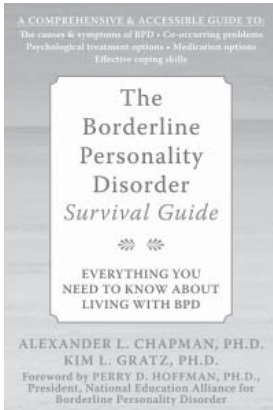


Accurate, accessible information for understanding and coping with Borderline Personality Disorder



“The borderline personality disorder community is well served with this comprehensive guide by Dr. Alex Chapman and Dr. Kim Gratz.”

—Perry D. Hoffman, Ph.D., President,
National Education Alliance for Borderline Personality Disorder

For those struggling with borderline personality disorder (BPD)—a personality disorder marked by out-of-control emotions, impulsive or self-destructive behavior, and relationship and identity problems—or their family and friends an up-to-date, comprehensive guide to understanding and getting help for a condition that still carries a heavy social stigma.

“Many of the problems that go along with having BPD strike a nerve with people in Western culture,” say Alexander Chapman and Kim Gratz, the authors of *The Borderline Personality Disorder Survival Guide*. “For instance, if you have BPD, you might have more difficulty than the average person does when your relationships end. You might even try desperately to stop other people from leaving you.” This behavior, the authors say, can rub people the wrong way. In addition, other behaviors associated with BPD such as suicidal or self-harming behaviors, trigger feelings of alarm, guilt, and sometimes resentment in friends and family members.

the outlook for those with BPD: dispelling the myths

“Our society generally values being calm, cool, collected, and in control—something that people with BPD often struggle with,” say Chapman and Gratz. “[Because] people with BPD have very strong emotions and often express these emotions in extreme or dramatic ways, people who value being in control of emotions may judge people with BPD, and they may even develop inaccurate or negative beliefs about people with BPD.” Myths about people with BPD include:

Symptoms of BPD

- Frantic efforts to avoid real or imagined abandonment
- A pattern of intense and unstable interpersonal relationships characterized by alternating between extremes of idealization and devaluation
- Identity disturbance: markedly and persistently unstable self-image or sense of self
- Impulsivity in at least two areas that is potentially self-damaging
- Recurrent suicidal behavior, gestures, or threats, or self-mutilating behavior
- Affective instability due to a marked reactivity of mood
- Chronic feelings of emptiness
- Inappropriate, intense anger or difficulty controlling anger
- Transient, stress-related paranoid ideation or severe dissociative symptoms

Note: Taken from the DSM-IV-TR (American Psychiatric Association 2000).

People with BPD Are Manipulative and Attention Seeking: This is probably one of the most common misrepresentations of BPD. Chapman and Gratz explain that this view is probably a result of the effect that the suicidal and self-harming behaviors of those with BPD have on those around them, including mental health professionals.

Borderline Personality Disorder Is Untreatable: The authors cite recent research that suggests that a person is more likely to recover from BPD than from bipolar disorder. They also explain how to seek treatment for the BPD, and break down effective and emerging treatment options.

BPD Is Caused by Bad Parents: Dr. Chapman and Dr. Gratz explain how many different factors—biological, environmental, personality traits, and adverse or traumatic life events—can cause BPD, and what the most current research is saying.

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
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Next: Suggested Interview Questions

Suggested Interview Questions for the Authors of *The Borderline Personality Disorder Survival Guide*

1. What is borderline personality disorder?
2. What causes BPD?
 - 2a. Is it difficult to diagnose?
 - 2b. Is BPD ever diagnosed in children?
3. What are the treatment options for those with BPD? What is the most successful of these?
4. Can you discuss the tendency of those with BPD towards self-harming or suicidal behavior?
5. In *The Borderline Personality Disorder Survival Guide* you mention several myths associated with BPD. What are a few of the biggest myths about those with BPD?
6. For friends and, especially, family members BPD must be difficult to understand and deal with. Do you have any suggestions for those who have loved ones with BPD?
 - 6a. What is the best way to calm a loved one with BPD who is experiencing extreme anger or sadness?

