

Kelly Saylor

Counseling & Consulting Services

ALL JOY. PEACE IN BELIEVING. ABUNDING IN HOPE.

Borderline Personality Disorder Overview

Links

[Borderline Personality Disorder \(BPD\) - HelpGuide.org](https://www.helpguide.org/mental/borderline-personality-disorder-bpd/)

[Helping Someone with Borderline Personality Disorder \(BPD\) \(helpguide.org\)](https://www.helpguide.org/mental/helping_someone_with_borderline_personality_disorder_bpd/)

[Borderline Personality Disorder Test - HelpGuide.org](https://www.helpguide.org/mental/borderline-personality-disorder-test/)

Treatment Plan

*Recommend “The Personality Disorders” Treatment Planner – Wiley – 2nd Ed.

Subtypes:

Petulant: petulant borderline is likely to become more hostile and cynical in their relationships over time (more psychosis prone)

Self destructive BPD: Self-destructive borderline turns their negative feelings toward others inward

Reminders

Cluster B – with Antisocial, Borderline, Narcissistic, Histrionic

Cluster B- focus on increasing safety for them to admit the behavior

*Borderline’s want to be understood

Books

Stop Walking on Eggshells <https://a.co/d/5KeurCt>

Adult Children of Emotional Immature Parents <https://a.co/d/8D9nLye>

DBT <https://a.co/d/j4Zdys4>

Running on Empty <https://a.co/d/eUh9aye>

Love you Hate You <https://a.co/d/7wowVPV>