

BPD
AWARENESS
1 - 7 OCTOBER 2018
#KNOWBPDNOSTIGMA

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SYMPTOMS OF BPD

OVERLAP OTHER MAJOR
PSYCHIATRIC DISORDERS

POST-TRAUMATIC
STRESS
DISORDER
substance
use disorders
BIPOLAR
DISORDER
psychosis
ANXIETY
DEPRESSION
EATING
DISORDERS



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and discrimination
of BPD through
education*

BORDERLINE PERSONALITY DISORDER IS CHARACTERISED BY:

**disturbances in self-image,
aims, and internal preferences;**

**CHRONIC FEELINGS
OF EMPTINESS;**

**Intense and unstable
interpersonal relationships;**

TENDENCY TO SELF-DESTRUCTIVE BEHAVIOUR;

**deliberate self harm
and suicide attempts;**



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**Some people
living with BPD
can experience
DISTRESSING,
INTENSE
AND HIGHLY
CHANGEABLE
MOODS,
with each episode
lasting from
a few HOURS to
a few DAYS.**



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**PHARMACOTHERAPY DID NOT
appear to be
EFFECTIVE in
ALTERING THE
NATURE AND COURSE
of the disorder.
Evidence DOES
NOT SUPPORT
the use of pharmacotherapy as
FIRST-LINE OR
SOLE TREATMENT
FOR BPD.**



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The term

'BORDERLINE'

originally referred to
a group of mental illnesses

characterised by
psychopathology

with features of both

PSYCHOSIS

NEUROSI



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PRINCIPLES FOR WORKING WITH PEOPLE WITH BPD.

Be respectful.

Show **empathy** and a caring attitude.

Be consistent and reliable.

Listen and **pay attention** to the person when they describe their current experience and **take it seriously.**

Validate the person's current emotional state and allow the person to express strong emotions.

Maintain a **non-judgemental attitude.**

Stay calm.

Communicate clearly.

Express hope about the person's **capacity for change** and give **encouragement**, but don't give false assurances about the ease and speed of recovery.



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clinicians should

EXPLAIN THE BPD DIAGNOSIS

in a

**SENSITIVE,
NON-JUDGEMENTAL
way that**

CONVEYS HOPE and

**PROMOTES
RECOVERY**



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**THE
MAJORITY
OF A PERSON'S
TREATMENT FOR BPD
SHOULD BE PROVIDED
WITHIN THE
COMMUNITY,
RECOVERY IS BEST SUPPORTED
WHEN THE
PERSON IS
ENCOURAGED
TO BE A FUNCTIONING
MEMBER
OF THE
COMMUNITY.**



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**LONG TERM
SECURE
INPATIENT
UNITS** **OFTEN
CONTRIBUTE**
**TO CYCLE OF ADMISSION,
SELF-DESTRUCTIVE
and other**
**MALADAPTIVE
BEHAVIOURS**



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