

NATIONAL EDUCATION ALLIANCE FOR BORDERLINE PERSONALITY DISORDER

# BUILDING A LIFE WORTH LIVING



**HEALING HEARTS OF FAMILIES CONFERENCE**

RESOURCE DIRECTORY

## Thank you for joining us at this year's Healing Hearts of Families Conference!

This directory is for those of you who know the painful emotions of Borderline Personality Disorder (BPD) or have seen loved ones or patients spiral out-of-control due to the emotional dysregulation of BPD. As someone who has suffered from this disorder for over 45 years, I know how important it is to be able to find the right treatment.

Originally I was diagnosed with depression and Bipolar, yet the treatments did not seem to help my underlying emotional turmoil. I had managed to stay basically functional in my work as a lawyer, but my home life was often in chaos. While two of my therapists and marriage counselors had briefly mentioned Borderline, I was having nothing of it. I thought I was too intelligent and loving for that diagnosis.

"My wish is that this directory will help you and those you care about find the resources they need to experience hope for a better, more manageable life..."

Then, about 13 years ago, when our home life was going through a particularly painful period of strife, my husband began searching the internet for information to explain my behaviors. He came across BPD and believed it was a likely cause. He searched for help with BPD and found NEA.BPD's Family Connections course.

Family Connections teaches emotion regulation skills known as DBT to family members to help themselves and their loved ones who have BPD. Once he started using some of the DBT skills, I thought things were finally getting better. This pulled me out of my denial about having BPD because, since the "treatment" for it worked, then maybe I did have BPD after all! I was desperate to find something that could help my deep and personal pain and was willing to try anything that worked. His venture into Family Connections is what pointed me in the direction of DBT.

So I decided to do my first round of DBT treatment. It consisted of individual and group therapy each week for 9 months. Several years later I needed another round of DBT to refresh my skills. Several years after that, I experienced a period of suicidality. My medications needed to be adjusted and I did another round of DBT, which I am still in. DBT and medications together helped me find hope.

Today, I still struggle with overwhelming emotions. They flare up weekly, if not daily, and especially at home. I'm told they seem to be less intense compared to earlier years, but they still feel intense to me. I continue to work on mindfulness, distress tolerance, radical acceptance, validation, problem-solving and other DBT skills.

It never gets easy, but now I have tools to help me deal with highly-inflamed emotions when they threaten to take over. I can see light on the other side of those dark and scary times that come with BPD, thanks to available resources.

My wish is that this directory will help you and those you care about find the resources they need to experience hope for a better, more manageable life with BPD.



Cathleen  
Healing Hearts of Families Speaker  
Board of Directors, NEA.BPD

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The Healing Hearts of Families Resource Directory was created for participants of the February 25, 2017 conference and to support our mission of community outreach. Inclusion in this Directory does not imply endorsement by NEA.BPD or Healing Hearts of Families Conference.

Items listed are offered to help conference attendees who are looking to access further information or support. Be sure to research or preview listings to find resources that match your needs; not all resources may be appropriate for your circumstances.

Design by Christina McGhee | HHOF Conference Committee Member

# HOW HEALING HEARTS BEGAN

The Healing Hearts of Families conference series was founded in 2012 by Houston clinician and advocate Karyn D. Hall, PhD. Her vision was to provide an opportunity “to build a bridge and create teamwork so we can all learn from each other and bring understanding and hope to family members and friends of those with Borderline Personality Disorder and emotional regulation issues.” Dr. Hall further explains: “I wanted a way to share current and relevant information with family members and friends of those diagnosed with the disorder that could help them understand and provide effective support.”

The HHOF conferences bring professionals, family members, and people in recovery together to share the cutting-edge knowledge and experiences that internationally recognized experts on the disorder offer. Now in its fifth year, HHOF continues to be a forum that offers hope, raises awareness, advances skills and brings people together.

Dr. Hall was inspired in part by the compassionate work of fellow Houstonians and NEA.BPD Board members Diane and Jim Hall. With the partnership of the three Halls (Diane and Jim no relation to Karyn), the 2nd Healing Hearts of Families came under the auspices of the National Education Alliance for Borderline Personality Disorder (NEA.BPD) and continues to flourish.

