

WHAT IS BORDERLINE PERSONALITY DISORDER?

Borderline Personality Disorder (BPD) is a serious psychological and psychosocial disorder where people have extreme difficulties regulating their emotions.

Problems include intense and volatile emotions (such as shame, anger, sadness, or anxiety), chaotic relationships, impulsivity, unstable sense of self, suicide attempts, self-harm, fears of abandonment, and chronic feelings of emptiness.

With effective treatment and support, data show that most people with BPD can make great progress with important gains even in one year across a variety of problem areas. Many will no longer meet criteria for BPD. Similarly, data show that with help, family members also report big reductions in grief and feelings of burden, as well as an increased sense of mastery and family satisfaction.

THERE IS HOPE...



HOW DO I SIGN UP?

1. Go to the NEA.BPD website:
www.borderlinepersonalitydisorder.com/family-connections/family-connections-preregistration-form
2. Complete the registration form and click "Send"

CHECK THE NEA.BPD WEBSITE FOR FURTHER INFORMATION ON:

- BPD Diagnosis
- Treating BPD
- Looking for Treatment
- Research
- Family Guidelines
- Links to Other Organizations & Programs
- Books & Publications
- Recovery Resources
- BPD Videos by Topic
- Audio Presentations
- Conference Presentation Videos
- Family Education Workshops Videos
- Call-In Series Archive
- NEA.BPD in the News

Enacted by Congress in 2008, May is designated as Borderline Personality Disorder month.



<https://www.govtrack.us/congress/bills/110/hres1005/text>

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NEA.BPD

Borderline Personality Disorder

FAMILY CONNECTIONS™



A skills-based program that offers a lifeline to families facing the challenges of Borderline Personality Disorder



National Education Alliance
for Borderline Personality Disorder

www.borderlinepersonalitydisorder.com

FAMILY CONNECTIONS PROGRAM

This 12-week, research-based program for family members of individuals with BPD, now offered in several languages, provides current information, teaches coping skills, and creates the opportunity to develop a support network.

Designed by BPD experts, Alan E. Fruzzetti, PhD and Perry D. Hoffman, PhD, classes are hosted in a community setting and led by NEA.BPD trained leaders.

Three studies published on Family Connections show that family members benefit significantly in the following areas:

- Decreased grief
- Decreased burden
- Reduced distress and depression
- Increased mastery/empowerment



TELECONNECTIONS

NEA.BPD also offers TeleConnections, an outreach version of the program, conducted via weekly conference calls, specifically for family members who live far from Family Connections locations or those who are unable to attend a local class.

This option allows family members from across the country to meet as a virtual group for the course via teleconference.

FRAMEWORK OF PROGRAM

The course content was developed by a team including practicing clinicians, researchers, family members and people in recovery.

The format of the classes allows group participants to obtain information as well as acquire and practice the application of skills in a confidential and supportive environment.

Thus, the program combines the real-life experiences and needs of families of persons with BPD with the expertise of more than three decades of professional work with families.

Group leaders, who are family members themselves, have extensive personal experience with BPD and have committed themselves to the training needed to disseminate and maintain the integrity of the program.



COURSE CONTENT

(provided in a downloadable format)

- Education on BPD
- Research on BPD
- Skills training based on Dialectical Behavior Therapy (DBT) in:
 - Relationship Mindfulness
 - Effective Communication
 - Validation
- Application and practice of skills
- Development of a support network

IS THIS PROGRAM FOR YOU?

- I am a family member, a partner/spouse, caregiver or close friend of someone struggling with BPD.
- I want to improve my relationships.
- I am willing to consider how my own behavior impacts my relationships.
- I am willing to try out new skills even though they may be uncomfortable at first.
- I am willing to attend all classes.
- I am willing to fully participate in the classes and practice what I have learned.
- I want to have the knowledge and tools to create a better life.

PARTICIPANT COMMENTS

- “I don’t feel so alone anymore.”
- “I know better what to do in a crisis.”
- “The sharing and problem solving really helps me deal with the grief.”
- “It’s good to finally have found a support network.”
- “I like practicing the skills and then seeing the difference it makes when I use them.”
- “The Family Connections course changed my life and enabled me to learn practical skills to help my family communicate better than ever.”
- “A ray of hope for our family in a deep sea of seemingly endless despair and pain.”