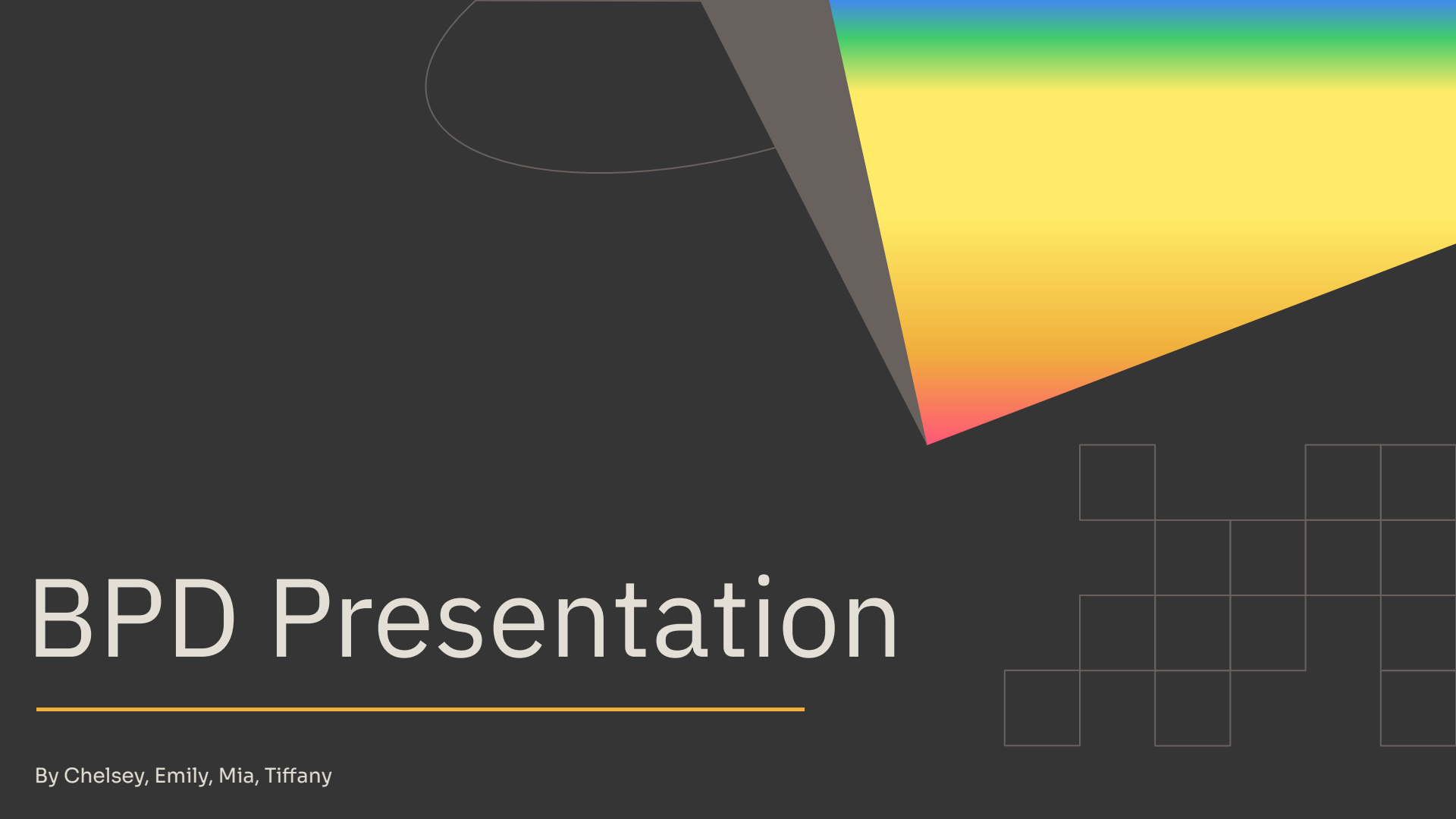




BPD Presentation

By Chelsey, Emily, Mia, Tiffany

Aetiology of Borderline Personality Disorder

No single pathway, influenced by;

- ★ Biological factors
- ★ Psychological factors
- ★ Environmental and social factors

Borderline Personality Disorder is a **MULTIFACTORIAL** condition that is developmental and interactional.



