



Gateway to Hope

Training Program of HHCI

# Borderline Personality Disorder

# What is BPD?

- An enduring pattern of inner experiences exemplified by emotional dysregulation, self-damaging behaviors, and unstable self-image and interpersonal relationships

# Know the Symptoms

- Distorted thinking
- Emotional dysregulation
- Impulse control problems
- Interpersonal difficulties

# Types of Personality Disorders

- **Antisocial Personality Disorder**
  - Patterns of manipulation or exploitation without remorse
- **Borderline Personality Disorder**
  - Patterns of emotional instability, volatile interpersonal relationships, and self-destructive behaviors

# Types of Personality Disorders

- **Histrionic Personality Disorder**
  - Patterns of excessive emotional expression and attention seeking
- **Narcissistic Personality Disorder**
  - Extreme feelings of self-importance, a high need for admiration, and a lack of empathy

# Treatments and Therapies

- **Psychotherapy**

- Links present feelings, thoughts, and symptoms to unconscious meanings derived from early life experiences

- **Pharmacotherapy**

- Selective Serotonin Reuptake Inhibitors control depressive symptoms
- Mood stabilizers control impulsiveness and explosive anger