

# BOOKS AND PUBLICATIONS

## FOR FAMILIES

### **Borderline Personality Disorder in Adolescents: What to Do When Your Teen Has BPD.**

Blaise A. Aguirre, MD. Fair Winds Press, 2014, 2nd edition.

### **Emotional Intelligence: Why It Can Matter More Than IQ.**

Daniel Goleman. Bantam Books, 2005, 10th Anniversary Edition.

### **Helping Your Troubled Teen: Learn to Recognize, Understand, and Address the Destructive Behavior of Today's Teens.**

Cynthia S. Kaplan, PhD, Blaise A. Aguirre, MD, and Michael Rater, MD. Fair Winds Press, 2007.

### **Hey, I'm Here Too!: A Book for Tween/Teen Siblings of a Young Person With Emotional Issues.**

Pat Harvey ACSW,LCSW-C, David Fialkoff CreateSpace Independent Publishing Platform, 2014.

### **The High-Conflict Couple: A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy and Validation.**

Alan E. Fruzzetti, PhD. New Harbinger Publications, Inc., 2006.

### **Loving Someone with Borderline Personality Disorder: How to Keep Out-of-control Emotions from Destroying Your Relationship.**

Shari Y. Manning, PhD. The Guilford Press, 2011.

### **Parenting a Child Who Has Intense Emotions: Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts & Aggressive Behaviors.**

Pat Harvey, ACSW, LCSW-C and Jeanine A. Penzo, LICSW. New Harbinger Publications, 2009.

### **Parenting a Teen Who Has Intense Emotions: DBT Skills to Help Your Teen Navigate Emotional and Behavioral Challenges.**

Pat Harvey ACSW,LCSW-C and , Britt H. Rathbone, MSSW, LCSW-C. New Harbinger Publications, 2015

### **The Power of Validation: Arming Your Child against Bullying, Peer Pressure, Addiction, Self-harm and Out-of-control Emotions.**

Karyn D. Hall, PhD, Melissa H. Cook, LPC, and Shari Y. Manning, PhD. New Harbinger Publications, 2012.

### **The Relationship Cure: A 5-step Guide to Strengthening Your Marriage, Family, and Friendships.**

John Gottman, PhD and Joan De-Claire. Three Rivers Press, 2002.

### **Remnants of a Life on Paper, A Mother and Daughter's Struggle with Borderline Personality Disorder.**

Bea Tusiani, Pamela Tusiani, and Paula Tusiani-Eng. The Baroque Press, 2013.

### **SAVVY: Communication Skills for Family and Friends of Those with Borderline Personality Disorder.**

Karyn Hall. Hall Publishing, 2014.

# BOOKS AND PUBLICATIONS

FOR PEOPLE DEALING WITH STRONG EMOTIONS

**Beyond Borderline: True Stories of Recovery From Borderline Personality Disorder.**

Edited By John G. Gunderson, MD and Perry D. Hoffman, PhD. Forward by Brandon Marshall.

**Borderline Personality Disorder Demystified: An Essential Guide for Understanding and Living with BPD.**

Robert O. Friedel, MD.  
Marlowe & Company, 2004.

**The Borderline Personality Disorder Survival Guide: Everything You Need to Know About Living with BPD.**

Alexander L. Chapman, PhD and Kim L. Gratz, PhD. New Harbinger Publications, Inc., 2007.

**The Buddha & the Borderline, A Memoir: My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism, & Online Dating.**

Kiera Van Gelder. New Harbinger Publications, Inc., 2010.

**Coping with BPD: DBT and CBT Skills to Soothe the Symptoms of Borderline**

**Personality Disorder.** Blaise Aguirre, MD and Gillian Galen, PsyD. New Harbinger Publications, Inc., 2015.

**The Dialectical Behavior Therapy Wellness Planner: 365 Days of Healthy Living for Your Body, Mind, and Spirit.**

Amanda L. Smith. Unhooked Books, 2015.

**Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You in**

**Control.** Scott E. Spradlin, MA. New Harbinger Publications, Inc., 2003.



healing hearts of families  
with education, support and hope

**The Emotionally Sensitive Person: Finding Peace When Your Emotions Overwhelm You.**

Karyn D. Hall, PhD. New Harbinger Publications, Inc., 2014.

**How I Stayed Alive When My Brain Was Trying to Kill Me: One Person's Guide to Suicide Prevention.**

Susan Rose Blaurer. Quill, 2003.

