



Therapeutic approaches in patients diagnosed with Borderline Personality Disorder

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ABSTRACT

Borderline Personality Disorder (BPD) is a complex mental condition characterized by emotional instability, tumultuous interpersonal relationships, and impulsivity.

Keywords: Borderline Personality Disorder (BPD), Emotional instability.

1 INTRODUCTION

Borderline Personality Disorder (BPD) is a complex mental condition characterized by emotional instability, tumultuous interpersonal relationships, and impulsivity. This 400-word abstract will address therapeutic approaches in patients diagnosed with BPD, including introduction, objectives, results, discussion, and conclusion.

2 OBJECTIVES

The aim of this research is to analyze the effective therapeutic approaches in the treatment of patients with BPD. This includes specific therapies, intervention strategies, effects on the patient's behavior and quality of life, as well as reducing the risk of self-harm and suicide.

3 RESULTS

Treatment of BPD often involves psychotherapeutic therapies, of which Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (BDT) are the most common and widely studied. CBT helps patients identify and modify dysfunctional thoughts and impulsive behaviors, while BDT focuses on emotional regulation and acceptance skills.

Research has shown that BDD significantly reduces suicidal behavior and self-harm in patients with BPD. Additionally, patient-centered, acceptance-based psychotherapy, such as BDD, can improve quality of life and reduce BPD symptoms in the long run.

However, medication can also play a role in treating BPD, especially when comorbid symptoms such as depression or anxiety are present. Antidepressants and Mood stabilizers are some of the medication options used to treat specific symptoms of BPD. Group therapy, occupational therapy, and family therapy



can also be helpful in treating BPD patients by providing additional support and improving interpersonal relationship skills.

4 DISCUSSION

It is important to note that the treatment of BPD is challenging and often long-term, as patients may have difficulty establishing therapeutic relationships due to their tendency to idealize and devalue therapists. In addition, BPD can coexist with other conditions, such as mood and anxiety disorders, which makes treatment even more complex.

Therapy centered on acceptance and emotional regulation, such as BDD, has shown promise, but access to these therapies may be limited in some regions. Therefore, it is critical for mental health professionals to be aware of best practices in the treatment of BPD and to seek training to provide the necessary support to patients.

5 CONCLUSION

The treatment of Borderline Personality Disorder is complex and involves specific therapeutic approaches. Therapies such as DCT have been shown to be effective in reducing self-injurious and suicidal behaviors, as well as improving patients' quality of life. However, the therapeutic approach must be tailored to the patient's individual needs and often requires a long-term commitment.

Awareness of BPD and the availability of therapists trained in specific therapies are essential to improve the treatment and prognosis of patients with this challenging condition. With appropriate therapeutic interventions and ongoing support, many BPD patients can achieve a better quality of life and emotional stability.