



Borderline Personality Disorder

RESOURCE CENTER

THE BORDERLINE PERSONALITY
DISORDER RESOURCE CENTER
New York-Presbyterian Hospital
Westchester Division
21 Bloomingdale Road
White Plains, New York 10605

THE BORDERLINE PERSONALITY DISORDER RESOURCE CENTER

Borderline Personality Disorder (BPD) is a relative newcomer in the field of diagnosable psychiatric illnesses. The individual with the disorder and his or her family usually find themselves in need of a multiple support systems due to the complexities of the diagnosis. The Borderline Personality Disorder Resource Center (BPDRC) at New York-Presbyterian Hospital has been set up specifically to help those impacted by the disorder find the most current and accurate information on the nature of BPD, and on sources of available treatment.

BPD is both a complex and confusing illness for the sufferers and for those who care about them. However, given the right treatment and support, there is hope for change and an improved quality of life.

The Borderline Personality Disorder Resource Center

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1-888-694-2273
www.bpdresourcecenter.org

THE BORDERLINE PERSONALITY DISORDER RESOURCE CENTER

The Borderline Personality Disorder Resource Center (BPDRC) at NewYork-Presbyterian Hospital is a non-profit informational center dedicated to providing education, awareness and support to individuals and families struggling with BPD.

The Resource Center's staff, led by Dr. Otto F. Kernberg, Director of the Personality Disorders Institute at NewYork-Presbyterian Hospital is available to help individuals with BPD and their families better understand the nature of their illness and assist them with their recovery efforts.

The Resource Center is located in White Plains, New York, on the grounds of the Westchester Division of NewYork-Presbyterian, and offers comprehensive and current information on BPD. Our office and library are open Monday-Friday from 9am to 5pm. We can also be contacted through our toll-free phone number or by email. If you would like information on available treatment sources for BPD in your area, please contact us.

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The symptoms of BPD can occur in a variety of combinations, and individuals with the disorder have many, if not all of the following traits:

- fears of abandonment
- extreme mood swings
- difficulty in relationships
- unstable self-image
- difficulty managing emotions
- impulsive behavior
- self-injuring acts
- suicidal ideation
- transient psychotic episodes

Borderline Personality Disorder Patients Comprise:

- 6-10 million Americans
- 2% of the general population
- 10% of all mental health outpatients
- 20% of psychiatric inpatients
- 75-90% of those diagnosed are women

Co-Occurring Disorders

Borderline Personality Disorder usually occurs with at least some, and often several other disorders including:

- Depression
- Substance abuse
- Eating disorders (anorexia, bulimia, binge eating)
- Anxiety disorders
- Bipolar disorder
- Antisocial Personality Disorder
- Narcissistic Personality Disorder

BPD DIAGNOSTIC CRITERIA

The following is the criteria listed in the Diagnostic Statistical Manual for Psychiatric Disorders, Fourth Edition (1994) for Borderline Personality Disorder:

A pervasive pattern of instability of interpersonal relationships, self-image, and affects, and marked impulsivity beginning by early adulthood and present in a variety of contexts, as indicated by five (or more) of the following:

1. Frantic efforts to avoid real or imagined abandonment.
Note: Do not include suicidal or self-mutilating behavior covered in (5).
2. A pattern of unstable and intense interpersonal relationships characterized by alternating between extremes of idealization and devaluation. This is called "splitting."
3. Identity disturbance: markedly and persistently unstable self-image or sense of self.
4. Impulsivity in at least two areas that are potentially self-damaging (e.g., spending, sex, substance abuse, reckless driving, binge eating). Note: Do not include suicidal or self-mutilating behavior covered in (5).
5. Recurrent suicidal behavior, gestures, or threats, or self-mutilating behavior.
6. Affective instability due to a marked reactivity of mood (e.g., intense episodic dysphoria, irritability, or anxiety usually lasting a few hours and only rarely more than a few days).
7. Chronic feelings of emptiness.
8. Inappropriate, intense anger or difficulty controlling anger (e.g., frequent displays of temper, constant anger, recurrent physical fights).
9. Transient, stress-related paranoid ideation or severe dissociative symptoms.

REQUEST FOR INFORMATION

Please tear off this portion of the brochure and return it to us if you would like to receive an informational packet on BPD and resources for treatment.

Name: _____

Address: _____

Phone # (optional): _____

Email: _____

Relationship (patient, family member, etc.): _____

Please enclose in a business envelope and address to:

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Attn: Jennifer Fisher
Administrative Manager