



GTH: GATEWAY TO HOPE

Lunch & Learn: Borderline Personality Disorder

PRESENTED BY

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Meeting Agenda

- Who we are – GTH and HHCI
- Upcoming events
 - Coach Call: Marketing your Mental Health Ministry (5/18)
 - Lunch & Learn: Eating Disorders in Spanish (5/19)
 - Lunch & Learn: Trauma & Stress-Related Disorders (6/2)
 - Community Empower (6/7)
 - Community Empower in Spanish (6/14)
- Today's topic: Borderline Personality Disorder
- Questions
- Survey



GTH and HHCI



Our mission:

“We mobilize individuals to effectively and compassionately meet the holistic needs of those who live with mental health challenges.”

HHCI’s training program, Gateway to Hope, is a comprehensive solution – providing tested tools and ongoing support so you can quickly and compassionately manage challenges while helping build and restore lives to health and wholeness.

The Four Rs

RECOGNIZE a mental health problem

REFER to a mental health professional

RELATE to those in distress

RESTORE through supportive community



RECOGNIZE

a mental health problem

What is Borderline Personality Disorder?

- An enduring pattern of inner experiences exemplified by emotional dysregulation, self-damaging behaviors, and unstable self-image and interpersonal relationships.



Borderline Personality Disorder

- The DSM-5 lists BPD as a dramatic-emotional personality disorders.
- Other similar borderline disorders are:
 - Antisocial Personality Disorder (ASP)
 - Histrionic Personality Disorder (HPD)
 - Narcissistic Personality Disorder (NPD)
- Although all of these personality disorders require a distinct diagnosis, they all share several related symptoms, such as:
 - Difficulty with emotional expression
 - Difficulty forming stable relationships

Antisocial Personality Disorder (ASPD)

- Characterized by a pattern of behavior that involves manipulation, exploitation, or violation of the rights of others.
- Individuals with ASPD are often deceitful, lack remorse for their actions, and show an unwillingness to conform to social norms and laws.
- Diagnosed more frequently in males.

Histrionic Personality Disorder (HPD)

- A pattern of excessive emotional expression and attention-seeking.
- These individuals will behave dramatically in situations that do not justify that type of reaction.
- Excessive need for approval.
- Often sexually seductive or provocative.
- Diagnosed more frequently in females.

Narcissistic Personality Disorder (NPD)

- Characterized by extreme feelings of self-importance.
- High need for admiration and lack of empathy.
- Individuals with NPD often exploit others for their own gain.
- Are often overly sensitive to criticism, judgment, or defeat.
- Diagnosed more frequently in males.

Recognizing Symptoms of BPD



- Distorted thinking
- Emotional dysregulation
- Impulse control problems
- Interpersonal difficulties

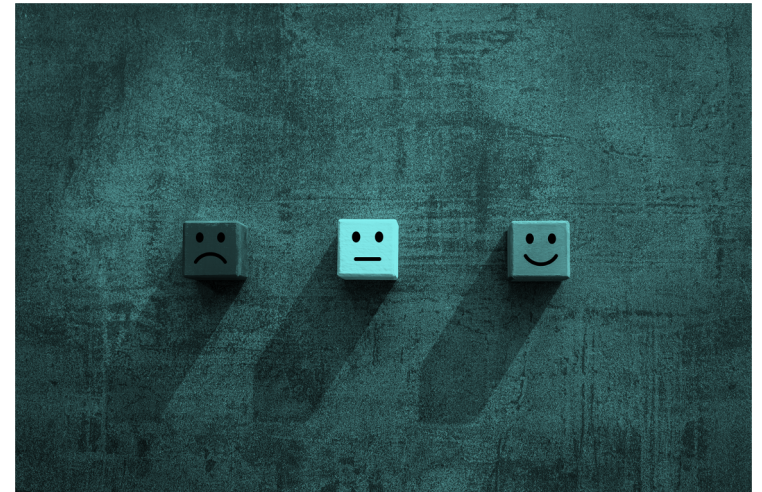
Distorted Thinking

- Extreme and inaccurate pattern of perceiving and interpreting oneself, others, and the world around you.
- Black and white thinking.
- Distrustful and suspicious thoughts.
- Odd beliefs contrary to cultural norms.



Emotional Dysregulation

- Inability to modulate appropriateness of emotional responses.
- Can be emotional sensitivity or experiencing intense feelings.
- Can also be numb and disconnected responses.



Impulse Control Problems

- Lack of control the internal drive or impulses to act.
- Can include behavioral over-control which is the inability to act.
- Can include a lack of behavioral control, which is acting impulsively without forethought.

Interpersonal Difficulties

- Common to all the personality disorders
- Due to the symptoms discussed, it inhibits these individuals from forming and maintaining healthy relationships



Prevalence and Age of Onset

- Personality disorders are usually recognizable during adolescence or early adulthood.



Co-Occurring Disorders

- Individuals with personality disorders are likely to have co-occurring major mental disorders, including:
 - Anxiety disorders
 - Depressive disorders
 - Bipolar disorders
 - Post-Traumatic Stress Disorder
 - Attention Deficit/Hyperactivity Disorder
 - Substance-use disorders



REFER

to a mental health professional



The Right Mental Health Provider

- Primary Care Doctor
(General Practitioners)
- Counselors (LPC)
- Therapist (LMFT)
- Psychiatrist (MD, DO)
- Hospital & Treatment
Facilities



Treatment and Therapies

- Psychotherapy
- Dialectical Behavior Therapy
- Pharmacotherapy



Psychotherapy

- Links present feelings, thoughts, and symptoms to unconscious meanings derived from early life experiences.
- By linking the present to the past, BPD patients are given a new understanding that allows them to change their behavior.
- The APA recommends long-term Psychodynamic therapy or DBT.



