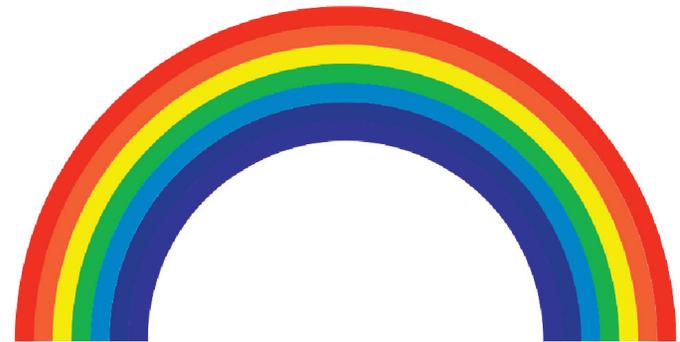


# Borderline Personality Disorder (BPD)

Understanding BPD  
and Treatment Options



St. Joseph's Healthcare Hamilton  
Mental Health and Addictions Program

[www.stjoes.ca](http://www.stjoes.ca)



## For more information

If you would like to learn more about treatment for yourself or someone you care about, please call one of the numbers below.



Bridge to Recovery DBT Program	905-522-1155, ext. 33500
Community Psychiatry Services	905-522-1155, ext. 33954
East Region Mental Health Services	905-573-4801, ext. 38125
Psychiatric Emergency Services	905-522-1155, ext. 33243
COAST – Crisis Outreach and Support Team	905-972-8338

**Talk to someone – we can help.**

## How do I know that I have BPD?

A psychologist or psychiatrist will ask specific questions to help make the diagnosis.

## How does BPD develop?

Based on what we know now, it seems that people who develop BPD are born with a high degree of emotional sensitivity and have had life experiences that were challenging. In other words, both the person's environment and biology contribute to developing BPD.

## Treatment and Hope

There have been some recent treatments researched for BPD.



The treatment with the most research support is Dialectical Behaviour Therapy (DBT). This was developed by Dr. Marsha Linehan who is a psychologist at the University of Washington.

DBT is the treatment that we offer at St. Joseph's Healthcare Hamilton in our outpatient programs.

## What is Dialectical Behaviour Therapy (DBT)?

DBT helps you learn how to cope with intense emotions, interpersonal conflicts and impulsive behaviours.



## What Programs Do We Offer?

**Bridge to Recovery:** This is an intense 6-week DBT program. When you join this program, you agree to come to 3 group sessions and 1 individual therapy session each week for 6 weeks.

**Outpatient DBT Programs:** To join one of these, you need to commit to 1-year of therapy. You agree to come to a 2-hour group session and 1-hour individual therapy session each week.

**Inpatient DBT Group Sessions** are offered on our Inpatient Units.

Our **Psychiatric Emergency Services** and mobile **Crisis Outreach and Support Team (COAST)** service also use DBT methods.

## Other treatment options:

Along with DBT, we offer medication management and general psychotherapy.



## Where can I learn more?

Here are some good resources about BPD and DBT:

### Books:



*The Borderline Personality Disorder Survival Guide:*

*Everything You Need to Know*

*About Living with BPD by Perry Hoffman and Alexander Chapman*

*Stop Walking on Eggshells: Taking Your Life Back when Someone You Love has Borderline Personality Disorder by Randi Kreger and Paul Mason*

*The High-Conflict Couple: A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy, & Validation by Alan Fruzzetti*

### Websites:



- [www.behavioraltech.com](http://www.behavioraltech.com)
- [www.borderlinepersonalitydisorder.com](http://www.borderlinepersonalitydisorder.com)
- [www.bpdresourcecenter.org](http://www.bpdresourcecenter.org)