The mission of NEA.BPD is to work with families and persons in recovery, raise public awareness, provide education to professionals, promote research, and work with Congress to enhance the quality of life for those affected by this serious but treatable mental illness. Receiving several grants from the National Institute of Mental Health as well as other grant awards, since its founding in 2001, NEA.BPD initiatives include:

- Creation of the Family Connections™ program, now available in 19 countries.
- Development of Teleconnections™, a conference call version of the Family Connections Program.
- Teleconnections International, making support and information available around the world.
- Congressional HR 1005 endorsement of BPD May Awareness Month.
- Recognition with awards from the American Psychiatric Association (APA) and the National Alliance on Mental Illness (NAMI).
- Hosting more than 70 conferences on BPD.
- Development of an on-line course for professionals.
- Publication of three books.
- Hosting call-in series for those impacted by BPD.
- Spearheaded the creation of the GAP Initiative, an international early prevention effort.

NEA.BPD is recognized as the leading BPD organization in this country and we hope you will visit our website at [borderlinepersonalitydisorder.com](http://borderlinepersonalitydisorder.com), view the extensive media library, and catch up on NEA.BPD conferences from the past decade. We look forward to having you as part of the NEA.BPD Community!

*Perry D. Hoffman, Ph.D.*

Perry D. Hoffman, PhD | NEA.BPD President



# CO-SPONSORS

**NEA.BPD** | [www.borderlinepersonalitydisorder.com](http://www.borderlinepersonalitydisorder.com)  
The National Education Alliance for Borderline Personality Disorder  
525 Lawn Terrace Mamaroneck, NY 10543 | [neabpd@aol.com](mailto:neabpd@aol.com)

NEA.BPD is the nation's leading non-profit organization for borderline personality disorder. The mission is to raise public awareness, provide education and research to enhance the quality of life for families, professionals and those affected by this serious mental illness.

NEA.BPD provides the largest online BPD resource center in the world.



**THE COUNCIL**  
ON RECOVERY

**The Council on Recovery** | [www.councilonrecovery.org](http://www.councilonrecovery.org)  
303 Jackson Hill St., Houston, TX 77007  
855.942.4100

With 70 years of helping families find recovery, The Council on Recovery provides the full spectrum of prevention, education, intervention and treatment services. The Council on Recovery is committed to providing the highest quality of care at affordable rates for individuals and their loved ones. The nonprofit agency is affiliated with United Way, and receives funding from private contributions, special events and program fees.

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**THE FIRST STEP**  
TOWARDS GETTING  
SOMEWHERE  
**IS TO DECIDE**  
YOU'RE NOT  
GOING TO STAY  
**WHERE YOU ARE.**

John Pierpont Morgan

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# COMMUNITY SPONSORS



## The Prism Center

[www.theprismprograms.com](http://www.theprismprograms.com)  
6750 West Loop South, # 950 Bellaire, TX 77401  
Intake / More Program Info: Sherry Poole, LPC |  
832.778.6750

Specializing in the delivery of Dialectical Behavior Therapy (DBT) based intensive outpatient programming, traditional DBT and psychotherapy. In addition our facility also offers separate day and evening programs for both young and middle-age adults integrating a variety of techniques such as mindfulness, experiential activities, art therapy, yoga, sand tray and traditional treatment modalities.



## DBT Skills Coaching

[www.dbtskillscoaching.com](http://www.dbtskillscoaching.com)  
920 Frostwood Drive, Suite 680,  
Houston, TX 77024  
713.973.2800 | [dbtskillscoaching@gmail.com](mailto:dbtskillscoaching@gmail.com)

DBT Skills Coaching is dedicated to teaching dialectical behavior skills to emotionally sensitive people through online webinars, fact sheets, emails and videos. This educational program can supplement the work you do in therapy or can be a review of the skills to help you further develop your expertise. Excellent tool for family members to learn DBT skills and enhance family connections.



# COMMUNITY SPONSORS



## Clearview Women's Center

[www.ClearviewWomensCenter.com](http://www.ClearviewWomensCenter.com)  
911 Coeur D'Alene Avenue, Venice, CA 90291  
800.573.0770

Clearview Women's Center for Borderline Personality and Emotional Disorders in Los Angeles offers inpatient comprehensive Dialectical Behavior Therapy (DBT) programs designed to treat women who struggle with emotional dysregulation, relational conflicts, impulse control, and/or self-harmful behaviors.



