

Mental Wellness Hub

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Introduction to Borderline Personality Disorder

Lecture	Details	Activities + Additional Readings
1. Lecture 1	<ul style="list-style-type: none">- What is BPD?- History and Evolution of BPD- Borderline Personality Disorder vs Bipolar Disorder	Yes
2. Lecture 2	<ul style="list-style-type: none">- Signs and Symptoms of BPD- Causes of BPD- Outlook and Prognosis	Additional Readings
3. Lecture 3	<ul style="list-style-type: none">- Treatment Options- How can you help?	Yes
4. Lecture 4	<ul style="list-style-type: none">- BPD and Gender	Additional Readings
5. Lecture 5	<ul style="list-style-type: none">- BPD and Relationships	Additional Readings
6. Lecture 6	<ul style="list-style-type: none">- Particular Symptoms<ul style="list-style-type: none">- Splitting- The Favourite Person	Yes
Mini Lectures:		

1. Cluster B Personality Disorders		
2. The DSM and Cluster B		
3. Quiet BPD		

Certificate Information

- Upon successful completion, certificates will be emailed. This course is internationally accredited by the International Practitioners of Holistic Medicine (IPHM).

Assessment

- 2 assessments must be completed and passed in order to obtain your certificate.

Payment Procedures

- Payment Options:
 - Online Bank Transfer/Bank Deposit to our Account (details will be sent privately to each student)

Disclaimer

- This course is for personal development only, and is not a substitute for a Degree in Psychology or any related Mental Health field.