

Principles of Care for Borderline Personality Disorder (BPD)



1

CREATE A COLLABORATIVE THERAPEUTIC RELATIONSHIP

Aim to build mutual respect, active collaboration, and shared decision-making.



2

USE TRAUMA-SENSITIVE CARE

Maintain a curious, non-judgemental approach and remember, aspects of challenging behaviours can have survival value.



3

WORK WITH FAMILY & FRIENDS

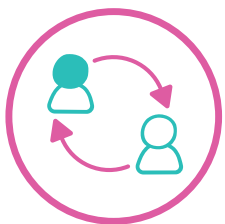
Family, friends and supporters can become active allies in the person's care and support team (unless inappropriate).



4

ADOPT A RECOVERY FOCUS

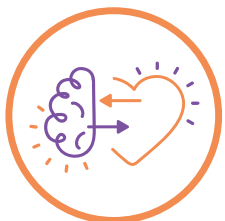
Focus on strengths, choice, empowerment, and optimism to maintain motivation.



5

BALANCE VALIDATION & CHANGE

Convey hope about the person's capacity for change whilst validating their current emotional experience.



6

USE A TREATMENT FRAMEWORK

Be clear, consistent and reliable, connect feelings to events and teach skills to regulate emotions.

Learn more about BPD.

Check out our resources at bpdawareness.com.au

coordinated by



Australian BPD
Foundation Limited
Advocacy & Support for
Borderline Personality Disorder
& Complex Trauma