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# BPD Webinar Series: Towards a National BPD Training and Professional Development Strategy



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# Webinar 2 Treatment Principles for Borderline Personality Disorder

Wednesday 21 February 2018, 7:15pm AEDT




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## Tonight's Panel



**A/Prof Sathya Rao**  
Psychiatrist




**Teresa Stevenson**  
Clinical Psychologist






**Aaron Fornarino**  
Consumer

Facilitator



**Dr Lyn O'Grady**  
Psychologist








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## Webinar Series

**This is the second webinar of a National BPD Project funded by the Australian Government. If you didn't attend the first webinar "What is BPD?" visit the Australian BPD Foundation website. This webinar will cover "Treatment principles". The remainder of the series will cover:**

- Webinar 3:** Evidence-based treatments and access
- Webinar 4:** BPD in youth and early intervention
- Webinar 5:** Management of self injury and suicidality
- Webinar 6:** Management in mental health services, primary & private sectors




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## Ground Rules

To help ensure everyone has the opportunity to gain the most from the live webinar, we ask that all participants consider the following ground rules:

- Be respectful of other participants and panellists. Behave as you would in a face-to-face activity.
- For help with your technical issues, click the Technical Support FAQ tab at the top of the screen. If you still require support, call the Redback Help Desk on 1800 291 863. If there is a significant issue affecting all participants, you will be alerted via an announcement.

**Audience tip:**  
If you are having difficulties with the audio, please dial in on 1800 896 323  
Passcode: 2353870818#.




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## Learning Outcomes

Through an exploration of Borderline Personality Disorder (BPD), the webinar will provide participants with the opportunity to:

- identify the core treatment strategies for BPD
- describe the application of treatment principles included in the National Health and Medical Research Council Clinical practice guidelines for BPD
- identify how to be therapeutic even when not undertaking formal psychotherapy.


**Audience tip:**  
The PowerPoint slideshow can be found in the Resources Library tab at the bottom right.

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## BPD Treatment Principles Context

- BPD is a treatable mental illness.
- Treatment of choice is psychotherapy.
- The treatments that are popular and known to clinicians are specialist treatments such as DBT, MBT etc.



Sathya Rao

Australian BPD Foundation Limited


spectrum  
Research Institute for Mental Health  
easternhealth

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## BPD Treatment Principles Context

- These treatments (DBT, MBT etc.) are expensive and require extensive training.
- Vast majority of clinicians are not trained to provide these specialist therapies.



Sathya Rao

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## BPD Treatment Principles Context

- It is wrongly believed that only a few highly trained psychotherapists can provide treatments for BPD.
- Latest research shows that treatment principles can be learnt by clinicians without putting themselves through extensive training and still make a difference.



Sathya Rao







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## BPD Treatment Principles Context




- The NHMRC Guidelines for management of BPD outlines Treatment Principles that most clinicians can apply in their clinical settings to help people with BPD get better.



CLINICAL PRACTICE GUIDELINE FOR THE MANAGEMENT OF BORDERLINE PERSONALITY DISORDER



Sathya Rao

## Treatment Principles Part A

Finding compassionate common ground in our therapeutic nature and our nurture

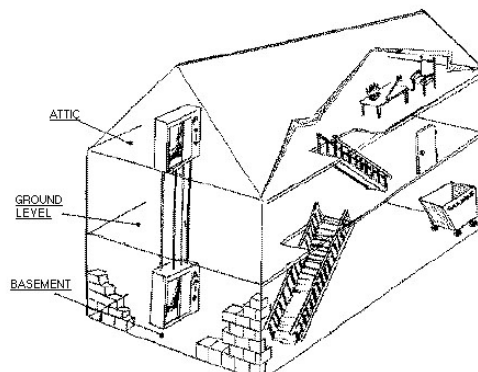


Teresa Stevenson



## Treatment Principles Part A

Building solid therapeutic foundations and trust the Rogerian way.



Teresa Stevenson




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## Treatment Principles Part A

**The relationship that heals:**

The diagram illustrates the Karpman Drama Triangle as an inverted green triangle. At the top left vertex is the word 'Persecuter', at the top right is 'Rescuer', and at the bottom center is 'Victim'. Double-headed arrows connect 'Persecuter' to 'Rescuer', 'Persecuter' to 'Victim', and 'Rescuer' to 'Victim'. The text 'KARPMAN DRAMA TRIANGLE' is centered within the triangle.



Teresa Stevenson






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## Treatment Principles Part A

### Transference and Counter Transference

- Central challenges involved in psychotherapy for BPD are dealing with counter transference and dealing with pressures to transgress boundaries.



Teresa Stevenson

## Treatment Principles Part A

### Transference and Counter Transference

Strong emotions can be evoked in clinicians treating BPD.

- Anger or rage.
- Anxiety.
- Sadness.
- Feeling overwhelmed.
- Hate.
- Love and compassion.
- Irritation.



Teresa Stevenson

## Treatment Principles Part A

### Transference and Counter Transference

- Set limits for unacceptable behaviours.
- Ensure your own immediate physical needs are met.
- Remind yourself that you are the professional in relation to the client.
- Be cautious with self disclosure.
- Get good clinical supervision.



Teresa Stevenson



## Treatment Principles Part A

### Defining Validation

- The essence of validation is this: The therapist communicates to the client that his/her responses make sense and are understandable within his/her current life context or situation.



