

Borderline Personality Disorder: “Where Angels Fear to Tread”

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DBT

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Mindfulness Activity

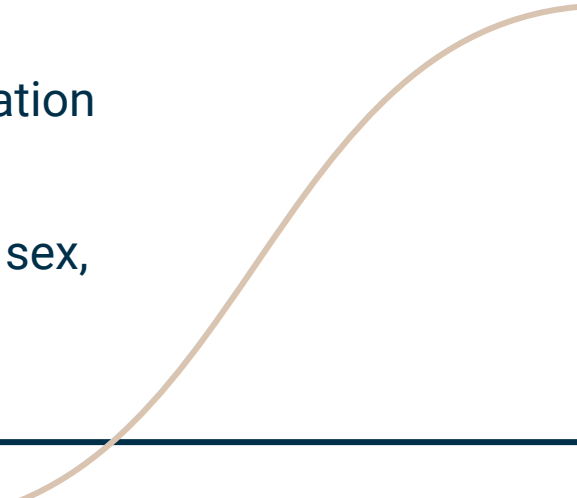
"Be a Mr. Jensen"



What is Borderline Personality Disorder?

F60.3 DSM-5-TR Criteria:

A pervasive pattern of instability of interpersonal relationships, self-image, affects and marked impulsivity beginning in early adulthood and indicated by five or more of the following:

1. Frantic efforts to avoid real or imagined abandonment
 2. A pattern of unstable interpersonal relationships characterized by extremes of idealization and devaluation
 3. Unstable self-image or sense of self
 4. Impulsivity in at least two self-damaging areas (e.g. sex, substance abuse, binge eating)
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F60.3 DSM-5-TR Criteria Cont:

5. Recurrent suicidal behavior, gestures, or threats or self-mutilating behavior
6. Affective instability due to a marked reactivity of mood
7. Chronic feelings of emptiness
8. Inappropriate intense anger or difficulty controlling anger
9. Transient, stress-related paranoid ideation or severe dissociative symptoms

Borderline Personality Disorder

Symptoms can range from manageable to very severe and can include any combination of the following:



Fear of abandonment.



Unstable, intense relationships.



Unstable self-image or sense of self.



Rapid mood changes.



Impulsive and dangerous behavior.



Repeated self-harm or suicidal behavior.



Persistent feelings of emptiness.



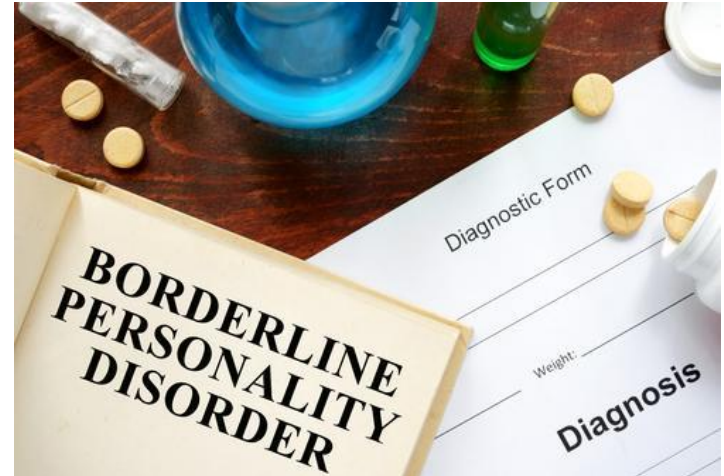
Anger management issues.



Temporary paranoid thoughts.

Treating Borderline Personality Disorder (BPD)

- BPD is a heavily stigmatized mental health condition
- This stigmatization and invalidation can result in severe emotional dysregulation and out-of-control behaviors
- Many mental health professionals are reluctant to treat and even REFUSE to treat a person who meets diagnostic criteria for BPD



BPD Statistics



- Recent research has shown that 1.6% of the population has BPD
- About 70% of people with BPD will make at least one suicide attempt in their lifetimes
- over 40% of people with BPD had been previously misdiagnosed with other disorders like bipolar disorder or major depressive disorder
- About 75% of people diagnosed with BPD are women; that's a ratio of 3 women to 1 man diagnosed with BPD

The Biosocial Theory and the connection to BPD



Biosocial Theory

- What is it?
 - It's a theory of how borderline symptoms, or emotional dysregulation, arise and are maintained.
 - The Biosocial theory proposes that borderline personality disorder (BPD) develops due to a combination of biological predispositions and environmental factors.