## Center For Discovery

[www.centerfordiscoveryhouston.com](http://www.centerfordiscoveryhouston.com)  
8588 Katy Freeway, Suite 440  
Houston, TX 77024  
Admissions: 800.760.3934

Center for Discovery has been treating eating disorders since 1997 and is proud to now offer PHP/IOP treatment for adolescents and adults in Houston and RTC for adolescents in Dallas in addition to its nearly 30 other joint commission-accredited nationwide locations. Center for Discovery specializes in offering intensive, multi-modal, and hands-on treatment in home-like environments.

## Center for Success and Independence

[www.tcsi.org](http://www.tcsi.org)  
3722 Pinemont Dr., Houston, TX 77018  
713-426-4545

The Center for Success and Independence (TCSI) provides long-term residential treatment and intensive outpatient services to adolescents aged 12 to 17 who are suffering from emotional distress, behavioral health issues, substance abuse, other addictive disorders, suicidal ideation, and trauma, such as abuse, neglect and abandonment.



THE CENTER  
FOR  
SUCCESS AND  
INDEPENDENCE

Our comprehensive approach to treatment, including Dialectical Behavior Therapy, has enabled us to reach teens that others have been unable to help. We provide hope to teens and their families.

THE RACE IS NOT ALWAYS TO

**THE SWIFT...**

BUT TO THOSE WHO KEEP ON

**RUNNING**

# COMMUNITY SPONSORS



## NAMI Greater Houston

[www.namigreaterhouston.org](http://www.namigreaterhouston.org)  
3630 West Dallas Suite 140 | Houston, TX 77019  
713.970.4419

NAMI Greater Houston is dedicated to addressing the increasing need for families and persons affected by mental illness to have a powerful voice in the mental health community. Its mission is to improve the lives of all persons affected by mental illness through support, education and advocacy based programs and services.



## The Menninger Clinic

[www.menningerclinic.com](http://www.menningerclinic.com)  
12301 Main St. Houston, TX 77035  
800-351-9058 and 713-275-5000

The Menninger Clinic, Houston, specializes in assessment and treatment of adolescents and adults with complex psychiatric illness plus co-occurring addictions and other conditions. Inpatient, community integration and traditional outpatient services are offered.

Programs integrate evidence-based and biopsychosocial therapies. Menninger currently ranks #5 among America's Best Hospitals in psychiatry in the 2016 U.S. News & World Report's annual survey.



## Petoskey Center

Specialty Intensive Outpatient Programs

## The Petoskey Center

[www.petoskeycenter.com](http://www.petoskeycenter.com)  
730 N Post Oak Road, Suite 301,  
Houston, TX 77024 | 832.202.2283  
[jennifer@drmarkey.com](mailto:jennifer@drmarkey.com)

Petoskey Center provides cost-effective, intensive outpatient treatment options for adults struggling with depression, anxiety, personality disorders, and relational issues. Our programming works to bridge a critical treatment gap between weekly individual therapy and inpatient treatment options.

Petoskey Center's experienced staff integrate DBT Skills, Mentalizing, Family Systems, and interpersonal /psychodynamic understanding to help clients 1) learn about their psychological difficulties, 2) improve their coping skills and emotional awareness, 3) increase their awareness of the issues that led to the development and/or intensification of their difficulties, and 4) create a path to move forward.



# COMMUNITY SPONSORS



## DBT Associates of Greater Houston

[www.dbtassociates-houston.com](http://www.dbtassociates-houston.com)

DBT Associates of Greater Houston is a diverse group of independently practicing clinicians serving adolescents and adults in the greater Houston area. Our experienced clinicians are intensively trained in Dialectical Behavior Therapy and are committed to serving a wide range of complex psychological difficulties. We offer individual therapy, DBT Skills training groups, and skills coaching for adolescents and adults, and case consultation for our clinicians. Our primary goal is to work with individuals and families to find a life worth living.