Biological Factors

- ★ Heritability estimated at 40 to 60%
- ★ Serotonergic dysfunction impacting impulsivity and instability
- ★ Amygdala hyperactivity to emotional stimuli
- ★ Prefrontal cortex underactivation causing lack of emotional regulation

Biological influences help explain behavioural symptoms of BPD, however psychological and social have significant influence.

Social and Environmental factors

Studies have shown that Social and environmental factors such as childhood trauma, specifically abuse and neglect are strong predictors of BPD and its traits

Chronic stress and unstable environments also encourage development of these traits.

These factors act as an amplifier for individuals with biological or psychological vulnerabilities.



Psychological Factors

Psychological theories focus on interpersonal functioning and emotional regulation



- ★ linehan's Biosocial theory
- ★ Attachment theory- disorganised and inconsistent relationships cause insecure attachment and unstable relationships.
- ★ Mentalization deficits (Fonagy) - Early trauma impacts abilities to understand and empathise with themselves and others.

Linehan's Biosocial Model

Biologically vulnerable individuals + Emotionally invalidating environment = Cycle of emotional dysregulation and impulsive behaviours

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Linehan's Biosocial model proposes that interactions between the biologically vulnerable individual and an invalidating environment cause

This model is widely supported but difficult to test due to its developmental complexity.

Evaluation

Biological

Emotional sensitivity and reactivity. dismisses environmental findings.

Psychological

Detailed but relies heavily on retrospective self reporting

Social/Environmental

Highlights trauma and invalidation of emotions, but many individuals who suffer from these do not develop BPD

Integrated Models

The Biosocial model allows for the consideration of different perspectives, however it is difficult to empirically test.



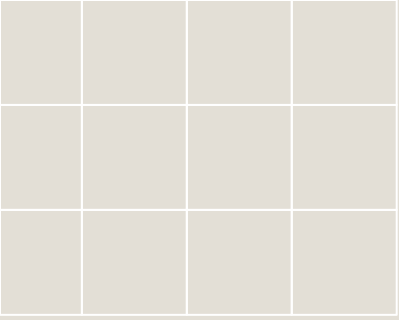
Summary of aetiology

- ★ Borderline Personality Disorder is multifactorial and influenced by Biopsychosocial pathways
- ★ Developmental perspective
- ★ interaction > single cause

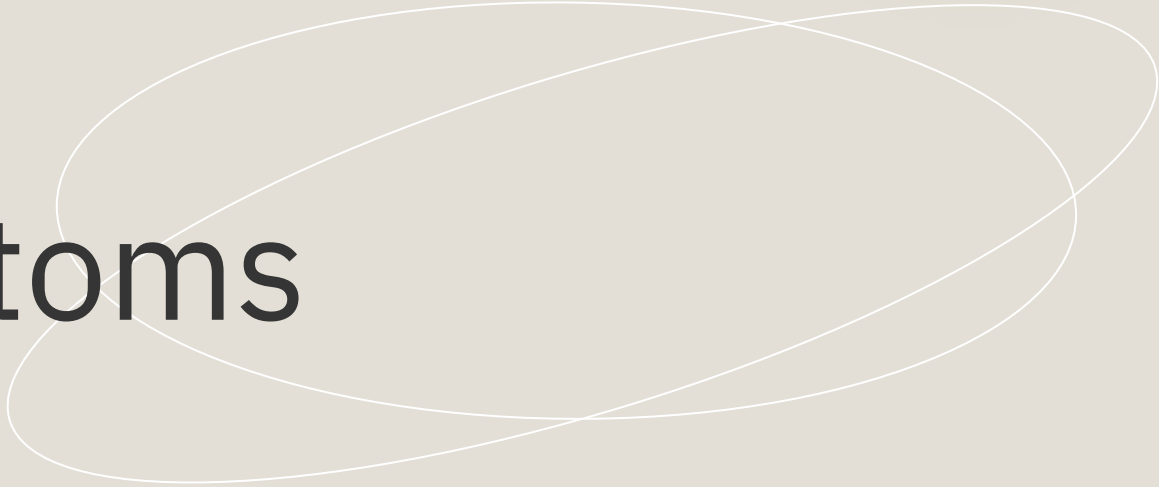


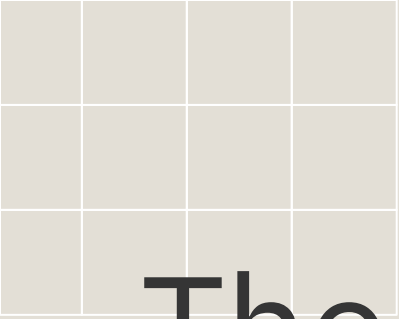
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Understanding the aetiology of Borderline Personality Disorder is crucial for compassionate care, interventions and guidance.

