

People with

**B P D**

living meaningful lives

## YOUR GUIDE TO GETTING INVOLVED BE THE DIFFERENCE: Principles of Care

### The 2023 BPD Awareness Week theme is **BE THE DIFFERENCE: Principles of Care**

Stigma and discrimination surrounding borderline personality disorder (BPD) continues to remain a significant barrier to accessing appropriate care.

There are a number of specialised therapies for BPD, such as Dialectical behaviour Therapy (DBT), Mentalization-Based Treatment (MBT), Schema-Focused Therapy (SFT) and Transference-Focused Psychotherapy (TFP). However, these may require many years of mastery and often have limited availability. Recently, structured generalist approaches drawing on the core principles (or common factors) of what works for BPD have proven to work as well as the specialised treatments. Best yet, clinicians don't need extensive training to learn and master them.

They can be easily incorporated in the practice of health professionals, expanding access to treatment and change lives for the better.

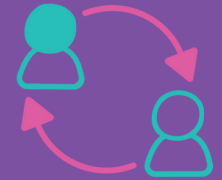
**Be the difference and make a difference by embedding the BPD core principles of care in your practice.**

This campaign aims to deepen the existing knowledge health professionals have about BPD as well as introduce the core principles of care that can make all the difference.

**The campaign runs from August to mid-October with the key week of activities occurring from 1 - 7 October 2023.**

**Continue reading to see how you and your organisation can get involved, and together **BE THE DIFFERENCE!****





## How you can get involved

There are plenty of ways that health professionals, key community representatives, people living with BPD and their family, friends or carers can discover how they can effectively support people living with BPD to live well or work towards recovery.



There are lots of ways you can get involved and **BE THE DIFFERENCE**. Here are a few suggestions:

- Schedule an event for a group of health care professionals and their network (event suggestions below)
- Schedule an event for people living with BPD and their carer network (event suggestions below)
- Sharing information about BPD with health professionals or local key community members (politicians etc.) via newsletters or website
- Schedule a series of social media posts about BPD on your channels. we offer a number of tiles that you may wish to use at [www.bpdawareness.com.au/resources/](http://www.bpdawareness.com.au/resources/) under the 2022 tab.
- Start a conversation with colleagues, friends or family
- Connect with the Australian BPD Foundation online and help increase the awareness of BPD, share research and guidelines, engage events and leaders in the sector
  - [Facebook](#)
  - [Instagram](#)
  - [Twitter](#)
  - [You Tube](#)
  - [Newsletter](#)



### Resources

[bpdawareness.com.au](http://bpdawareness.com.au) and the Australian BPD Foundation's website have lots of resources to print or share online that reflect this year's campaign.

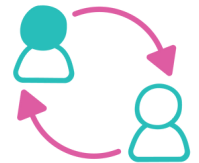
### **BE THE DIFFERENCE** Principles of Care

- **Posters:** Print to display in offices, clinics, waiting rooms or community centres.
- **Postcards:** Print and share at events, or leave in offices, clinics, waiting rooms or community centres.
- **Principles of care flyer and infographic.**

**A full suite of resources is available for free download at: [bpdawareness.com.au](http://bpdawareness.com.au)**

## How you can easily spread the word

Your organisation can raise awareness in someone who may be able to **BE THE DIFFERENCE** to a person living with BPD by simply sharing some social media posts. Here's some examples to get you started.



### Social media posts

- We support #bpdawarenessweek2023 and believe that all health professionals can BE THE DIFFERENCE. Our team is learning more about the core principles of care for BPD to support people in our community who live with BPD.
- With appropriate support the majority of people do recover or 'live well' with BPD! They can have meaningful relationships & careers. Together we can BE THE DIFFERENCE and support a person towards wellbeing. We are proud to support #bpdawarenessweek2023.
- On average, it takes FIVE years for a person with BPD to receive an accurate diagnosis! It's crucial to upskill the health workforce to recognise, respond to & treat people with living with BPD. BE THE DIFFERENCE learn the core principles of care for BPD at [bpdawareness.com.au](http://bpdawareness.com.au). [or link in bio] #bpdawarenessweek2023
- Research shows many health professionals receive little training about BPD. As part of #bpdawarenessweek2023 our team are learning about the core principles of care for BPD so we can better support people living with BPD.
- Between 2-5% of Australians experience BPD during their lifetime. Using the principles of care is key to providing effective support. We support #bpdawarenessweek2023 and believe that all health professionals can BE THE DIFFERENCE. Our team is learning about the core principles of care for BPD. Checkout [bpdawareness.com.au](http://bpdawareness.com.au). [or link in bio]

### Remember...

- **hashtags:** #bpdawarenessweek2023
- **tags:** FB @BPD Awareness Week, IG @bpdawarenessweek & X @BPDAwarenessWK @OzBPD
- **web:** [bpdawareness.com.au](http://bpdawareness.com.au)



## Event ideas: Simple, engaging and informative

One single event could be a catalyst for raising awareness in someone who may be able to **BE THE DIFFERENCE** to a person living with BPD.