- **Biosocial Model:**

Emotional vulnerability + an invalidating environment = emotional dysregulation

Biological Component: Emotional Vulnerability

- Emotional sensitivities are “inborn”
- Difficulty regulating emotions

Scenario: Stacy is a 20-year-old female who often struggles to regulate her feelings. She notices that even small stressors can trigger intense emotional reactions that linger for a long time. She recently reported feeling distressed that her boyfriend did not respond to her text after three hours. She is fearful that he’s mad at her or will break up with her. Stacy is dysregulated due to her emotional vulnerabilities.

- Emotional Vulnerability
 - Sensitivity
 - Intensity
 - Duration aka “Slow return to emotional baseline.”



Social Component: Invalidating Environment

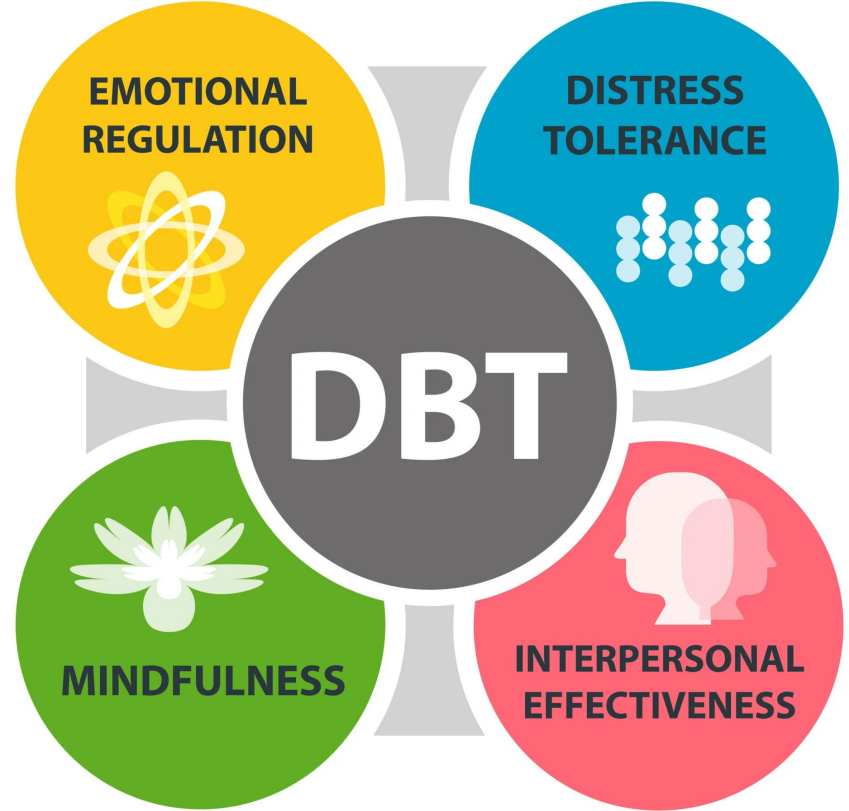
- An invalidating environment is one in which a person's thoughts, feelings, and experiences are consistently dismissed, ignored, or invalidated by caregivers or significant others.
 - **Ordering a person to feel differently**→“Toughen up.”
 - **Minimizing** →“It can’t be that bad.”
 - **Judging** → “You should’ve known better.”
- Repeated invalidation can exacerbate the development and maintenance of BPD symptoms. Invalidation **fails** to teach the individual to:
 - Identify and label their emotions
 - Tolerate emotional distress
 - Trust their own reflection of valid interpretation of events

The transaction

Emotional vulnerability + an invalidating environment = emotional dysregulation

- Poor fit → Emotional Dysregulation
- Metaphor: A gluten-intolerant person being born in a family full of bakers
- Biosocial theory is a “no blame model.”
- By understanding the transaction, DBT aims to address and treat BPD by enhancing emotional regulation skills and improving interpersonal relationships.

Treating BPD with Dialectical Behavior Therapy



What is Dialectical Behavior Therapy?



