

Mental Wellness Hub

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# Mental Wellness Hub

## Introduction to Borderline Personality Disorder

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

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| 1. Cluster B<br>Personality<br>Disorders<br><br>2. The DSM and<br>Cluster B<br><br>3. Quiet BPD |  |  |
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### **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.