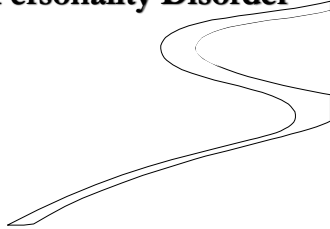


CBT Webinar: Week 7:

The Borderline Personality Disorder

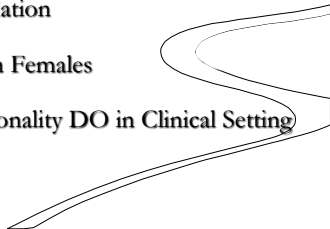


The Borderline Personality



Borderline PDO Demographics

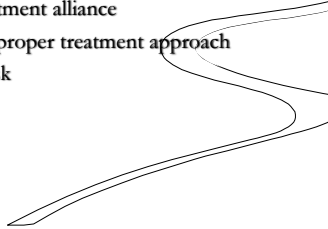
- 3% - 5% of General Population
- 10% Outpatient Population
- 20% Inpatient Population
- 4x More Common in Females
- Most Common Personality DO in Clinical Setting



Making a Borderline Diagnosis

• Reasons accurate diagnosis is important

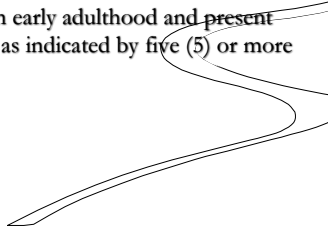
- Anchors patient's and clinician's expectations regarding course
- Establish basis for treatment alliance
- Prepares clinicians for proper treatment approach
- Predictive of suicide risk



Current DSM Borderline PDO Conceptualization

Borderline Personality Disorder

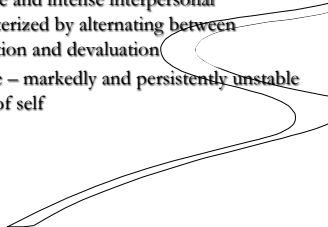
A pervasive pattern of instability of interpersonal relationships, self-image and affects and marked impulsivity, beginning in early adulthood and present in a variety of contexts, as indicated by five (5) or more of the following:



Current DSM Borderline PDO Conceptualization

Borderline Personality Disorder

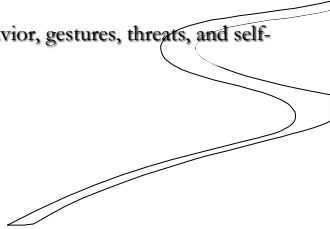
- 1) Frantic efforts to avoid real or imagined abandonment
- 2) A pattern of unstable and intense interpersonal relationships characterized by alternating between extremes of idealization and devaluation
- 3) Identity Disturbance – markedly and persistently unstable self-image or sense of self



Current DSM Borderline PDO Conceptualization

Borderline Personality Disorder

- 4) Impulsivity in at least two areas that are potentially self-damaging
- 5) Recurrent suicidal behavior, gestures, threats, and self-mutilating behavior

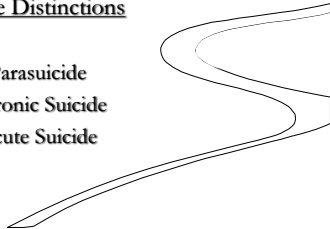


Current DSM Borderline PDO Conceptualization

Borderline Personality Disorder

Criterion 5
Three Distinctions

Parasuicide
Chronic Suicide
Acute Suicide

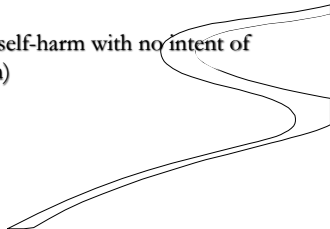


Current DSM Borderline PDO Conceptualization

Borderline Personality Disorder

Criterion 5

Parasuicide: intentional self-harm with no intent of lethality (self-mutilation)



Current DSM Borderline PDO Conceptualization

Borderline Personality Disorder

Criterion 5

Why patients engage in endorse engaging in SIB

- a. To make anguish known to others
- b. Revenge on a partner
- c. To force someone else to demonstrate a caring act
- d. Anxiety reduction

Current DSM Borderline PDO Conceptualization

Borderline Personality Disorder

Criterion 5

Why patients endorse engaging in SIB

- e. To end an argument
- f. Punish perceived "bad self"
- g. Method of reorganization
- h. Numbness ("to feel something")

Current DSM Borderline PDO Conceptualization

Borderline Personality Disorder

Criterion 5

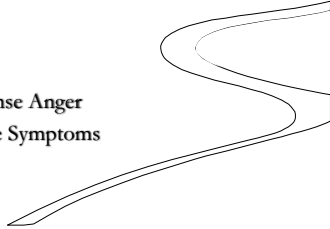
Chronic Suicide: repetitive thoughts of killing self

Acute Suicide: plan, intent, means to end ones life

Current DSM Borderline PDO Conceptualization

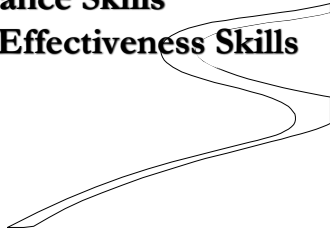
Borderline Personality Disorder

- 6) Affective Instability
- 7) Emptiness
- 8) Inappropriate or Intense Anger
- 9) Transient Dissociative Symptoms



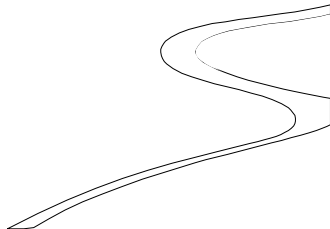
DBT Skills Training Modules

- Mindfulness
- Emotion Regulation Skills
- Distress Tolerance Skills
- Interpersonal Effectiveness Skills




DBT Modules – Interpersonal Effectiveness

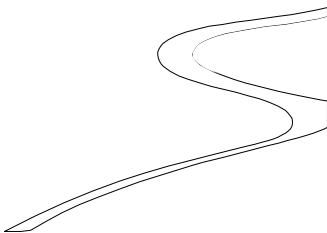
- Objective Effectiveness
- Relationship Effectiveness
- Self-Respect Effectiveness



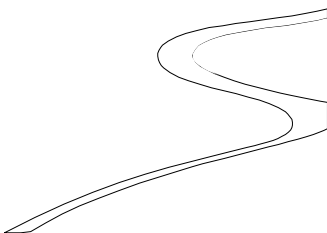
Case Study - Interpersonal Effectiveness Skills



DBT – Core Skill Sets

- Mindfulness
 - Interpersonal Effectiveness
 - Emotional Regulation
 - Distress Tolerance
- 

DBT Modules – Interpersonal Effectiveness

- Objective Effectiveness
 - Relationship Effectiveness
 - Self-Respect Effectiveness
- 

Interpersonal Effectiveness Exercise

Key Cognitions/Schemas

Key Cognitions

- "Since you impose rules/requirements, you don't care"
- "Since you won't pay for this one, I am not willing to
 - "You should pay for anything i need - since you won't

Key Schemas

- "Others take advantage of you"
- "Others are Controlling/Uncaring"
- "I am Unlovable"

19

Belief Development



BPD– Internalization Work

"Adding a But"

Evidence Supporting Adaptive Belief: "Took initiative to make dinner for my husband and kids"

Discounting "But": "But its no big deal – all good mothers do it."

Add a "But": "But I did something all good mothers do"