## Houston Group Psychotherapy Society

[www.hgps.org](http://www.hgps.org)

PO Box 22866, Houston TX 77227

[admin@hgps.org](mailto:admin@hgps.org) | 713-668-2680

HGPS is the organizational and professional voice for the multidisciplinary mental health community trained in the practice of group psychotherapy. While adhering to the highest standards of excellence, HGPS offers unique opportunities for educational growth and for expanding knowledge of the many facets of group psychotherapy from fundamental group concepts to advanced practice skills. HGPS is an affiliate of the American Group Psychotherapy Association.



## Rose Hill Center

[www.rosehillcenter.org](http://www.rosehillcenter.org)

5130 Rose Hill Blvd., Holly, MI 48442

Admissions: 248-531-2405 or 866-504-2259

Rose Hill Center is a comprehensive residential psychiatric rehabilitation program for adults (ages 18+) with serious mental illnesses or co-occurring substance use disorder.

Individualized treatment plans, are included throughout a full continuum of care, and have been carefully developed to help adults achieve and maintain psychiatric stability, meaningful daily work activity, and, ultimately, independent community living.

# AVENUES FOR HELP

## 24/7 HELP LINES

### **The Harris Center**

[www.mhmraharris.org](http://www.mhmraharris.org) | 713-970-7000

for Mental Health and IDD

(formally known as MHMRA) |

The Harris Center is the mental health authority for Harris County residents. It provides support programs, field-based programs, and emergency & residential programs for people with mental health conditions.

The Harris Center Helpline can provide over-the-phone crisis counseling 24 hours a day. The Helpline can also counsel and refer people to all of the Harris Center's programs listed below. 713-970-7000

### **The Harris Center's Psychiatric Emergency and Field-Based Programs**

for residents of Harris County

#### **Mobile Crisis Outreach Team**

Field-based crisis intervention services provided to consumers in the community experiencing a mental health crisis. Services provided by an interdisciplinary team of mental health professionals.

#### **Crisis Intervention Response Team**

Experienced law enforcement officers, certified in crisis intervention training, partner with MHMRA licensed master level clinicians to respond to law enforcement calls involving individuals experiencing a mental illness crisis. Operates in partnership with Houston Police Department and the Harris County Sheriff's Office.

#### **Chronic Consumer Stabilization Initiative**

Intensive field-based case management services for individuals experiencing mental illness who have had multiple encounters with law enforcement.

### **National Suicide Prevention Lifeline**

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

1-800-273-8255

No matter what problems you are dealing with, NSP wants to help you find a reason to keep living. Call anytime 24/7 and you'll be connected to a skilled, trained counselor at a crisis center in your area.

### **Crisis Text Line (741741)**

[www.crisistextline.org](http://www.crisistextline.org)

Our first priority is helping people move from a hot moment to a cool calm, guiding you to create a plan to stay safe and healthy.

YOU = our priority. Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the USA to text with a trained Crisis Counselor.

THERE IS A CRACK IN  
EVERYTHING  
THAT'S HOW  
THE LIGHT GETS IN.

LEONARD COHEN

# AVENUES FOR HELP

## 24/7 HELP LINES

### ONLINE DIRECTORIES

#### **Clinical Resource Directory**

[www.behavioraltech.org/resources/crd.cfm](http://www.behavioraltech.org/resources/crd.cfm)

Provides listing of trained Dialectical Behavior Therapy teams by state or geographic location.

#### **BPD Resource Center**

[www.bpdresourcecenter.org](http://www.bpdresourcecenter.org)

An online resource that maintains a database of clinicians, agencies, and facilities nationwide with experience in the treatment of BPD and co-existing disorders

“Where clinicians collaborate to provide comprehensive Dialectical Behavioral Services”



DBT Associates  
OF GREATER HOUSTON

As a group of independently practicing therapists we are committed to the evidence-based DBT model, including individual therapy, group skills training, phone coaching and weekly therapist consultation.

- Skills Coaching and Outpatient Individual DBT.
- DBT Skills training groups for adults, adolescents and families.
- All groups facilitated by two licensed and intensively trained DBT therapists.
- In addition to DBT therapy, our clinicians provide a variety of therapies for clients and their families.

[www.dbtassociates-houston.com](http://www.dbtassociates-houston.com)

# LOCAL RESOURCES

## AUSTIN

Support group for friends and family of people with BPD symptoms.

