

## WORKHOP-VI

Proposal for Pre conference workshop on

### **Effective Management of Borderline Personality Disorder**

**(Duration : 3 Hours)**

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One can find BPD's everywhere. Approximately 30 million people in USA are suffering from this malaise. The families, more than the patients suffer more.

**In fact in India, now more and more family members are coming up to the counsellors to confide that there is "something wrong" with a particular family member.**

Borderline personality disorder (BPD) is marked by a pattern of ongoing instability in moods, behavior, self-image, and functioning. These experiences often result in impulsive actions and unstable relationships. A person with BPD may experience intense episodes of anger, depression, and anxiety that may last from only a few hours to days.

Some people with BPD also have high rates of co-occurring mental disorders, such as mood disorders, anxiety disorders, and eating disorders, along with substance abuse, self-harm, suicidal thinking and behaviors, and suicide.

#### Signs and Symptoms

People with BPD may experience extreme mood swings and can display uncertainty about who they are. As a result, their interests and values can change rapidly.

Other symptoms include

- Frantic efforts to avoid real or imagined abandonment
- A pattern of intense and unstable relationships with family, friends, and loved ones, often swinging from extreme closeness and love (idealization) to extreme dislike or anger (devaluation)
- Distorted and unstable self-image or sense of self
- Impulsive and often dangerous behaviors, such as spending sprees, unsafe sex, substance abuse, reckless driving, and binge eating
- Recurring suicidal behaviors or threats or self-harming behavior, such as cutting
- Intense and highly changeable moods, with each episode lasting from a few hours to a few days
- Chronic feelings of emptiness
- Inappropriate, intense anger or problems controlling anger
- Having stress-related paranoid thoughts
- Having severe dissociative symptoms, such as feeling cut off from oneself, observing oneself from outside the body, or losing touch with reality

Seemingly ordinary events may trigger symptoms. For example, people with BPD may feel angry and distressed over minor separations—such as vacations, business trips, or sudden changes of plans—from people to whom they feel close. Studies show that people with this disorder may see anger in an emotionally neutral face and have a stronger reaction to words with negative meanings than people who do not have the disorder.

### IN THIS WORKSHOP

The following points will be discussed along with **case studies**. Handouts will be provided.

- Tests and Diagnosis
- Risk Factors
- Treatment and Therapies including Dialectical Behaviour Therapy and Thought Surgery.
- How to help a friend or a relative who has BPD