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BPD and DBT: Useful resources

The following books provide excellent information and advice regarding BPD and it's treatment. While many other books are available, these come highly recommended by our patients, their families and loved ones.

Porr, V. (2010). *Overcoming BPD: A Family Guide for Healing and Change*. Oxford University Press: New York.

Manning, S.Y. (2011). *Loving Someone with BPD*. Guilford Press: New York.

Fruzetti, A.E. (2006). *The High Conflict Couple: A DBT Guide to Finding Peace, Intimacy & Validation*. New Harbinger: California.

These books are practical, self-help resources for people with BPD. They are not a substitute for professional treatment but may be useful for people having difficulty in accessing treatment by a suitably trained and experienced professional.

McKay, M., Wood, J.C. & Brantley J., (2007). *The Dialectical Behavior Therapy Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, And Distress Tolerance*. California: New Harbinger

Spradlin, S.E. (2003). *Don't Let Your Emotions Run Your Life: How DBT Can Put You In Control*. California: New Harbinger.

Marra, T. (2004). *Depressed & Anxious: The DBT Workbook For Overcoming Depression And Anxiety*. California: New Harbinger.

Van Dijk, S. (2011). *Don't Let Your Emotions Run Your Life For Teens*. California: New Harbinger.

Aguirre, B. & Galen, G. (2013). *Mindfulness for Borderline Personality Disorder*. California: New Harbinger.

A note regarding the internet:

We advise caution when using the internet to obtain information regarding BPD and it's treatment. We encourage you to focus on materials from reputable organisations and treatment professionals specialising in BPD. We encourage avoiding blogs, chatrooms and forums that involve discussion of self injury. These sites may trigger distress or self-harm in some individuals. The following websites may provide useful material:

www.dbtselfhelp.org
www.behavioraltech.org/resources/tools_consumers.cfm
www.borderlinepersonalitydisorder.com
www.tara4bpd.org

Some guidelines for families are available at <http://www.bpdaustralia.com/family-guidelines>
Information about "Family Connections" (a 12-week education, skills training, and support for people who are in a relationship with someone who has BPD) can be found at <http://www.bpdaustralia.com/family-connection-programmes/>