Meetings are held at:  
Austin State Hospital, 4110 Guadalupe St.,  
Nifty Fifty Conference Room, Austin TX 78751 on the  
first Monday of each month from 7:30 pm to 9:15 pm.

CONTACT:  
Eric Kunish, Austin Volunteer  
fcaustininfo@gmail.com

Available resources in the Austin area include:

- Family Connections Course
- NAMI Walks Team: Radical Acceptance
- National Alliance for Mental Illness Advocacy

## CORPUS CHRISTI

Resources in the Corpus Christi area include:

- NAMI Family to Family classes
- NAMI Connection support groups
- NAMI family support meetings

CONTACT:  
Jim and Diane Hall, Founders NAMI Greater Corpus  
jahall2@hotmail.com

## DALLAS

Monthly support group, Family RE-Connections  
(for graduates of former Family Connection Courses)  
is available in the Dallas/Ft.Worth Area.

Family Connections Course are also offered.

CONTACT:  
Deborah Paden-Levy, Volunteer  
debplevy@aol.com

## HOUSTON

Available resources in the Houston area include:

- Family Connections Course
- Healing Hearts of Families Conference
- Presentations for May BPD Awareness month
- Community outreach and resource development



## BPDSR Monday Night Support Meetings

[www.bpdsupportandrecovery.org](http://www.bpdsupportandrecovery.org)

Each month our organization hosts three family support group meetings on the 2nd, 3rd, and 4th Mondays of each month. On the first Monday of each month we offer a DBT Dialectical Behavior Therapy skills-based study group for anyone.

Group format for each meeting is:  
-1st Monday: DBT Skills Study Group  
-2nd Monday: Guest Speaker Night  
-3rd Monday: Film and Discussion night  
-4th Monday: Family Skills Night

Group meets at 7:00 PM at Chapelwood United Methodist, 11140 Greenbay Street, Houston, TX.

CONTACT:  
Carl Dunn, BPDSR Volunteer Coordinator  
dunnccarljr@gmail.com | 832-628-5600.

## WACO

For treatment consultation and comprehensive DBT services visit: [hopeforbpd.com](http://hopeforbpd.com)

To find out more about treatment consultation for Borderline Personality Disorder and Self-Injury go to: [mydialecticalife.com](http://mydialecticalife.com)

CONTACT:  
Amanda L. Smith, LMSW  
amanda@hopeforbpd.com | 941-704-4328



# LOCAL RESOURCES

## FAMILY CONNECTIONS™ COURSE

[www.borderlinepersonalitydisorder.com/family-connections](http://www.borderlinepersonalitydisorder.com/family-connections)  
A 12-week course that meets weekly to provide education, skills training and support for people who are in a relationship with someone who has BPD. The class focuses on issues that are specific to BPD and Emotional Dysregulation Disorder.

Classes are hosted in a community setting and led by NEA.BPD trained group leaders who are family members of someone with BPD.

This course, created by experts, Dr. Alan Fruzzetti and Dr. Perry Hoffman provides:

- Current information/research on BPD and family functioning
- Individual coping skills based on Dialectical Behavior Therapy (DBT)
- Family skills
- Group support that builds an ongoing network for family members

## TELECONNECTIONS™ (TLC)

[www.borderlinepersonalitydisorder.com/family-connections](http://www.borderlinepersonalitydisorder.com/family-connections)  
An online option offered by NEA.BPD specifically for families living far from Family Connections meeting locations.

The TeleConnections (TLC) class allows family members from across the country to be organized as a virtual group and "meet" for the course weekly via teleconference. Email and online discussion groups offer opportunities for family members to network and connect between classes.

Family Connections courses are held throughout Texas. For more information about the course,

### CONTACT:

Meg at [meg@borderlinepersonalitydisorder.com](mailto:meg@borderlinepersonalitydisorder.com).

