

# PRINCIPLES OF CARE for Borderline Personality Disorder (BPD)

Many effective and evidence-based treatments exist for people experiencing BPD. Using the Principles of Care drawn from these specialised therapies will help ensure that every interaction with a person with BPD can make a great therapeutic difference.

Whether you are a primary clinician, GP, healthcare worker or carer the Principles of Care can help guide you to relate to, and work with, the person living with BPD in a supportive and helpful way. 'BE THE DIFFERENCE'.



# 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

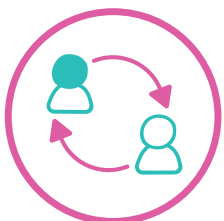
Family, friends and supporters can become active allies in the person's care and support team (unless inappropriate).



# 4

## ADOPT A RECOVERY FOCUS

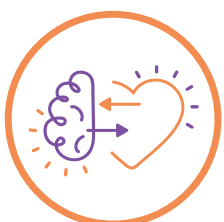
Focus on strengths, choice, empowerment, and optimism to maintain motivation.



# 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](http://bpdawareness.com.au)

coordinated by



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



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