**I Thought It Was Just Me (but It isn't): Telling the Truth about Perfectionism, Inadequacy, and Power.**

Brené Brown. Gotham Books, 2008.

**Loud in the House of Myself: Memoir of a Strange Girl.**

Stacy Pershall. W. W. Norton & Company, 2011.

**Mindfulness for Borderline Personality Disorder: Relieve Your Suffering Using the Core Skill of Dialectical Behavior Therapy.**

Blaise Aguirre, MD and Gillian Galen, PsyD. New Harbinger Publications, Inc., 2013.

# BOOKS AND PUBLICATIONS

## FOR PROFESSIONALS

**Borderline Personality Disorder: A Clinical Guide.** John G. Gunderson, MD with Paul S. Links, MD, FRCPC. American Psychiatric Publishing, Inc., 2008, 2nd edition.

**Borderline Personality Disorder: Meeting the Challenges to Successful Treatment.** Perry D. Hoffman, PhD and Penny Steiner-Grossman, EdD, MPH. The Haworth Press, 2007. (Note: Co-published simultaneously as Journal of Social Work in Mental Health Volume 6, Numbers 1/2 2008.)

**Changing Behavior in DBT: Problem Solving in Action.** Heidi L. Heard and Michaela A. Swales. The Guilford Press. 2016.

**Cognitive-Behavioral Treatment of Borderline Personality Disorder.** Marsha M. Linehan. The Guilford Press, 1993.

**DBT Principals in Action: Acceptance, Change and Dialectics.** Charles R. Swenson, Forward by Marsha M. Linehan. New York, Guilford Press, 2016

**DBT Skills Manual for Adolescents.** Jill H. Rathus and Alec L. Miller. The Guilford Press, 2014.

**DBT Skills Training Handouts and Worksheets.** Marsha M. Linehan. The Guilford Press, 2014, second edition.

**Dialectical Behavior Therapy with Suicidal Adolescents.** Alec L. Miller, Jill H. Rathus, and Marsha M. Linehan. The Guilford Press, 2007

For more information on national organizations, online resources and Family Connections visit:

## National Education Alliance for Borderline Personality Disorder



- Conferences
- Publications
- Videos, courses
- Family Connections™
- TeleConnections™

[www.borderlinepersonalitydisorder.com](http://www.borderlinepersonalitydisorder.com) | [info@neabpd.org](mailto:info@neabpd.org)

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## FOR PROFESSIONALS

**Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings.** Linda A. Dimeff and Kelly Koerner. The Guilford Press, 2007.

**The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation & Distress Tolerance.** Matthew McKay, PhD, Jeffrey C. Wood, PsyD, and Jeffrey Brantley, MD. New Harbinger Publications, 2007, 1st Edition.

**Doing Dialectical Behavior Therapy: A Practical Guide.** Kelly Koerner. The Guilford Press, 2012.

**The Emotion Regulation Skills System for Cognitively Challenged Clients: A DBT®-Informed Approach.** Julie F. Brown. The Guilford Press, 2016.

**Handbook of Mentalizing in Mental Health Practice.** Anthony Bateman, MA, FRC Psych, and Peter Fonagy, PhD, FBA. American Psychiatric Publishing, Inc., 2012.

**The High-Conflict Couple: A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy and Validation.** Alan E. Fruzzetti, PhD. New Harbinger Publications, 2006.

**Mentalizing in Clinical Practice.** Jon G. Allen, Peter Fonagy, and Anthony W. Bateman. American Psychiatric Publishing, Inc., 2008, 1st Edition.

**Psychotherapy for Borderline Personality Disorder: Mentalization-based Treatment.** Anthony Bateman and Peter Fonagy. Oxford University Press, 2004.

**Restoring Mentalizing in Attachment Relationships: Treating Trauma With Plain Old Therapy.** Jon G. Allen, PhD. American Psychiatric Publishing, Inc., 2013, 1st Edition.

**Second Edition: Skills Training Manual for Treating Borderline Personality Disorder.** Marsha Linehan. The Guilford Press, 2015.

**Understanding and Treating Borderline Personality Disorder: A Guide for Professionals and Families.** John G. Gunderson, MD and Perry D. Hoffman, PhD. American Psychiatric Publishing, Inc., 2005.

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# MENTAL HEALTH COMMUNITIES

## BPD BLOGS

### **BPD FFS** | [www.bpdffs.wordpress.com](http://www.bpdffs.wordpress.com)

UK based blogger, Sue Sibbald advocates for people with Borderline Personality Disorder and promotes BPD awareness.

