

# Evidence based treatments for people living with Borderline Personality Disorder

## Continuing Professional Development Learning Record

Complete and save a copy of this form to create your own record of CPD you've undertaken or to further embed your learning. Please note, MHPN is unable to provide Statements of Attendance for viewing webinar recordings or listening to podcasts.

### Your details

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**Your name:**

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**Date completed:**

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**Activity Name:** Evidence based treatments for people living with Borderline Personality Disorder

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**Learning outcomes**

- identify the evidence based treatments for Borderline Personality Disorder (BPD)
- outline the limitation and lack of available services to access evidence based treatments
- identify the core principles of an example of an evidence-based treatment for BPD, such as Dialectical Behaviour Therapy (DBT).

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**Time spent engaged in the activity:**

(including completing this form)

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[After watching or listening to the activity, consider the following:](#)

1. What were three key messages that were covered in the activity?

2. Identify your learning goal and how the activity's content aligned with that goal.

3. What actions are you going to take to use the learnings to improve and/or change your practice? For example:

- Explore the topic further in a supervision session or with a peer/colleague
- Identify and read the latest research
- Undertake additional courses, study or training
- Search MHPN's webinar or podcast libraries for more PD content
- Join an MHPN network to connect with other practitioners for networking, peer support or PD

4. Please note any other reflections on the topic or activity.