To register for Family Connections or TeleConnections go to:

[www.borderlinepersonalitydisorder.com/family-connections/family-connections-pre-registration-form](http://www.borderlinepersonalitydisorder.com/family-connections/family-connections-pre-registration-form)



## DBT – A LIFE CHANGING EXPERIENCE!

The PRISM Center is a group of experienced, comprehensively trained DBT practitioners with a passion for working with individuals and families struggling with Borderline Personality Disorder and other syndromes of dysregulation. We offer a variety of treatment modalities:

- Separate programs for young adults (17 to 30) and older adults
- Day and evening programming, convenient for those working and in college
- PRISM is a preferred insurance provider for our four Intensive Outpatient Programs (both day and evening programs) and six weekly skills training groups
- DBT is supplemented with creative, experiential modalities such as CBT, art therapy, sand tray, yoga, mindfulness and relaxation training, Ted talk education, film clips, etc.
- Individual, marital, and family therapy/education/support is available

**FOR FURTHER INFORMATION, PLEASE CALL 832.778.6750**

**There is another way to live...DBT WORKS!**

# 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)



# BOOKS AND PUBLICATIONS

## 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.

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[www.uh.edu/class/adapt](http://www.uh.edu/class/adapt)

# 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

JOIN THE CONVERSATION



## #BPDChat

#BPDChat, founded in April 2012 by @BPDDFFS and @Transformental, is a weekly Twitter chat where people with BPD come together to discuss topics related to borderline personality disorder.

Carl Dunn @CarlDunnJr moderates the discussion each Sunday at 9PM GMT and 4 PM EST... "You are not alone."



## CENTER FOR SUCCESS AND INDEPENDENCE

Is your teen struggling with emotional distress, substance abuse, behavioral issues or trauma? You don't have to go through it alone.

**THERE'S A PLACE WITH HOPE AND UNDERSTANDING, FILLED WITH SUPPORTIVE AND CARING PEOPLE WHO KNOW WHAT YOU'RE GOING THROUGH, AND HOW TO HELP.**

The Center for Success and Independence heals lives and builds futures by providing residential and outpatient treatment for adolescents with behavioral, emotional and substance abuse issues.

In times of crisis and challenge, knowing where to turn puts your teen and your family on the road to recovery and success.

Turn to us.



