

BORDERLINE PERSONALITY DISORDER - A GUIDE FOR CARERS

Below is a list of useful resources and further information which may be useful to those who care for someone with Borderline Personality Disorder

USEFUL INFORMATION:

There is an NHS guideline for Borderline Personality Disorder. This provides useful information on diagnosis and treatment at www.nice.org.uk/CG78

FAMILY AND FRIENDS GUIDES:

The National Education Alliance for BPD has a free guideline and 6-part video series at <http://www.borderlinepersonalitydisorder.com>

The National Self Harm Forum

www.nshn.co.uk/downloads/Advice_for_friends_family_and_carers.pdf

Mind's pages on BPD provide advice for friends and family (including information about supporting someone who is suicidal and self-harming)

<http://www.mind.org.uk/information-support/types-of-mental-health-problems/borderline-personality-disorder-bpd/for-friends-and-family/#.VzM7c9rLcs>

For information on carers and confidentiality in mental health go to www.rcpsych.ac.uk/healthadvice/partnersincarecampaign/carersandconfidentiality.aspx

Robert Friedel's website has a list of 10 guidelines for families and friends <http://www.bpddemystified.com/resources/for-loved-ones>

READING LIST:

The following books and one book chapter (alphabetical) were written primarily for families and friends of people with BPD or those in closely related circumstances. These resources were originally listed in Bateman and Krawitz's "Borderline Personality Disorder: an evidence-based guide for generalist mental health professionals" book (2013). We have also included their brief comments in brackets after the citation:

Dobbs, B. (2008 [Lulu.com](http://www.lulu.com)). **When hope is not enough: a how-to guide for living with someone with borderline personality disorder.** (Written by a family member, as a deliberately concise easy read. "Clearly articulates some core DBT concepts that are of great practical use. Compassionate and validating of the person with BPD and family members whilst simultaneously emphasizing how everyone can change and will benefit from change".

Fruzzetti, A. E. (2006). Hi-conflict couple: a dialectical behaviour therapy guide to finding peace, intimacy and validation. Oakland. New Harbinger. (This book draws from the "Family Connections" program for family/friends that the author codeveloped and expands on some DBT skills, especially validation. This book is suitable not only for "high-conflict" couples but also for all people wanting to improve the quality of their adult relationships.)

Fruzzetti, A. E. (in press). Families and borderline personality disorder: Lessening the pain—A dialectical behaviour therapy guide to finding peace and comfort in your family. Oakland: New Harbinger (Based on Family Connections program concepts and skills.)

Harvey, P. & Penzo, J. A. (2009). Parenting a child who has intense emotions: dialectical behaviour therapy skills to help your child regulate emotional outbursts and aggressive behaviours. Oakland: New Harbinger. "This book is intended for parents of children who are not yet adults drawing from DBT skills"

Kreger, R. (2008). The essential family/friends guide to borderline personality disorder. Center City: Hazelden. "This book tends to focus on people with BPD who have satisfactory or high self-esteem and view problems as lying externally to themselves and therefore do not frequently seek out mental health treatment, focusing less on those with poor self-esteem who do seek out treatment. Half the book is a practical how-to guide of skills that families can use."

Penney, D. & Woodward, P. (2005). Family perspectives on borderline personality disorder. Chapter 7. In: Gunderson, J. G. & Hoffman, P. D. (eds). Understanding and treating borderline personality disorder a guide for professionals and families. Washington DC: American Psychiatric Publishing, 117-130. "Written by two family members who have been active prominent BPD advocates. Concise succinct chapter providing two brief family stories followed by guidance for family readers based on the authors' experiences."

Porr, V. (2010). Overcoming borderline personality disorder: a family guide for healing and change. Oxford: Oxford University Press. "Written by a family member who has been an energetic advocate for BPD research and treatment. The book covers all major aspects of BPD, including 140 pages of "tools" for family to use. The detail covered means that this 400-page book will also be suitable as a reference text".

USEFUL CONTACTS:

Go to www.carersuk.org for information on accessing help and a network of carers

Northamptonshire Carers have a support line on 01933 677907. To find out more or self refer go to www.northamptonshire-carers.org

For more information contact:

NORTHANTS PERSONALITY DISORDERS HUB on:

01604 658834 or email: personalitydisorderhub@nhft.nhs.uk

Recommended reading and other leaflets on Structured Clinical Management (SCM) and Borderline Personality Disorder are available at:

<http://www.nht.nhs.uk/main.cfm?type=CONTENT7>