Pharmacotherapy

- Medications have been found to be only moderately effective in treating the symptoms of BPD
- SSRI's are commonly prescribed to combat the depressive symptoms
- Mood stabilizers may help control impulsiveness and explosive anger
- Antipsychotic drugs may be used to help individuals with their distorted thinking

Dialectical Behavior Therapy

- DBT is a psychosocial treatment developed specifically for BPD
- DBT has both individual and group therapy components
- Components of DBT:
 - Core Mindfulness
 - Interpersonal Effectiveness
 - Distress tolerance
 - Emotional regulation





RELATE

to those in distress

Relating to Someone Living With Borderline Personality Disorder

❖ Compassion & Understanding

❖ Creating opportunities to learn more



❖ React Calmly & Rationally

❖ Be Patient

❖ Validate their feelings



RESTORE

through supportive
community

A Spiritual Perspective

- BPD is a disorder built upon the hidden pain of past abuse, abandonment, or invalidation. The lack of self-worth in the person with BPD make forgiveness feel impossible. When ministering to a person with BPD, the total and complete forgiveness of God that is available only through Jesus Christ (Ephesians 1:7–8; Colossians 1:13–14) is a great place to start.
- Understanding God’s forgiveness leads to the realization that God truly loves us (John 3:16); and if the Creator of the universe loves us, then we must have worth despite our past or what we might think of ourselves.

Gateway to Hope Trainings



Transformed Groups Curricula



Minds Transformed

For those living with a mental health challenge



Hearts Transformed

For survivors of trauma



Families Transformed

For the loved ones of those living with a mental health challenge



Benefits of Support Groups

- Provides a safe place
- Demonstrated to reduce problem symptoms and distress
- Renews faith and builds hope
- Reinforces the fact that “you are not alone”
- Provides an opportunity to increase knowledge and access resources
- Improves social skills
- Increases self-awareness & understanding

Gateway to Hope Churches

- Empower Training
 - 2-hour program that will enhance your response to individuals with mental health issues
- Support Group Training
 - Teaches how to build and sustain a support group
 - Minds Transformed, Hearts Transformed, and Families Transformed
- Mental Health Coach Training
 - 42-hour program that will teach you how to offer help, hope, and encouragement to those that need guidance throughout their journey to mental health recovery and wellness


Gateway to Hope Schools

- Empower in Schools Training
 - 2-hour program will equip you with the techniques for identifying mental illness, developing safe and effective situational responses, and building a network to quickly connect adolescents in distress with professional care.
- Hope Group Training
 - Teaches how to build and sustain a support group
 - Group options for those that have experienced general trauma, sexual assault/rape, or combat exposure

Gateway to Hope Workplace

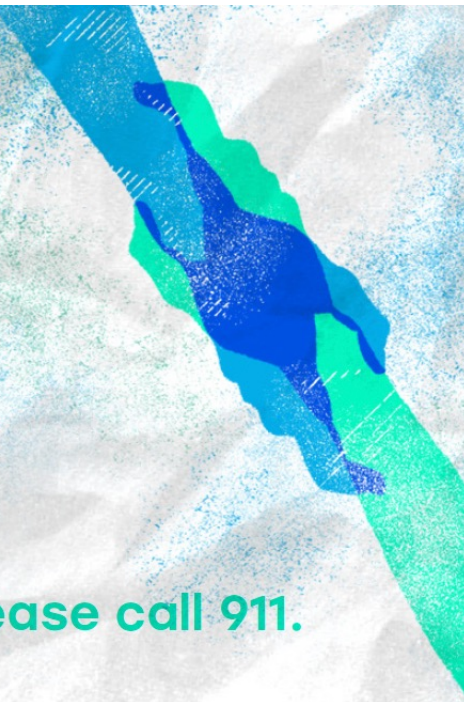
- Empower in the Workplace Training
 - Equips you with the techniques for identifying mental illness, developing safe and effective situational responses, and building a network to quickly connect those in distress with professional care
- Support Group Training
 - Teaches you how to build and sustain a support group in your workplace
- Mental Health Champion Training
 - Teaches how to offer help, hope, and encouragement to employees that need guidance throughout their journey to mental health recovery and wellness

Hope Line



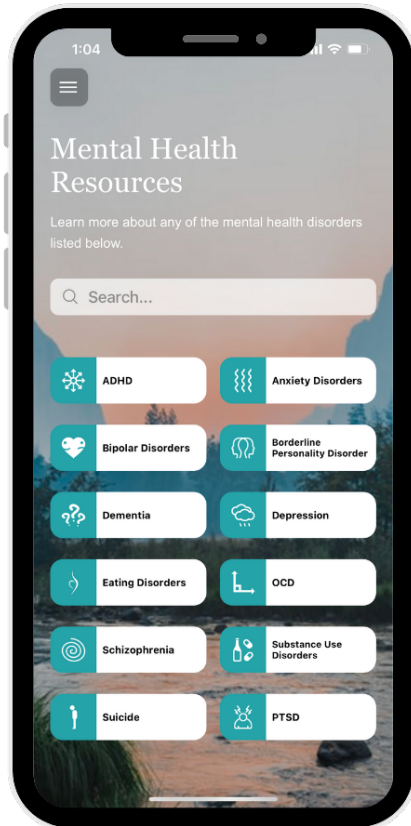
**Houston
Hope Line**
(832) 831-7337
Relief. Just a call away.

Open daily 5–8pm
*In case of emergency, please call 911.



Relief. Just a Call Away.

Mental Health Gateway App



- Mental health resources
 - PDFs
 - Videos
 - Guides and Workbooks
- Easy access to trainings
- Special features for Mental Health Coaches
 - Forum
 - Access to GTH Provider database

We're Here for You!

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