713.426.4545 | TCSI.ORG | CARE4@TCSI.ORG

# 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.

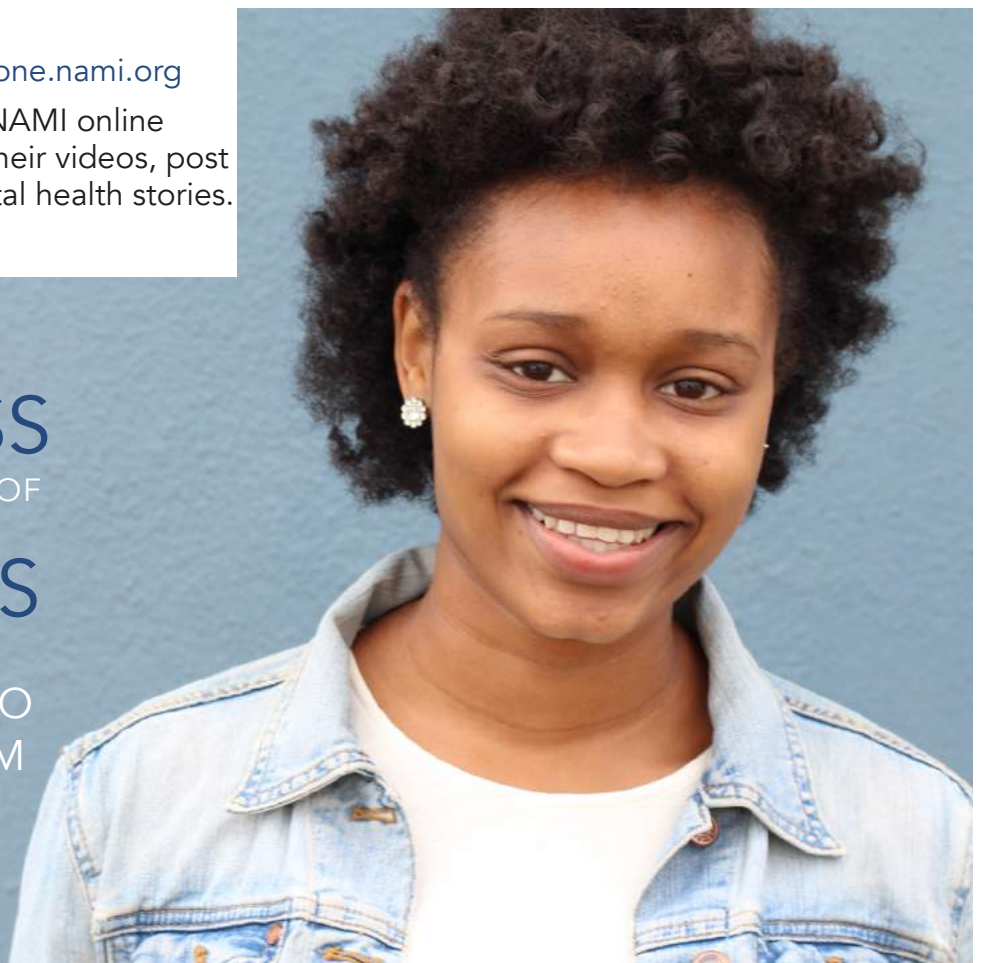
HAPPINESS

IS NOT THE ABSENCE OF

PROBLEMS

BUT THE ABILITY TO  
DEAL WITH THEM

– H. JACKSON BROWN







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## GAP

Global Alliance for Prevention and Early Intervention for Borderline Personality Disorder

Mindful of the importance of early identification, prevention, and treatment for Borderline Personality Disorder, NEA.BPD brought together international experts on adolescent BPD. Out of this meeting, NEA.BPD created an international initiative called the Global Alliance for Prevention and Early Intervention for BPD or "GAP."

In June, 2016, the world's first GAP conference was held at the University of Houston through the initiative of Carla Sharp, PhD, a University of Houston professor of psychology and an internationally-known researcher on Borderline Personality Disorder.

The Global Alliance for Prevention and Early Intervention for BPD aims to promote early detection and timely intervention for borderline personality disorder across the health, education, welfare, justice and other relevant systems. Central to this goal is the development of the mental health workforce by updating knowledge, culture, and practice in relation to BPD in young people.

NEA.BPD partnered with The University of Houston ADAPT Center, the Menninger Clinic, and Project 375, to host the first conference disseminating cutting-edge research and clinical expertise in the early identification, prevention and treatment of Borderline Personality Disorder in adolescents. The conference brought presentations by leading experts on adolescent BPD from as far away as Australia to a receptive audience of Houston-area clinicians. Currently in publication is a library of resources that will be hosted on the NEA.BPD website.

**For information on hosting a GAP conference, please email [neabpd@aol.com](mailto:neabpd@aol.com)**

# 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.

Isn't it time for a **CHANGE?**

Contact us to simply talk with a professional and explore options.

[dragonflytransitions.com](http://dragonflytransitions.com)  
phone: 541.850.0841





**HGPS** is the organizational and professional voice for the multidisciplinary mental health community trained in the practice of group psychotherapy.

While adhering to the highest standards of excellence, **HGPS** offers unique opportunities for educational growth and for expanding knowledge of the many facets of group psychotherapy from fundamental group concepts to advanced practice skills.

**What we offer:**

- Programming for group therapists including Brown Bag lunches, the Annual Institute, as well as other training and socializing opportunities.
- A website of current member groups as a resource for the community.
- Specialized trainings on request for local organizations and groups.



Houston Group Psychotherapy Society

PO Box 22866, Houston TX 77227

[www.hgps.org](http://www.hgps.org) | [admin@hgps.org](mailto:admin@hgps.org) | 713-668-2680



THERE ARE TWO  
WAYS OF EXERTING  
ONE'S STRENGTH:  
ONE IS PUSHING  
DOWN, THE OTHER  
IS PULLING UP.

BOOKER T. WASHINGTON

# 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?





# Petoskey Center

Our mission is to fill a critical treatment gap between weekly individual therapy and acute inpatient hospitalization. Our outpatient programs provide an opportunity for patients to engage in intensive while also being able to stay involved in their day-to-day lives. Our experienced staff work to help clients gain the skills and self-awareness necessary to regain control of their lives.

