

Family Connections Program

Family CONNECTIONS is a research-based, manualized 12-week course for family members with a relative with borderline personality disorder (BPD). Developed by Dr. Alan Fruzzetti and Dr. Perry Hoffman, the program seeks to provide the most current information and research on BPD, to teach coping skills based on Dialectical Behavior Therapy (DBT), and to develop a support network.

The effort of Family Connections is coordinated by the National Education Alliance for Borderline Personality Disorder (NEA-BPD); with preliminary research supported by the National Institute of Mental Health. Research has demonstrated that family members who participate in the Family Connections Program experience a decrease in depression, burden, grief and an increase in empowerment.

Family Connections includes:

- Education on BPD
- Research on BPD
- Skills training based on Dialectical Behavior Therapy (DBT) in the context of a supportive group environment.
- The information presented is based on effective treatment theories and practices, and the latest research findings to provide the foundation for a better understanding of this complex disorder.
- For parents, spouses, children (age 17 or older), and siblings of someone with borderline personality disorder.
- Based on effective treatment theories and practices, and the latest research findings to provide the foundation for a better understanding of this complex disorder.
- To help participants obtain the latest knowledge and to develop skills for their own well-being.

Course Content - Topics Addressed Include:

Education on BPD	Emotion Regulation Skills
Research on BPD	Effective Communication Skills
Family Perspectives and Experiences	Validation Skills
Relationship Mindfulness Skills	Problem Management Skills