

Supporting people living with borderline personality disorder

Books

Handbook of Good Psychiatric Management for Borderline Personality Disorder.

John G. Gunderson and P. S. Links (2014).

Borderline Personality Disorder: A Clinical Guide.

Gunderson, John G., MD, and Paul S.

Understanding and Treating Borderline Personality Disorder: A Guide for Professionals and Families.

Gunderson, John G., MD, and Perry D. Hoffman, Ph.D.

Handbook of Good Psychiatric Management for Borderline Personality Disorder.

Gunderson, John G., MD, and Links, Paul. MD

Treatment of Borderline Personality Disorder: A Guide to Evidence-based Practice.

Paris, Joel, MD.

The Family Guide to Borderline Personality Disorder: Finding Peace in Your Family Using Dialectical Behavior Therapy.

Fruzzetti, E. Alan, Ph.D.

Mentalization based therapy for personality disorder.

Anthony Bateman & Peter Fonagy.

Schema Therapy for Borderline Personality Disorders.

Arnoud Arntz, Hannie Van Genderen. Translated by Jolijn Drost

Wise choices: acceptance and commitment therapy groups for people with borderline personality disorder. This can be purchased from Spectrum.

DBT skills training manual.

DBT skills training workbook.

Websites

The Australian BPD Foundation. You can sign up to:

- monthly e-bulletin
- new quarterly e-newsletter – first edition will include a great article by a carer about how to best support people caring for loved ones with BPD
- receive updates about the 7th Annual National BPD Conference in Perth in October
- a link to SANE Australia and details of SANE Helpline

<http://bpdfoundation.org.au/>

National Education Alliance of Borderline Personality Disorder Australia

(NEA.BPD Aust) is committed to shining the light of hope on BPD in Australia by providing the latest global research and information, so that knowledge can lead to increased understanding, compassion and recovery.

www.bpdaustralia.com

Project Air Strategy for Personality Disorders is a partnership between the Illawarra Health and Medical Research Institute at the University of Wollongong and the NSW Ministry for Health and Local NSW Health Districts. It seeks to engage the community, families, carers, consumers and health and drug and alcohol services and agencies, to support better treatments for personality disorders.

<http://projectairstrategy.org/whoweare/index.html>

BPD Community is a not for profit organization dedicated to providing a voice for all members of the BPD community in Victoria. BPD can be a very isolating illness for all those affected. BPD Community exists to help ease that sense of isolation and replace it with a supportive community of like-minded people who understand the challenges of BPD.

www.bpdcommunity.com.au

Spectrum - The Personality Disorder Service for Victoria is a statewide service that supports and works with local Area Mental Health Services to provide treatment for people with personality disorder. Spectrum focuses on those who are at risk from serious self-harm or suicide and who have particularly complex needs.

www.spectrumbpd.com.au

BPD Awareness

<http://www.bpdawareness.com.au/>

National Education Alliance for Borderline Personality Disorder

www.borderlinepersonalitydisorder.com

The Linehan Institute

www.behavioraltech.org

International Society of Schema Therapy

<http://www.schematherapysociety.org>

International Society for the Study of Personality Disorders

www.isspd.com

Journal articles

Chanen, A. & Thompson, K.N. (2016) Prescribing for borderline personality disorder.

Australian Prescriber. 39: 49-53

www.nps.org.au/australian-prescriber/articles/prescribing-and-borderline-personality-disorder

John G. Gunderson (2009) Borderline Personality Disorder: Ontogeny of a Diagnosis.

Am J Psychiatry May; 166(5): 530-539

<https://www.ncbi.nlm.nih.gov/pubmed/19411380>

Hickie, I. B., & Blashki, G.A. (2006). Evidence into practice: the mental health hurdle is too high. MJA, 184(11), 542-543.

<https://www.mja.com.au/journal/2006/185/5/evidence-practice-mental-health-hurdle-high-o>

Lubman, D.I., Hall, K., Pennay, A., and Rao, S. (2011) Managing borderline personality disorder and substance use: An integrated approach. Australian Family Physician. Vol: 40. No. 6, June.

<http://www.racgp.org.au/afp/2011/june/managing-borderline-personality-disorder-and-substance-use/>

**Mental Health
Professionals' Network**

contactus@mhpn.org.au

telephone
1800 209 031

www.mhpn.org.au

MHPN webinar – panellist recommended resources

Clinical guidelines

Clinical Practice Guideline for the Management of Borderline Personality Disorder
(2013) NHMRC

<https://www.nhmrc.gov.au/guidelines-publications/mh25>

Fact sheet

SANE Australia BPD fact sheet

<https://www.sane.org/mental-health-and-illness/facts-and-guides/borderline-personality-disorder>

Training course

Orygen Campus

<https://www.orygen.org.au/Campus>