

**BORDERLINE
PERSONALITY
DISORDER** AWARENESS
WEEK
BE THE DIFFERENCE
1 - 7 OCTOBER 2023

People with

BPD

living meaningful lives

BE THE DIFFERENCE: Principles of Care

Access the Principles of Care
at bpdawareness.com.au

coordinated by



**Australian BPD
Foundation Limited**

Advocacy & Support for
Borderline Personality Disorder
& Complex Trauma



bpdawareness.com.au

Principles of Care for people experiencing BPD



Many effective and evidence-based treatments exist for people experiencing BPD. Using the Principles of Care drawn from these treatments 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, these principles can help guide you to relate to, and work with, the person living with BPD in a supportive and effective way. 'BE THE DIFFERENCE'

- 1 Create a collaborative therapeutic relationship
- 2 Use trauma-sensitive care
- 3 Work with family & friends
- 4 Adopt a recovery focus
- 5 Balance validation & change
- 6 Use a treatment framework

**Together, we can
BE THE DIFFERENCE!**

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