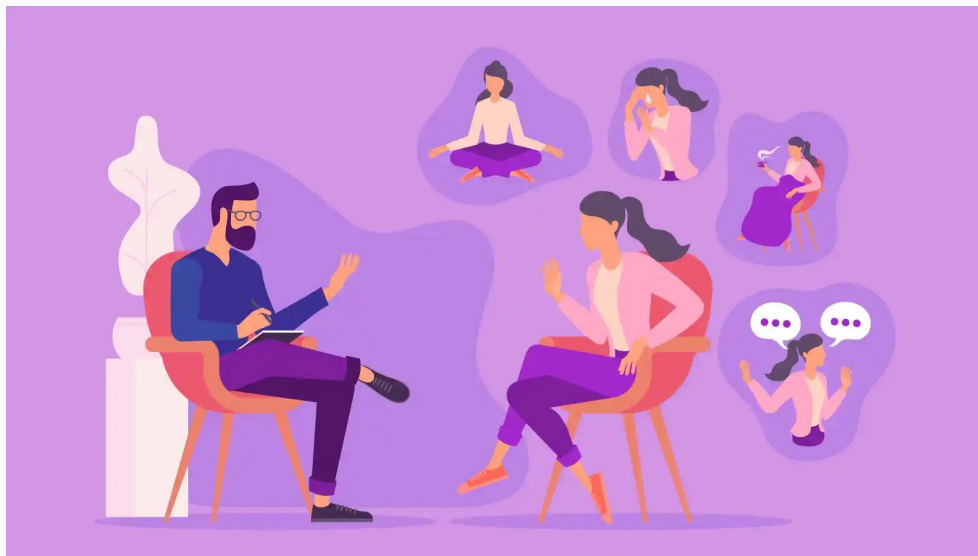
Dialectical Behavior Therapy (DBT) is a type of cognitive behavioral treatment developed by Dr. Marsha Linehan.

DBT addresses problems with emotional reactivity. DBT teaches acceptance and change strategies of certain thought patterns and behaviors that interfere in building a Life Worth Living.

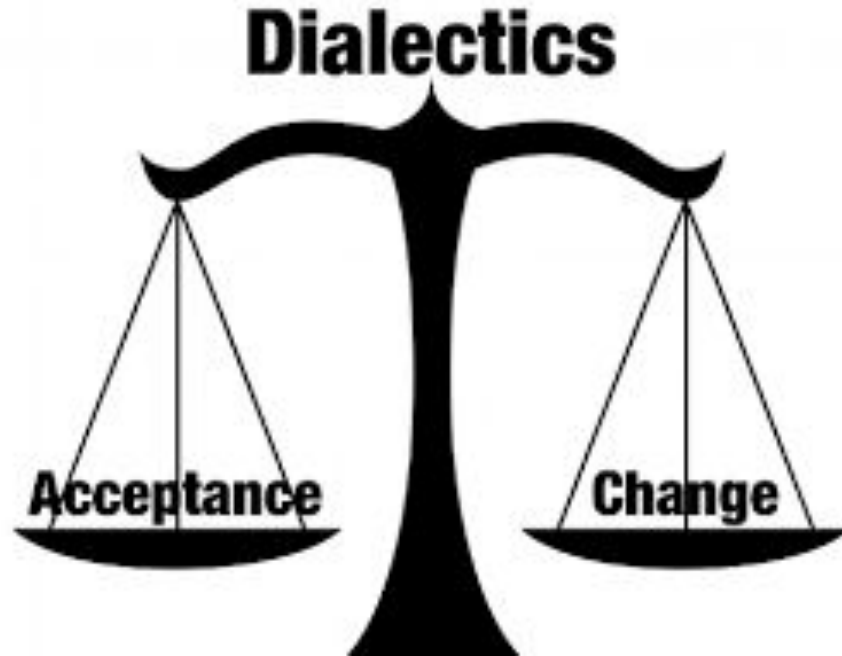
What is the difference between comprehensive and “DBT light”?

“Plunging in Where Angels Fear to Tread”

- DBT Therapist Style: direct, clear, concrete, candid and open
 - We “call a spade a spade” → plunging in where angels fear to tread
 - Irreverence surrounded by validation
- “When pain is intense, time is of the essence. Time is saved by taking the direct route.” pg. 395
- Topics such as suicidal ideation, suicide threats, and parasuicide are discussed similarly to any other behavior.
 - This is often a surprise for the client



Core Strategies of DBT



Acceptance Skills



Mindfulness and Distress Tolerance

Change Skills



**Emotion Regulation and
Interpersonal Effectiveness**

Mindfulness: Goals

- Reduce suffering and increase happiness
- Increase control of your mind
- Experience reality as it is
- **Definition:**
 - Intentionally living with awareness in the present moment
 - Without judging or rejecting the moment
 - Without attachment to the moment



Distress Tolerance: Goals

- **Crisis Survival:** To tolerate painful events, urges, and emotions when you cannot make things better right away.
- **Reality Acceptance:** How to live a life that is not the life you want.

