

Gateway to Hope  
UNIVERSITY  
Training Program of HHCI

**Lunch & Learn Webinar:**  
**Introduction to Borderline  
Personality Disorder & Trauma**

**PRESENTED BY**  
Madeline Stiers, Ph.D., LCSW-S  
Chief Clinical Officer

1

---

---

---

---


---

---

---

### Agenda

- What is Borderline Personality Disorder
- Over- vs Undercontrolled
- What is Trauma
- Development of BPD
- Dialectical Behavior Therapy
- Religion and Spirituality



5

---

---

---

---


---

---

---

### What is Borderline PD?

- A pervasive instability in emotions, interpersonal relationships, self image, and impulsivity that manifests in risky and self-destructive behaviors
- Efforts to avoid real or imagined abandonment
- Impacts roughly 2% of population



6

---

---

---

---

---

---

---

## Symptoms of BPD

- Emotional instability and lability
- Chronic feelings of emptiness
- Unstable relationships
- Risky behaviors
- Self harm or SI
- Dissociation
- Transient psychosis
- Lack healthy or productive coping skills



7

---

---

---

---

---

---

---

---

## Over vs Undercontrolled

- Undercontrolled
  - High emotional and behavioral dysregulation
  - Behavioral and emotional outbursts are more visible to others
  - Lack ability to regulate in most areas of their life
  - DBT
- Overcontrolled
  - High emotional and behavioral dysregulation
  - Symptoms less visible
  - Developed ability to control emotional and behavioral dysregulation in necessary areas (work, school, social settings)
  - RO-DBT



8

---

---

---

---

---

---

---

---

## What is Trauma?

- A traumatic event is a life experience that involves actual or perceived threats to the safety and well-being of an individual or to someone close to the individual
- Traumatic life experiences overwhelm a person's coping strategies, causing extreme emotional, psychological and physiological distress
- Exposure to traumatic life experiences can result in overwhelming feelings of terror, depression, extreme anger and helplessness



9

---

---

---

---

---

---

---

---

## Symptoms of PTSD

- Intrusive symptoms
- Avoidance symptoms
- Negative alterations in cognitions and mood
- Hyper arousal symptoms

10

10

---

---

---

---

---

---

---

## BPD & Trauma

- Repeated exposure to trauma (abuse in childhood) results in an increased risk of BPD development
- Individuals with BPD & PTSD diagnosis have more severe BPD symptoms
- Experiencing more than one type of trauma often result in more BPD symptoms and more severe disfunction (self harm)

11

11

---

---

---

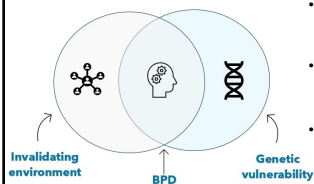
---

---

---

---

## Development of BPD



- A genetic predisposition coupled with an invalidating environment (Marsha Linehan)
- Trauma (sexual/physical/emotional) or neglect (physical/emotional) in childhood
- Chronic invalidation leading to confused sense of self and trust of self (Attachment Theory)
- Biological vulnerabilities, family dynamics, trauma (Biosocial Theory)

12

12

---

---

---

---

---

---

---

## BPD & Trauma

- Studies have found that many people with BPD experienced abuse (sexual or otherwise) from a close relative or caregiver (71%)
- Invalidation leading to confusion of self and elevated BPD symptoms
- BPD gender studies are limited and produce no significant results
  - Men with a trauma hx are more likely to develop BPD than those w/o hx



13

---

---

---

---

---

---

---

---

## DBT

- Dialectical Behavior Therapy (DBT) is a comprehensive, evidence-based therapy that treats BPD
- Linehan combined various evidence-based cognitive-behavioral approaches into a single package
- Addresses problem behaviors
- Individual & skills class
- Mindfulness, emotion regulation, distress tolerance, interpersonal effectiveness



14

---

---

---

---

---

---

---

---

## Religion & Spirituality

- Religion & spirituality (RS) can be used in DBT treatment as a mindfulness practice
- Contemplative prayer, bible studies (CM, EM, DT)
- Developing a community, understanding healthy relationships based in Christ (IE)
- Faith communities can be a place of refuge for individuals who have lost many of their relationships



15

---

---

---

---

---

---

---

---

### When to Seek Help

- Symptoms or changes are lasting
  - Most people will only experience these changes in behavior for a short period of time
- Significant disruption in life (work, relationships, school)
- Suicidal thoughts, self harm

---

---

---

---

---

---

---

16

### GTHU Websites



**GatewaytoHopeUniversity.org**



**Learn.GTHU.org**



**MischerBehavioralHealth.org**

---

---

---

---

---

---

---

17

### GTHU Resources

- **Unlock the Power of Knowledge with Grace**  
Our goal is to empower you with knowledge and support, ensuring you never feel alone on your journey to better mental health. Learn more at [MischerBehavioralHealth.org](https://MischerBehavioralHealth.org)
- **The Hope Line: Relief. Just a Call Away.**  
Are you going through a tough time? Do you need someone to talk to? Call The Hope Line.
- **Download our Mental Health Gateway App**





**Grace, Friendly AI Assistant**  
Have questions about mental or behavioral health? Talk to Grace.



**The Hope Line**  
(832) 831-7337  
Open daily, 5 PM - 8 PM CT

---

---

---

---

---

---

---

18



Gateway to Hope  
UNIVERSITY  
Training Program of HHCI

GTHU: GATEWAY TO HOPE UNIVERSITY

**Follow Us on Social Media &  
Stay Connected**



@GatewaytoHopeUniversity

GatewaytoHopeUniversity.org

---

---

---

---

---

---

---