We want everyone to get involved in sharing the message and learning more about BPD! Here are a few suggestions for events your organisation can host to raise awareness and understanding of BPD.

### Promoting events

Events, especially online, need to be special and memorable. Give your invitees a compelling reason to attend – like a fabulous theme, interesting guest speaker, an interactive activity.

Remember to give guests plenty of notice and send reminders prior to the event. There can be high numbers of no shows to online events.

Here's some ways you can promote your events:

- Email [bpdawarenessweek@gmail.com](mailto:bpdawarenessweek@gmail.com) and we'll promote your event via our website and social channels.
- Invite people from your area via an email or text - remember to send follow ups and share specific details for events.
- Post event details on your social media.
- Put posters around your community.
- Invite a person living with BPD or a professional with experience in treating people with BPD to be involved. If you need help connecting with someone, reach out to the BPD Awareness Week Collaboration Group via [bpdawarenessweek@gmail.com](mailto:bpdawarenessweek@gmail.com)
- Invite local businesses, council members or other stakeholders.
- Join the advocacy and show your support of the [Australian BPD Foundations National Consensus Statement](#): By, With and For People Impacted by BPD.
- Download our free postcards and posters [www.bpdawareness.com.au](http://www.bpdawareness.com.au)

### Who to invite

- A person with lived experience of BPD or a professional with experience treating people with BPD. If you need help connecting with someone, reach out via the BPD Awareness Week Collaboration Group at [bpdawarenessweek@gmail.com](mailto:bpdawarenessweek@gmail.com)
- Health and mental health professionals who support people living with BPD (e.g. GPs, ambulance officers, nurses, etc)
- Family/Friends/Kin (Carers) supporting a person living with BPD.
- Local businesses, council members or other stakeholders.

### Quick event ideas

#### Q&A session

Construct a list of questions that answer some common issues around BPD and answer them in a pre-recorded webinar. Suggestions for topics can be found at [What is BPD?](#)

#### Get chatting over a cuppa

Gather a group together for a casual bring-a-plate morning tea. Have a cuppa and chat to swap stories and learn more about others living with BPD.

## Event ideas: Simple, engaging and informative

### Event ideas for Health Professionals

#### Webinar or team 'Lunch & Learn' with an Australian BPD Foundation expert.

Invite a guest speaker from the Australian BPD Foundation to talk to healthcare professionals about the core principle of care for BPD. There are a number of evidence-based treatments for BPD, such as Dialectical behaviour Therapy (DBT), Mentalization-Based Treatment (MBT), Schema-Focused Therapy (SFT) and Transference-Focused Psychotherapy (TFP). However, these may require many years of mastery and often have limited availability. Recently, structured generalist approaches drawn from these specialist therapies, have also been proven to work for people experiencing BPD.

A representative from the Australian BPD Foundation could address a group in person or via webinar.

#### My journey through diagnosis to wellbeing - learn from people with lived experience

Invite a person living with BPD to talk to your team or your organisation about their journey of living with and receiving a diagnosis of BPD, the challenges they experienced, what worked and what recovery means for them.

Currently between 2% and 5% of Australians are affected by BPD at some stage in their lives. The symptoms of the disorder usually first appear in mid to late teens or in early adulthood, with women three times more likely to receive a diagnosis of BPD than men, though research shows a similar prevalence.

### Event ideas for people with BPD and their family, friends and carers

#### Art Against Stigma – painting session and / or exhibition

Explore the BPD Awareness Week **'Art Against Stigma Gallery'** with artistic works created by people with lived experience of BPD and commentary from the artists.  
[www.bpdawareness.com.au/art-against-stigma-gallery/](http://www.bpdawareness.com.au/art-against-stigma-gallery/)

Invite people living with BPD to a trauma-sensitive\* art class in a community space and invite them to create works that explore their journey with their diagnosis, living with BPD or another aspect of their life. Or offer packs of art supplies for them to take home and create a work within their own safe space.

If the artists are willing, host an exhibition with friends, family and local key community groups to view the works and appreciate the talent on show.

#### Wellbeing sessions – beginner's trauma-sensitive\* yoga or mindfulness activities

Yoga is the art of moving with awareness, using breath work to release tension and stress. Gather a group and attend a local trauma-sensitive\* yoga class or host a session yourself in a community centre. Many local councils run free or low cost yoga sessions.

\*Due to the high levels of trauma often experienced by people living with BPD it is essential that all sessions are trauma-sensitive.

To learn more about BPD  
check out our resources at  
[bpdawareness.com.au](http://bpdawareness.com.au)