Raves for *The Borderline Personality Disorder Survival Guide*

"*The Borderline Personality Disorder Survival Guide* is exactly what its title suggests. Through the use of many rich clinical examples and exacting and intriguing metaphors, Chapman and Gratz take us through the diagnosis and probable causes of BPD, some of the myths about BPD, and possible explanations of the problems that often accompany BPD...Clearly written and easily read, this book truly is a practical everyday guide not only to surviving but to growing healthier while struggling with BPD."

—**Kenneth R Silk, MD**, professor of psychiatry and director of the Personality Disorders Program at the University of Michigan Medical School and Health System

"Clear, concise, and compassionate, this lay book intended for consumers and family members is also an excellent primer for health professionals interested in a review of the latest research describing the etiological factors and treatments for BPD. This comprehensive resource challenges the myths, destigmatizes the diagnosis, and instills hope for those affected by this disorder."

—**Alec L. Miller, Psy.D.**, associate professor of psychiatry and behavioral sciences, chief of child and adolescent psychology, and associate director of the Psychology Internship Training Program at the Montefiore Medical Center/Albert Einstein College of Medicine

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Next: About the Authors

About Dr. Chapman & Dr. Gratz

Alexander L. Chapman, Ph.D., is an assistant professor and a registered psychologist in the Department of Psychology at Simon Fraser University, where he conducts research on borderline personality disorder, emotion regulation, self-harm, and related topics.

After graduating with his Ph.D. in clinical psychology from Idaho State University and completing a clinical internship at Duke University Medical Center, Chapman completed a two-year post-doctoral fellowship with Marsha Linehan at the University of Washington. While working with Linehan, he received training and supervision in dialectical behavior therapy (DBT) and in clinical research on borderline personality disorder. Chapman has published numerous journal articles and book chapters and has given many professional presentations on borderline personality disorder, suicidal and self-harm behavior, DBT, and impulsive behavior, among other topics.

In 2007, Chapman was awarded the Young Investigator's Award of the National Education Alliance for Borderline Personality Disorder (NEA-BPD). He has also coauthored a book on behavior therapy. Chapman has had several years of experience and extensive training in the treatment of borderline personality disorder. He routinely gives workshops on DBT, consults with clinicians regarding the treatment of BPD in both Canada and the United States, teaches courses on DBT, and supervises students in their treatment of clients with BPD. In addition, Chapman founded the Dialectical Behaviour Therapy Centre of Vancouver (DBTCV), a center for the treatment of persons who struggle with BPD.

Kim L. Gratz, Ph.D., is research assistant professor in the Department of Psychology at the University of Maryland, and director of the Personality Disorders Division of the Center for Addictions, Personality, and Emotion Research.

Gratz received her Ph.D. in clinical psychology from the University of Massachusetts, Boston, in 2003, where her research focused on deliberate self-harm. She completed her pre-doctoral internship training, with an emphasis on the treatment of BPD, at McLean Hospital/Harvard Medical School. In July 2003, she was awarded the Psychosocial Fellowship from McLean Hospital/Harvard Medical School. In her role as clinical and research fellow under the mentorship of John Gunderson, Gratz conducted a study examining the efficacy of a new emotion regulation group therapy for the treatment of self-harm among women with BPD and developed a research program to assess the effectiveness of the Borderline Center, McLean Hospital's specialty clinical services for BPD.

During this time, she also served as a primary clinician within McLean Hospital's DBT program, providing individual and group DBT to clients with BPD and related disorders. Gratz joined the Clinical Psychology Program at the University of Maryland in 2005. She has written numerous journal articles and book chapters on BPD, deliberate self-harm, and emotion regulation (among other topics), and, in 2005, was awarded the Young Investigator's Award of the National Education Alliance for Borderline Personality Disorder (NEA-BPD).

Dr. Gratz's research currently focuses on understanding the nature and consequences of emotion dysregulation and emotional avoidance in BPD and self-harm, and applying this understanding to the development of more effective treatments for these conditions. In addition, Gratz will soon be opening a treatment clinic, specializing in the treatment of BPD, through the Center for Addictions, Personality, and Emotion Research at the University of Maryland.

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