

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:		

1. Cluster B Personality Disorders  2. The DSM and Cluster B  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.