

Why is BPD so stigmatized?

People with BPD are currently the most stigmatized in the mental health system. A number of myths contribute to this problem including:

MYTH: Borderline Personality Disorder (BPD) is a permanent condition that cannot be treated or improve.

FACT: Research shows that people with BPD can recover with effective treatment. Recent reports state that up to 88% of people with the disorder experience significant improvement over time.

MYTH: People with Borderline Personality Disorder are attention seeking and manipulative.

FACT: The phrases "attention seeking" and "manipulative" imply that conscious and deliberate thought and planning is involved but most BPD behavior is not a deliberate attempt to manipulate people or get attention. It is an attempt to get needs met.

MYTH: People with BPD have a flawed personality.

FACT: BPD is caused by a combination of environmental and neuro-biological factors, not a personality flaw.

MYTH: The term "Borderline Personality Disorder" is based on up-to-date research reflecting the true nature of the disorder.

FACT: The term "borderline" was developed in the early 1900's when psychoanalysts realized that BPD did not fit into their oversimplified way of categorizing mental illness – either as neurotic or psychotic. BPD was thought to be on the "borderline". There is currently a move to have the name changed to something similar to Emotional Processing Disorder in the next edition of the DSM.

Where else can I find help?

- The BC Schizophrenia Society (BCSS) Victoria Branch offers the New Light Recovery Workshop. This is a 16 week, peer-led psycho-educational workshop based on Dialectical Behavioral Techniques for **anyone experiencing overwhelming or dysregulated emotions**, including those with BPD. For more information phone Elizabeth 250 384 4225.
- BCSS offers one- on-one Peer Support with a trained peer support worker for anybody with a mental illness, including those with BPD.
- Victoria Mental Health has a Dialectical Behavioral Therapy (DBT) program that is part of the Urgent Short-term Assessment and Treatment (USTAT) Program. The DBT program requires a referral by a physician to Mental Health Intake. 250-381-3400.
- Vancouver offers an intensive BPD outpatient program. The program requires a psychiatric assessment and referral from a physician. You can reach the BPD Intensive Program at 604-875-4794

Overwhelming Emotions Support Group

*For anyone experiencing
Dysregulated Emotions*

*You may be diagnosed with
Borderline Personality Disorder*



Join Us....

When: Starting April 13, 2010
Every 2nd and 4th Tuesday of the Month,
7-9pm

Where: Begbie Hall 2101 Richmond Ave.
Room 151

Contact: Elizabeth or Baylie
Messages: 250 383 5144 Box # 2127

About Us...

We are a place to support youth and adults struggling with overwhelming emotions and/or Borderline Personality Disorder (BPD)/ Emotional Regulation Disorder (ERD) and/or their families and friends.

We are a completely **peer-driven support group**. We **do NOT** give medical advice, prescribe treatments, or provide diagnosis.

What we offer...

- Sharing similar experiences
- Sharing knowledge, information, and resources on overwhelming emotions and BPD/ERD
- Non-judgmental support
- Confidentiality
- Hope
- Stigma busting
- Respect for self and others
- Safe and friendly environment
- Socialization
- Validation
- Feeling less alone

Format of the Group

- Check-in and Announcements
- Open Discussion
- Social Time and Refreshments

Occasionally guest speakers may be invited to the group

What is Borderline Personality Disorder?

Borderline Personality Disorder (BPD) is a serious psychiatric illness. People with BPD have difficulty regulating their emotions and controlling their impulses. They often act out their emotions or impulses, either through intense displays of anger, or through self-injurious or suicidal behavior. Although self-injury often occurs without suicidal intent, a significant number of people with BPD die by suicide. Despite the seriousness of the disorder, recent research indicates that treatment can lead to considerable improvement over time, and there is hope for recovery!

What Are The Symptoms of BPD?

There are nine symptoms. You must have five to be diagnosed:

1. Frantic efforts to avoid real or imagined abandonment
2. A pattern of unstable and intense interpersonal relationships characterized by alternating between extremes of idealization and devaluation
3. Identity disturbance: unstable self-image or sense of self
4. Impulsivity in at least two areas that are potentially self-damaging (e.g., spending, sex, substance abuse, reckless driving, binge eating)
5. Suicidal behavior, gestures or threats; or self-mutilating behavior

6. Difficulty regulating mood (e.g., depression, irritability usually lasting a few hours and only rarely more than a few days)
7. Chronic feelings of emptiness
8. Inappropriate, intense anger or difficulty controlling anger
9. Paranoid thoughts or a feeling of being disconnected from your body or surroundings

How can I Get Well?

- Dialectical Behavior Therapy is the only empirically validated form of therapy for BPD
- Medications including antidepressants, mood stabilizers and antipsychotics may be helpful
- In conjunction with medications, intense psychotherapy has been shown to be an effective treatment for BPD
- Support Groups, peer support, family support, and self-help
- personal recovery plans can be helpful
- Family or couples therapy may be helpful

American Psychiatric Association (1994) Diagnostic and Statistical Manual of Mental Disorders Fourth Edition (DSM-IV).

Alexander, L., Chapman & Kim L. (2007). The Borderline Personality Disorder Survival Guide: Everything you need to know about living with BPD, Oakland, CA: Newbringer Publications Inc