### **The Fight Within Us** | [www.thefightwithinus.com](http://www.thefightwithinus.com)

Amanda Wang describes her blog like this: Every life is worth living — but sometimes tragedy happens, chemicals in our brain change, or simply, the daily grind beats us into a less-than-ordinary existence. How do we deal with these obstacles and choose to live through them? I'll chronicle the quest to find meaning in suffering and share what I've learned from those further along the road. And with that, perhaps we'll discover the fight within us.

### **Healing From BPD** | [www.my-borderline-personality-disorder.com](http://www.my-borderline-personality-disorder.com)

A comprehensive website created by Debbie Corso who was diagnosed with BPD around 2011 and currently no longer meets the DSM-V criteria for BPD. Complete with BPD information, Debbie's personal blog, free resources and a chat room is designed to put those with BPD together with doctors, social workers and therapists. [Healingfrombpd.org](http://Healingfrombpd.org) is committed to helping others overcome BPD and move along on their journey towards recovery and wellness. This is a place to share experiences, support one another, ask/answer questions, share ideas about DBT and connect with new friends.

### **Hope For BPD** | [www.hopeforbpd.com](http://www.hopeforbpd.com)

Dedicated to helping people who have been diagnosed with BPD to integrate DBT skills into their daily life, Amanda Smith holds a master of social work and provides a blog as well as the option to subscribe to her daily email list. Her subscribers enjoy a daily email with a DBT skill to utilize throughout their day, real world examples of the skill in use, words of encouragement and support. Subscribers have found her emails to be a helpful push in a positive direction and even friends, family members, and loved ones of those with BPD can benefit from her daily words.

### **Life after BPD** | [www.mybpdstory.wordpress.com](http://www.mybpdstory.wordpress.com)

After years of struggling, and being offered diagnoses which didn't quite 'fit' the author of "Life with BPD" was eventually diagnosed with 'Borderline Personality Disorder'. This is a wonderfully written blog that shares her story, struggles, and journey living with BPD.

### **Make BPD Stigma-Free!** | [www.makebpdstigmafree.wordpress.com](http://www.makebpdstigmafree.wordpress.com)

Dedicated to ending the stigma that is often attached to BPD, Joyce Savage has created this blog as a place to share her experiences with BPD and provide a safe haven for others. Discussion is welcomed and personalized responses are commonplace at Make BPD Stigma Free. Joyce's site also provides BPD information from reliable sources and reference pages for additional reading.



# MENTAL HEALTH COMMUNITIES

## ONLINE

### **Now Matters Now** | [www.nowmattersnow.org](http://www.nowmattersnow.org)

A website of videos with “skills and support for coping with suicidal thoughts.” The videos involve research-based skills from Dialectical Behavior Therapy. Marsha Linehan is affiliated with the project and there are several videos of Marsha teaching individual DBT skills.

While these tools can be helpful, they are not considered a replacement for one-to-one counseling.

You can also preview **Now Matters Now's** 5-minute video ( <https://vimeo.com/120520232> ) explaining their collaboration with Facebook and Forefront (a University of Washington suicide prevention organization) Together these organizations are designing ways Facebook users can intervene when they see someone on Facebook is suicidal.

### **You Are Not Alone** | [www.notalone.nami.org](http://www.notalone.nami.org)

Find Help, Find Hope. Another NAMI online community for people to share their videos, post pictures, or share their own mental health stories.

### **OK2TALK.org** | [www.ok2talk.org](http://www.ok2talk.org)

The goal of OK2TALK is to create a community for teens and young adults struggling with mental health problems and encourage them to talk about what they're experiencing by sharing their personal stories of recovery, tragedy, struggle or hope. Because of the stigma attached to mental illness, it's often hard for those suffering and their families and friends to talk about what they're going through. But help is available.

### **Strength Of Us** | [www.strengthofus.org](http://www.strengthofus.org)

Strength of Us is an online community developed by NAMI and young adults. It's designed to inspire young adults impacted by mental health issues to think positive, stay strong and achieve their goals through peer support and resource sharing.

