

Borderline Personality Disorder: New Perspectives on a Stigmatizing and Overused Diagnosis

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Resource Guide

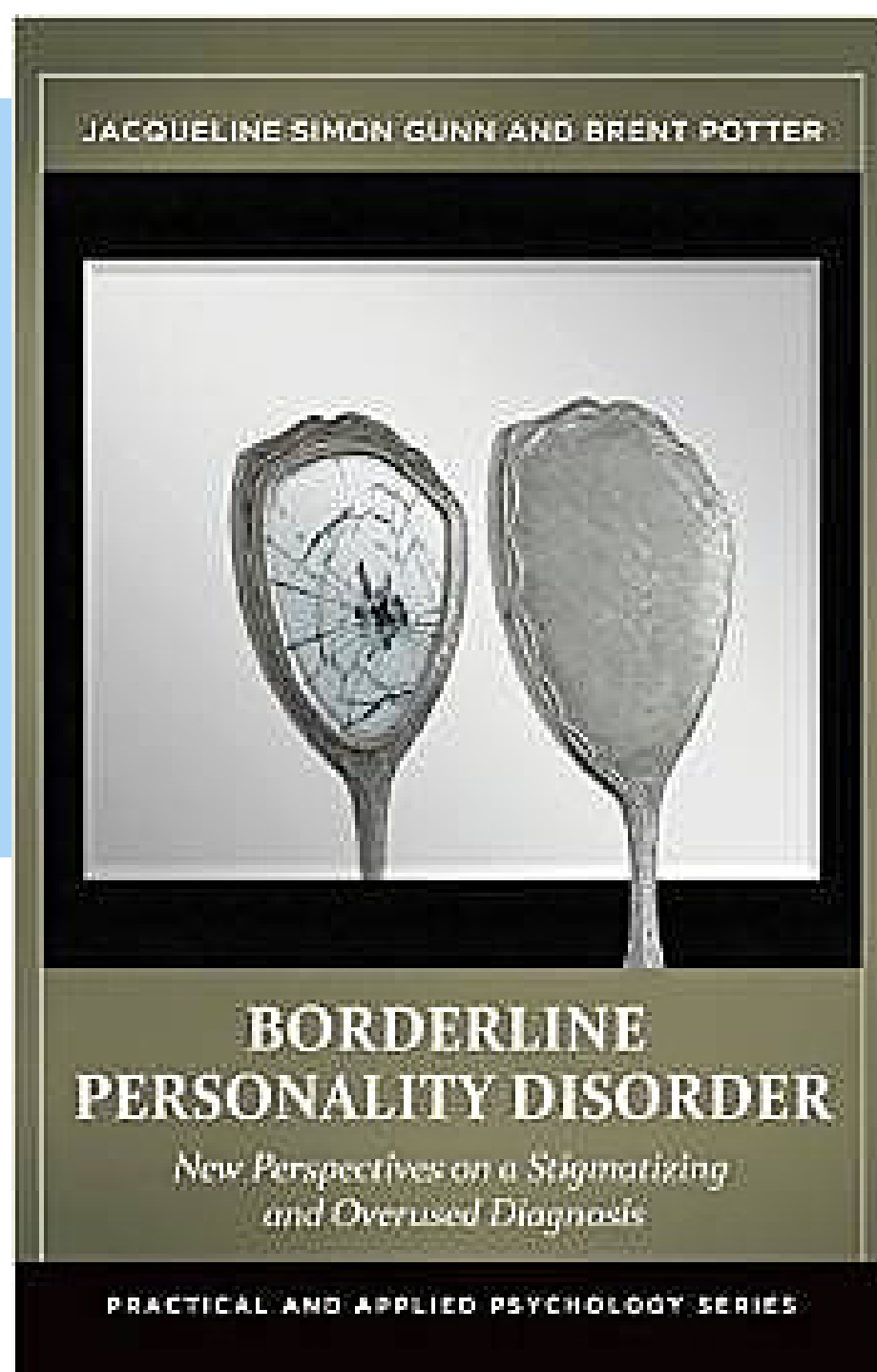
Working with someone who carries the diagnosis of BPD

Be as honest and open in supervision as
we possibly can

Be alert to feeling our clients feelings

Be alert to losing empathy with our client.

Get in the 'soup' with our client.



Borderline Personality Disorder: New Perspectives on a Stigmatizing and Overused Diagnosis

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The patterns of behavior of those with borderline personality disorder (BPD) are often frustrating and mystifying to both clinicians and family members, despite several decades of study and research on this form of distress. *Borderline Personality Disorder: New Perspectives on a Stigmatizing and Overused Diagnosis* presents a thorough critical and historical review of the diagnosis of BPD and explores-through academic and clinical narratives-the different processes that occur in borderline behavior patterns. The authors offer new perspectives that emphasize the whole person rather than a diagnosis, addressing the emotional storms and mood instability of BPD, providing guidance on managing emotional chaos in the therapeutic relationship, and explaining how to use one's own feelings as a clinical tool. Their approach gives an intimate experiential feel for the interpersonal processes that occur in psychotherapy for both the patient and therapist. The result: readers will better understand who the person behind the diagnosis is, and comprehend what it really feels like to be someone struggling with these difficult interpersonal patterns.

BOOKS



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Resources

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**Jacqueline Simon Gunn's
website**

www.drjacquelinegunn.com

R.D. Laing Institute

www.r-d-laing.com

**National Personality Disorder
Development Programme website**

www.personalitydisorderkuf.org.uk

Compassionate Mind Foundation

www.compassionatemind.co.uk

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