

# BORDERLINE PERSONALITY DISORDER

Specialist treatment for Borderline Personality Disorder is key, as instability brought about by the disorder may often disrupt your personal wellbeing, work life, long-term planning, and how you find your place in the community.

Our hospital provides specialised inpatient treatment for Borderline Personality Disorder, to help you better manage your behavioural, psychological and cognitive impulses.

Our psychiatrists are well-versed in the assessment and treatment of patients presenting with mental health disorders, as well as exacerbation of pre-existing disorders often associated with Borderline Personality Disorder. Understanding the disorder is critical in the context of treatment, as it can often be misdiagnosed as another mental illness, particularly as a mood disorder.

We provide an inpatient Dialectical Behaviour Therapy (DBT) program, which provides an overview and introduction to key DBT skills, designed to enhance individual learning and coping strategies. As learning is sequential, you are required to attend all sessions, and completion of assigned homework tasks is essential.

Crisis survival skills including distraction, self-soothing and improving the moment; as well mindfulness skills including observing, non-judgement and reflection also form part of the program.

Our inpatient treatment is complemented by day programs, which provide continued support for people living with Borderline Personality Disorder to better cope with day-to-day life.