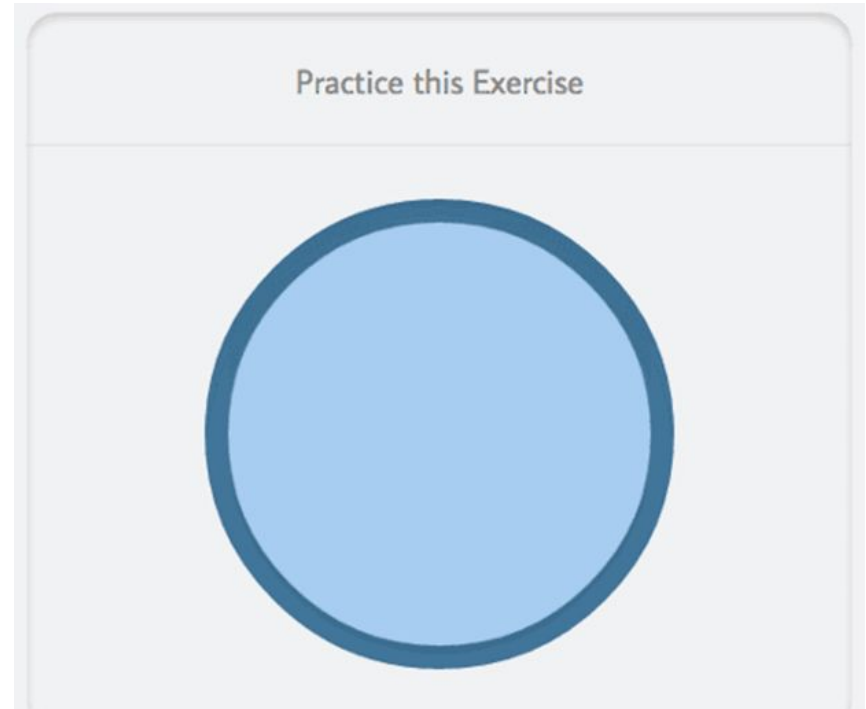


Distress Tolerance Practice



TIPP Your Body Chemistry

- Tip the Temperature
- Intense Exercise
- Paced Breathing
- Paired Muscle Relaxation



Emotion Regulation: Goals

- Understand and name your own emotion
- Decrease the frequency of unwanted emotions
- Decrease emotional vulnerability
- Decrease emotional suffering

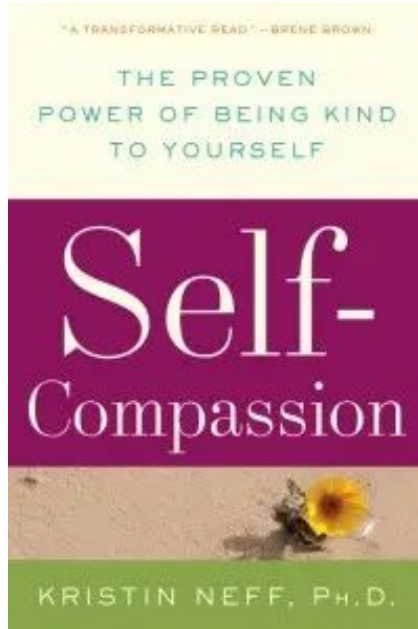


Interpersonal Effectiveness: Goals

- Be skillful in getting what you want and need from others
- Build relationships and end destructive ones
- Walk the Middle Path - Create & Maintain Balance in Relationships



Self Compassion Practice



Thank You! Questions?

Further questions?

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Resources



- DBT Skills Training Manual, Second Edition. Marsha M. Linehan, 2014.
- DBT Skills Training Handouts and Worksheets, Second Edition. Marsha M. Linehan, 2014.
- <https://behavioraltech.org/>
- <https://self-compassion.org/>
- What is DBT?
<https://www.youtube.com/watch?v=Stz--d17ID4&t=4s>
- Mindfulness Skills
https://www.youtube.com/watch?time_continue=31&v=PCJ0R6vAUw&feature=emb_logo
- <https://www.verywellmind.com/borderline-personality-disorder-statistics-425481#:~:text=Research%20has%20shown%20that%20the,the%20criteria%20for%20a%20diagnosis.>
- <https://self-compassion.org/>