- **Intensive Outpatient Program for Adults:** This is an integrative, group-based program which addresses the needs of adults struggling with depression, anxiety, and relational difficulties. Clients build skills, explore the way their minds work, and increase their healthy functioning in relationships. The program integrates DBT Skills, Family Dynamics, Mentalizing, and Interpersonal/ Psychodynamic Process.
- **Monday Evening Program:** This is a less intensive group-based program for adults interested in learning more about their minds, improving their ability to function in relationships, and build/strengthen coping and interpersonal skills. The program is composed of two groups – the first group is skills-oriented and the second group is a traditional interpersonal process group. Clients can choose to attend one or both groups depending on their individual needs.

For more information, please contact Jennifer Markey, PhD, MEd at 832-202-2283

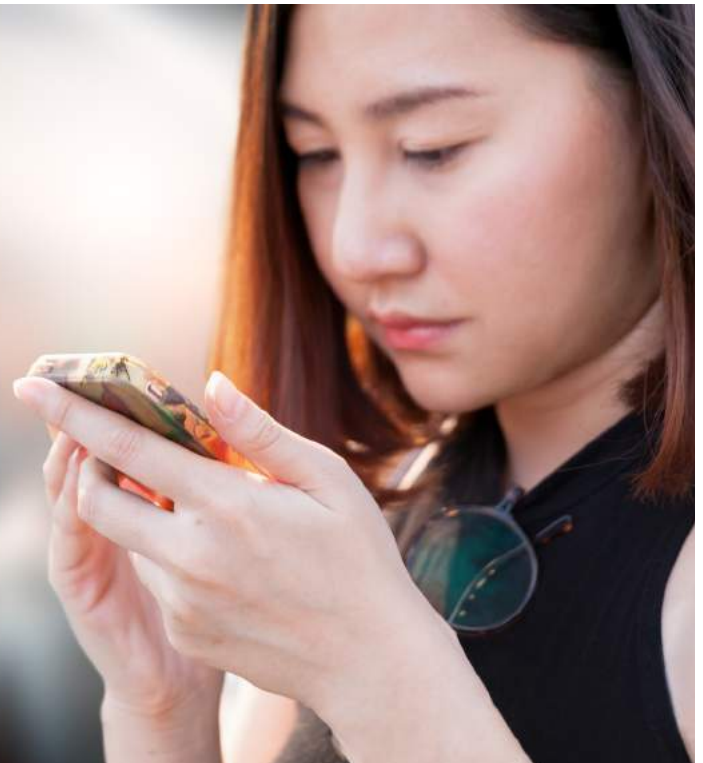
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[www.Petoskeycenter.com](http://www.Petoskeycenter.com)



THE REAL ART OF  
CONVERSATION  
IS NOT ONLY TO SAY THE  
RIGHT THING IN THE RIGHT  
PLACE BUT TO LEAVE UNSAID  
THE WRONG THING  
AT THE TEMPTING MOMENT.

LADY DOROTHY NEVILL



# BECOME A HERO

FOR HEALING HEARTS

HELP US TURN THE TIDE ON THE STIGMA OF MENTAL ILLNESS

OFFER SUPPORT TO THOSE IN NEED BY BECOMING A PART OF OUR COMMUNITY.



## MENTION US :)

Share information about the **Healing Hearts of Families Conference** or other related events like BPD awareness month, Family Connection Courses and BPD support and recovery meetings with your social media groups.

Ask followers to find us on Facebook or join our growing community through other social sharing sites.

To make it easy, here's where you can find more about us on the web.

- [facebook.com/NEABPD](https://facebook.com/NEABPD)
- [twitter.com/neabpd](https://twitter.com/neabpd)
- [www.borderlinepersonalitydisorder.com](http://www.borderlinepersonalitydisorder.com)

## INVITE US TO SPEAK

Consider hosting an event in your school, community or staff and invite someone from our volunteer team to speak.

To connect with a speaker in your area contact:  
Carl Dunn [dunnccarljr@gmail.com](mailto:dunnccarljr@gmail.com) | 832-628-5600

## GET INVOLVED

Healing Hearts of Families is just one of many NEA. BPD programs made possible through the generous support of volunteers.

## BLOG ABOUT HHOF

Share a story about Healing Hearts of Families or mention it in a post!

SPECIAL THANKS TO THE FOLLOWING ORGANIZATIONS FOR HELPING TO MAKE THIS EVENT POSSIBLE.

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