Teresa Stevenson

## Treatment Principles Part A

### Validation

- When sensitive topics are being addressed, validation should be increased.
- Even within a particular session, the need for therapist validation can be expected to vary.
- Therapy with a borderline client can be likened to pushing an individual ever closer to the edge of a sheer cliff.



Teresa Stevenson

## Treatment Principles Part B

- BPD is a legitimate mental illness deserving treatment. It is not just a 'behaviour'.
- It is a disorder of the brain and the mind.



Sathya Rao

## Treatment Principles Part B

- Educate patients, their families, carers and partners about symptoms, causes, treatment, prognosis etc.



Sathya Rao

## Treatment Principles Part B

- Treatment and crisis plan - jointly and collaboratively developed.
- Mutually agreed upon goals - focused on achieving change.



Sathya Rao

## Treatment Principles Part B

- Attend to emotions (both patients and clinicians).
- Self reflection (both patients and clinicians).



Sathya Rao

## Treatment Principles Part B

- Understand the function of self-harm.
- Help patients connect their emotions with their behaviours.
- Teach skills to regulate emotions and navigate relationships.



Sathya Rao

## Treatment Principles Part B

- Patients have felt suicidal for years. It may only change if their lives become less painful and more meaningful.
- Help improve their quality of life.
- When the suicidal urges are severe - provide intense supports including, hospitalization.



Sathya Rao

## Treatment Principles Part B

- No medications are patented or indicated for treatment of BPD.
- There is role for medications for co occurring psychiatric disorders such as depression, psychosis etc.



Sathya Rao

## Treatment Principles Part B

- Here and now approach.
- Hold a long term view towards treatment.
- Advocate for access to services and evidence based treatments.



Sathya Rao

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## Core Treatment Strategies for Consumers

### What works with BPD consumers

And what to avoid!



Aaron Fornarino

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## Core Treatment Strategies for Consumers

### Things to remember with consumers

- Hospital and medications should not be used as a first resort.
- Validation is not enough, replace the poor coping mechanism with something else.



Aaron Fornarino

## Core Treatment Strategies for Consumers

### What to avoid interacting in a long-term relationship with consumers

- Feelings of the clinician projected onto a consumer, honesty is a two-way street.
- Rescuing reinforces poor behaviours.



Aaron Fornarino

## Core Treatment Strategies for Consumers

### Things that assist and improve long-term relationships with consumers

- Explaining to consumers they will have poor days, just as they will have good days.
- Being supportive whilst teaching responsibility.



Aaron Fornarino

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## Core Treatment Strategies for Consumers

### Things to avoid for 'one off' interactions with consumers

- Poor language and reactions that escalate crises.
- Condescending, sarcastic and other detrimental mannerisms.



Aaron Fornarino

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## Core Treatment Strategies for Consumers

### Elements that assist and improve 'one off' interactions with consumers

- Speaking to a person with BPD like they're human instead of a 'problem'
- A person with BPD is dealing with a complex multi-faceted issue and is not attention-seeking or manipulative behaviour.



Aaron Fornarino



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## Q&A Session



**A/Prof Sathya Rao**  
Psychiatrist



**Teresa Stevenson**  
Clinical Psychologist



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Consumer

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Psychologist








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## Take Home Reflective Message

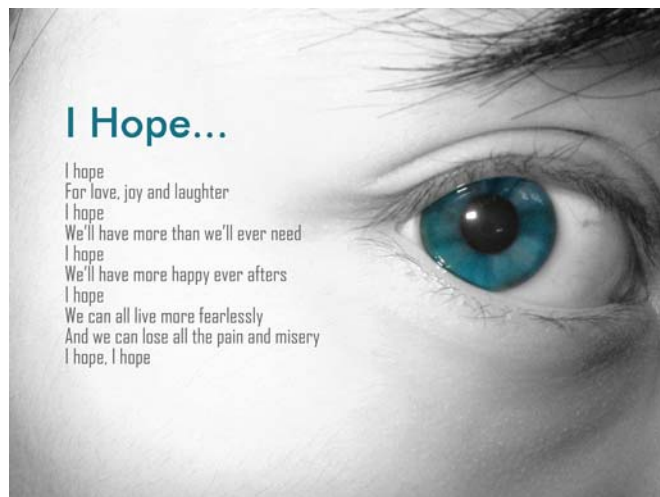
- Bring Hope to your therapeutic table.
- Nurture a relationship that heals the wounds of a vulnerable child, and angry adolescent, and foster a healthy adult.
- Give hope that it is never too late to develop a healthy childhood.

## Take Home Reflective Message



## Take Home Reflective Message



## Take Home Reflective Message

Looking out or looking in?  
Developing a life worth living.



## Resources and further reading

Spectrum and The Australian BPD Foundation have  
put together a list of resources at

<http://www.bpdfoundation.org.au/webinar-2.php>

**Audience tip:**  
Your feedback is important  
– please click the  
Feedback Survey tab to  
open the survey

## Practitioner networking opportunities

Visit [www.mhpn.org.au](http://www.mhpn.org.au) to learn more about joining your local practitioner network.

A number are being established to provide a forum for practitioners with a shared interest in BPD. Visit [www.mhpn.org.au](http://www.mhpn.org.au) (news section) or contact MHPN to learn more.

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## Thank you for your participation

- Please ensure you complete the *feedback survey* before you log out.
- Click the Feedback Survey tab at the top of the screen to open the survey.
- Certificates of Attendance for this webinar will be issued within four weeks.
- Each participant will be sent a link to the online resources associated with this webinar within two weeks.

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Thank you for your contribution  
and participation

Good evening

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