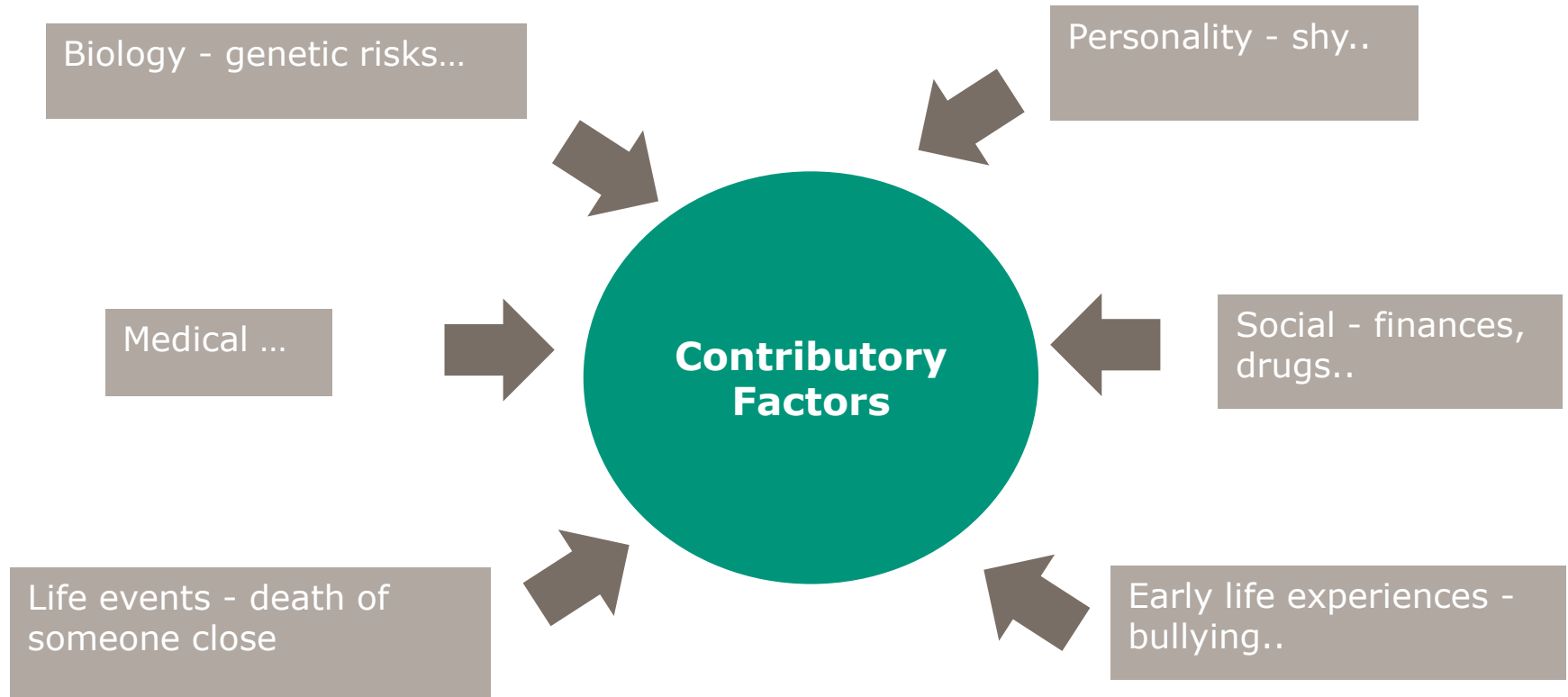


Children and parents can show different patterns of attachment:

People with BPD tend to show insecure patterns of attachment and may have problems with relationships



Possible Contributory Factors



Therapies and Medication for BPD

Therapies, although limited NHS availability:

- Dialectical behaviour therapy (DBT)
- Mentalization-based treatment (MBT)
- Schema-focused therapy (SFT)
- Compassion-focused therapy (CFT)
- Structured Clinical Management

Medication:

- No single medication for BPD
- Medication is used to help associated problems

For more information: www.choiceandmedication.org

What do you hope to gain from the course?

Participants' thoughts:

- **Example:** Better communication skills

- To be reviewed at the end of the course!

Takeaway thoughts:

If you do give them a try, let us know you got on at the next session.

How do you interact with your loved one?

What happens? How do you respond?

- **Emotional problems:** fluctuating and unpredictable moods, anxiety, irritability
- **Impulsivity:** sudden decisions, lack of planning
- **Risk:** self-harm, suicide attempts, reckless behaviour
- **Interpersonal sensitivity:** sensitivity to what's said, inappropriate responses, certainty of negative motives of others
- **Interpersonal problems:** difficult relationships, fearful of rejection

Resources

Overcoming Borderline Personality Disorder, A Family Guide to Healing and Change, by Valerie Porr, founder of the New York-based organisation, TARA4BPD (Treatment and Research Advancements National Association for Personality Disorder). <http://www.tara4bpd.org/>

Rethink Mental Illness website:

- diagnosis <https://www.rethink.org/diagnosis-treatment/conditions/personality-disorders/types-diagnosis>
- personality disorders – treatments <http://www.rethink.org/diagnosis-treatment/conditions/personality-disorders/treatments>

Mind website:

- Mind information sheets: BPD
- ‘Making sense of dialectical behaviour therapy’
- <https://www.mind.org.uk/media-a/2887/dialectical-behaviour-therapy-2017.pdf>

FACTS:

Families and Carers Training and Support Programme

Thank you

End of Module One:
introduction to BPD/EUPD