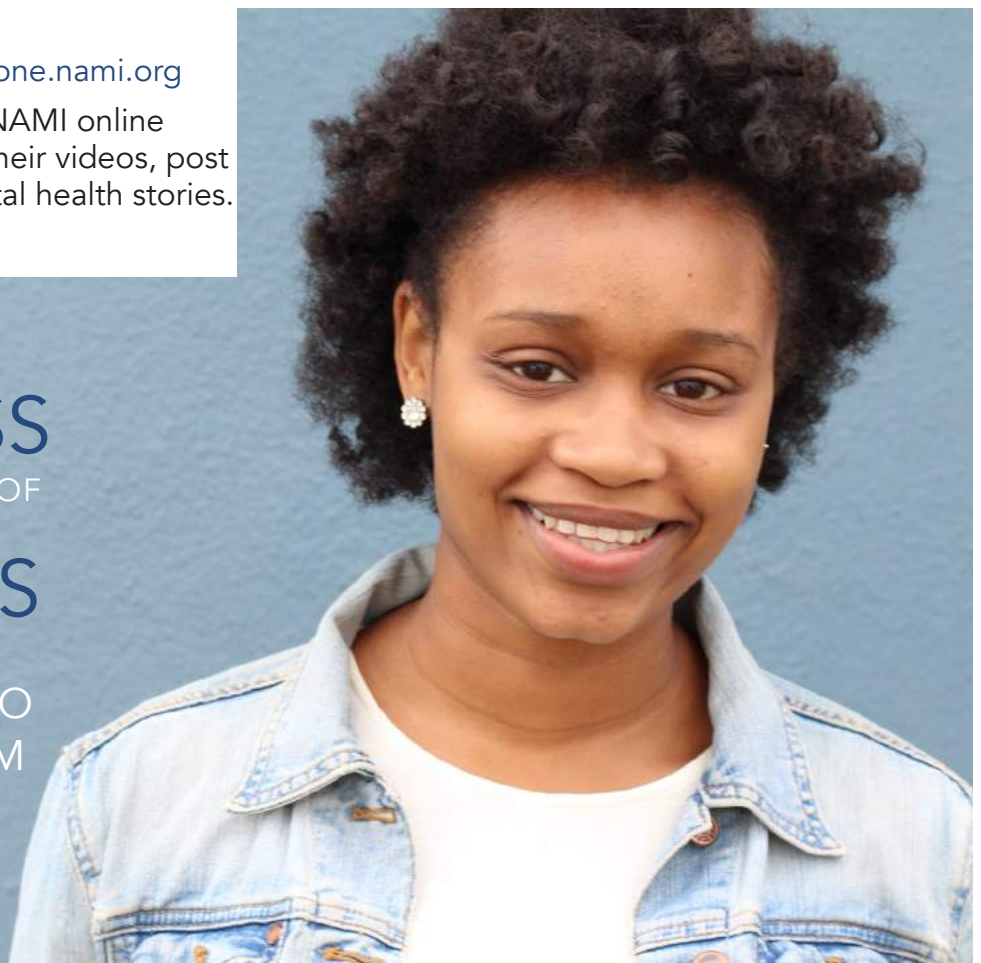
HAPPINESS

IS NOT THE ABSENCE OF

PROBLEMS

BUT THE ABILITY TO  
DEAL WITH THEM

– H. JACKSON BROWN



# VIDEOS AND APPS

## VIDEOS

### If Only We Had Known: A Family Guide to Borderline Personality Disorder

[www.bpdvideo.com](http://www.bpdvideo.com)

This comprehensive video series was created to help individuals, families, and loved ones who live with Borderline Personality Disorder. Using the personal stories of families and insights from leading experts in the field, the disorder is explained in ways that are clear and easy to understand. Each of the five videos focuses on a critical aspect of BPD and provides information that can help families learn how to cope with BPD and rebuild fractured relationships. These videos are available for online streaming or in professional DVD format.

### Think Before You Open Your Mouth - May BPD Awareness Video Series

[www.borderlinepersonalitydisorder.com](http://www.borderlinepersonalitydisorder.com)

*NEA.BPD, featuring Alan Fruzzetti, Ph.D.*

A month long cumulative series of videos introducing and detailing the Family Connections program. These previously unpublished videos demonstrate how Dialectical Behavioral Therapy helps patients and their families as well as, supporting Family Connections participants in honing their skills.

This project, featuring Dr. Alan Fruzzetti, was developed jointly by NEA.BPD and the National Office for Suicide Prevention in Ireland (HSE), which very generously funded much of its production.

## APPS

### + DBT Diary Card and Skills Coach

Durham DBT, Inc. - iPhone

### + Headspace

Headspace, Inc. - iPhone and Android

### + Safety Plan

Two Penguins Studios LLC - iPhone

### + Virtual Hope Box

National Center for Telehealth and Technology - iPhone and Android



**Dragonfly Transitions is a young adult program in Southern Oregon with three distinct locations.** Dragonfly supports students challenged with depression and anxiety into a healthy, sustainable, and independent life.

