

Borderline Personality Disorder (BPD)

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What is BPD?

BPD is a personality disorder that is noted by a pattern of instable moods, functioning, self-image, and behaviors (NIMH, 2017).

BPD heightens the risks of suicidality and comorbid disorders.

Causes

Clinicians and researchers have struggled to determine a main cause of BPD. However, it is believed to be caused by a number of factors. Such as childhood stress and trauma, environment, and genetics.

Symptoms

- ❖ Feeling depressed, anxious, and angry
- ❖ Avoidance of real or imagined abandonment
- ❖ Unstable relationships
- ❖ Lack of identity and poor-self image
- ❖ Emotion dysregulation
- ❖ Feelings of emptiness

Treatment Options

Psychotherapy is the primary treatment option that has been proven to create successful outcomes. Dialectical Behavior Therapy (DBT) is an evidence-based practices that is highly effective in BPD. In DBT practice, mindfulness, emotion identification/regulation and interpersonal effectiveness skills are taught.

Is medication an option?

While there are no medications specifically utilized for BPD, there are medications available to treat symptoms. Antidepressants, neuroleptics, and mood stabilizers have shown a degree of effectiveness in treating symptoms of BPD.



Peaceful Mind Mental Health provides mental health services in our Fergus Falls location and via secure, HIPAA compliant video conferencing.

To make an appointment, please create a free account on the online portal and schedule yourself in the next available opening or call the number 218.731.8896

“Just because no one else can heal or do your inner work for you...

Doesn't mean you can, should, or need to do it alone.”

-Lisa Olivera