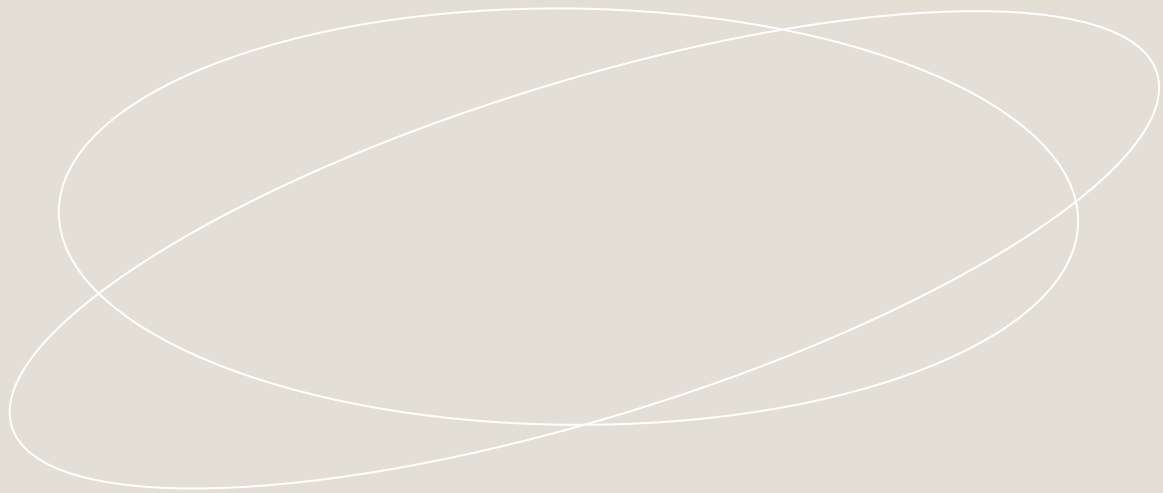


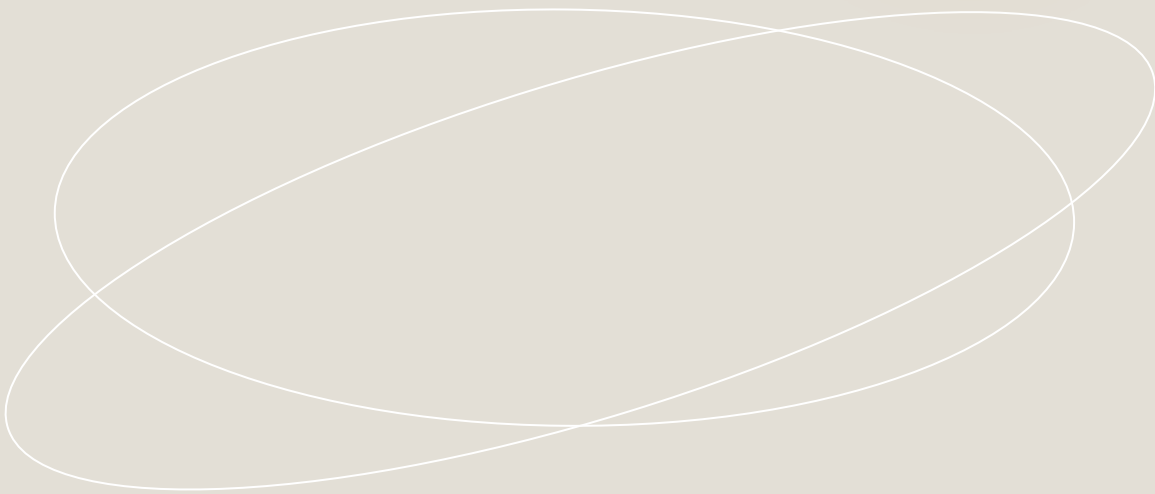
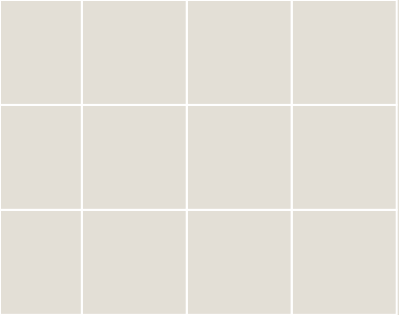
BPD symptoms