**Dragonfly is committed to providing a community of connection and care** in which young adults achieve balance and consistency in the areas of education, employment, fitness, nutrition, recreation, healthy relationships, emotional well-being, and other independent living skills.

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# POSSIBLE TREATMENT OPTIONS



*If you or your loved ones have BPD there are different levels of therapeutic care available. The level of care needed will depend on you, or your loved ones, immediate needs. It can be confusing and the level of care necessary should be determined by an in-person assessment with a qualified medical or counseling professional.*

*You and your medical or counseling professional are best equipped to know which type of treatment is ideal for your situation. People with BPD may experience a variety of levels of care during their treatment.*

## **Outpatient Treatment**

Outpatient treatment involves seeing a mental health professional for ongoing counseling and support on a daily, weekly or monthly basis. Outpatient treatment allows the person with BPD to maintain their regular activities of life. They have the ability to go home after a daytime or evening therapy session and don't need to have prolonged absences from friends, co-workers, or family members. The benefit of outpatient programs is that they can provide a support network for patients in the form of individual counseling, official support groups, or family counseling.

## **Inpatient Hospitalization**

This intensive level of treatment requires 24-hour care in a safe and secure unit of a hospital. Inpatient treatment is necessary for those who need 24-hour supervision. Because of the short-term nature of inpatient treatment, a major focus is to stabilize symptoms and develop a plan for continued treatment of the illness outside the inpatient program.

## **Partial Hospitalization (Day Treatment)**

This level of care is designed for individuals who need structured programming but do not need 24-hour supervision. Partial hospitalization or a day treatment program allows the individual to gain support in a safe environment during the day and return home in the evening. In times of increased stress or difficulty coping with specific situations, this type of treatment may be more appropriate than full inpatient hospitalization. Patients participate in therapeutic groups, structured activities and discharge planning similar to those offered in the inpatient and residential programs. Many patients who have been in an inpatient or residential program can "step down" to this level of care because it continues to provide a high amount of structure and support.

## **Residential Treatment**

Often, patients who have attempted outpatient treatment programs but ultimately need a more structured environment or have found outpatient programs difficult to complete, achieve success in a residential program. Residential treatment centers offer an intensive and structured treatment program similar to hospital inpatient units, but in a more home-like environment. Individuals in residential treatment centers benefit from 24-hour supervision and treatment. Patients also find support from a community of patients within the residential treatment program. This community can encourage each other to stay on task.

\*SOURCE: **NEA.BPD** - NATIONAL EDUCATION ALLIANCE FOR BORDERLINE PERSONALITY DISORDER



# QUESTIONS TO ASK

## WHEN LOOKING FOR TREATMENT

### LICENSING

Is the center licensed as a mental health facility?

- Are they licensed by-state, county, etc.
- For what purpose are they licensed
- Date of most recent licensing

How many years has the center been actively treating persons with BPD?

### THERAPY

What treatment approach for BPD do they use?

- Cognitive Behavior Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Psychodynamic
- Mentalization (MBT)
- Transference Focused Therapy (TFP)
- General Psychiatric Management
- Medication Management

### WHAT FORMS OF THERAPY OFFERED?

- Individual therapy
- Group
- Family
- Residential
- Medication
- How often is each form of therapy offered per week?

### STAFF

What kind of training has the staff had to specifically treat persons with BPD?

By whom?

What is the maximum number of clients in program(s)?

What is the number of staff and their disciplines and level of education?

### FACILITIES AND SERVICES

What are the criteria for admission to the program?

Who provides the referral information?

What happens when a person enters the facility?

What is the intake evaluation process?

What would be the anticipated length of stay?

What are the program expectations for outpatients concerning absences?

What are the program expectations for inpatients concerning visiting hours?

What kind of family involvement is there, e.g., sessions, family groups, contact with staff?

Are there any community support groups in the area?

Is there contact with most previous provider (e.g., community psychiatrist)?

When does planning for discharge start and who is included in the discussion?

Does the agency identify or recommend possible aftercare options?

If someone signs themselves out of the program, who is notified?

### FINANCIAL

What are the cost factors?

How often will we be billed?

What are the terms of payment?

What funding is accepted: Medicaid, Medicare, private insurance, self-pay?

Is an agency financial counselor available to explain charges and billing procedures?

Do you advise regarding potential Social Security benefits?