The Main Areas





Treatments for BPD

- ★ Talking therapy
- ★ Therapeutic communities
- ★ Self care

A diagnosis (according to the DSM-5) can determine one's eligibility for certain programmes

+ The severity of the disorder influences treatments offered



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Medication

- None specifically approved for BPD
- Antidepressants, antipsychotics, mood stabilisers are only recommended to treat associated conditions such as anxiety (NICE, 2009)

For example: SSRIs, olanzapine, lithium

May increase risk of substance abuse and worsen side effects in some individuals (not everyone will respond the same)



(Stock Image)

Types of Talking Therapies

DBT

- ★ Validates emotions
- ★ Gain acceptance of change
- ★ Improve interpersonal relationships

4 Main Skills Learned

- Mindfulness
- Emotional regulation
- Interpersonal effectiveness
- Distress tolerance

MBT

- ★ Mentalise efficiently
(Understand own perspectives and others)

SCHEMA THERAPY

- ★ Enables changes in destructive patterns
- ★ Develop a healthier mindset



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Therapeutic Communities

- ★ Work with a group of people with similar mental health problems to support each other
- ★ Therapy is dependent on physical environment, people in surroundings, activities
- ★ Can live together or meet up



(Stock Image)

Self Care



(Stock Image)



- ★ Journal
- ★ Meditation
- ★ Create a crisis plan; self-help strategies, how to get support, triggers
- ★ Mind (2022) recommends a 'self-care box' including items that are comforting or bring joy
 - ★ Ground yourself in nature
 - ★ Give up alcohol/ drugs (optional)

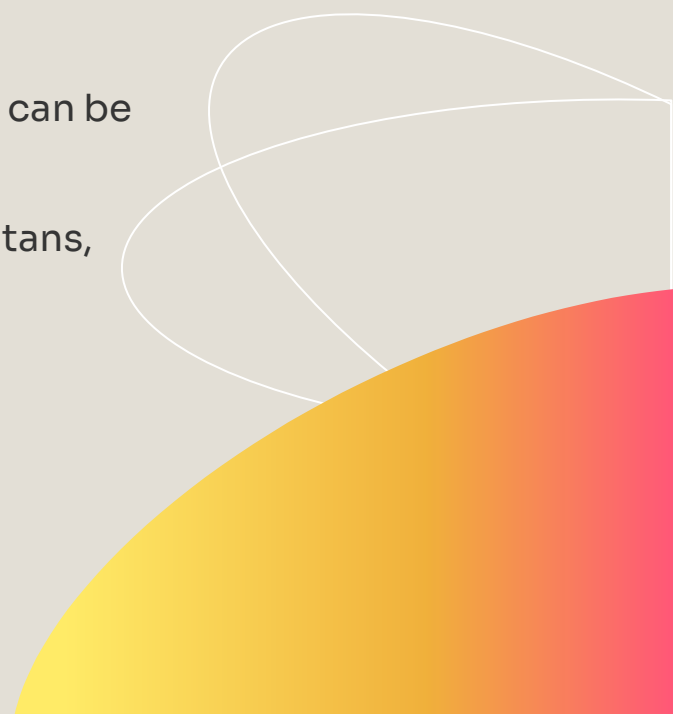
In moments of crisis

For extreme situations, hospital stays may be recommended to prevent high risk of suicide or life threatening behaviour

A short course of medication (7 days), usually a tranquiliser, can be given to manage symptoms

Contacting a crisis resolution team or therapist, e.g. Samaritans, to help feel understood

For minor crises, practicing DBT skills can be of benefit



Strengths and Limitations of Treatments

Strengths

Limitations

Medication

Manages intense episodes,
easier to access

Addiction/dependency,
does not treat core
symptoms of BPD

Talking therapy

Targets key issues,
encourages self
improvement

Long term, hard to access,
emotionally challenging

Therapeutic communities

Builds a support network,
places the individual in
real-life situations

Some people may not suit
group work, requires
significant commitment



Thank you!

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