

BE **INSPIRED**
HOPEFUL
RECOVERED
BWellBStrong

RESOURCES

BORDERLINE PERSONALITY DISORDER



The Personality Disorders Institute

The Center for Transference-Focused Psychotherapy.

BorderlineDisorders.com

TFP



Neurotic personality pathology

- Continuous with normal personality organization
- Relatively healthy group of patients
- Integrated sense of self
- Capacity for object relations
- Capacity to invest in pleasurable and recreational interests
- Hallmark of neurotic personality rigidity in consolidated identifications

Dedicated to the Study and Treatment of Personality Disorders
The Center for Transference-Focused Psychotherapy

<https://www.borderlinedisorders.com/transference-focused-psychotherapy.php>

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

NAMI PROGRAMS

NAMI Connection Recovery Support Group is a free, peer-led support group for any adult who has experienced symptoms of a mental health condition. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there.

NAMI Family Support Group is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition.

NAMI Family-to-Family is a free, 8-session educational program for family, significant others and friends of people with mental health conditions. It is a designated evidenced-based program. This means that research shows that the program significantly improves the coping and problem-solving abilities of the people closest to a person with a mental health condition.

NAMI Peer-to-Peer is a free, eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery.

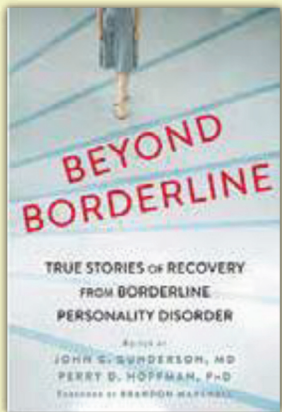
Taught by trained leaders with lived experience, this program includes activities, discussions and informative videos. However, as with all NAMI programs, it does not include recommendations for treatment approaches.

Above programs available In New York State (check the NAMI website for what programs are available in your state).

<https://www.nami.org/About-NAMI>

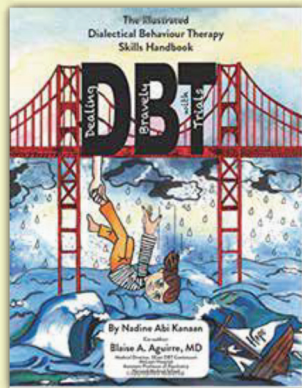
BOOKS

Beyond Borderline:
True Stories of Recovery
from Borderline Personality
Disorder



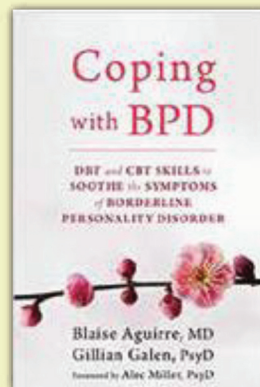
by John G. Gunderson, M.D. (Editor)
& Perry D. Hoffman, Ph.D. (Editor)

Dealing Bravely with Trials:
An Illustrated Dialectical
Behaviour Therapy Skills
Handbook



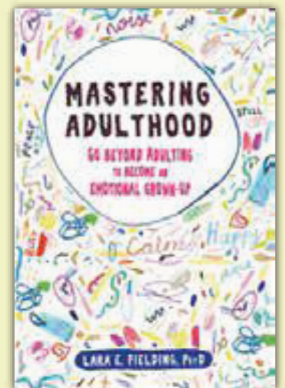
Nadine Abi Kanaan &
Dr. Blaise Aguirre M.D

Coping with BPD:
DBT and CBT Skills to Soothe
the Symptoms of Borderline
Personality Disorder



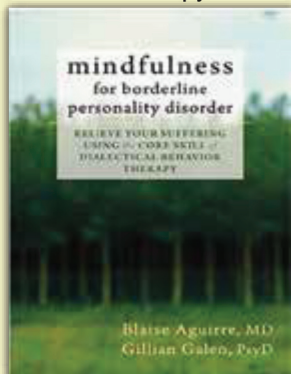
by Blaise Aguirre, M.D.
& Gillian Galen, PsyD.

Mastering Adulthood:
Go Beyond Adulting to Become
an Emotional Grown-Up



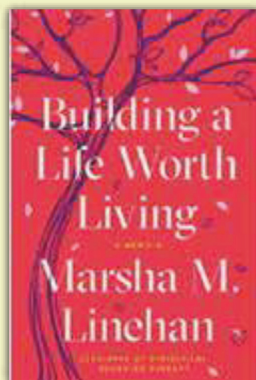
by Lara E. Fielding, PsyD.

Mindfulness for Borderline
Personality Disorder –
Relieve Your Suffering Using
the Core Skill of Dialectical
Behavior Therapy.



by Blaise Aguirre, M.D
& Gillian Galen, PsyD.

Building a Life Worth
Living: A Memoir



by Marsha M. Linehan

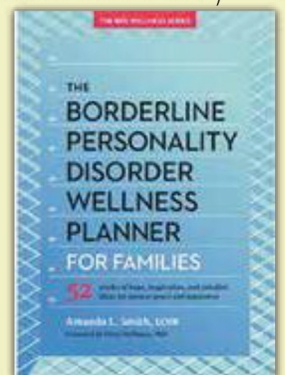
The Dialectical Behavior
Therapy Wellness Planner:
365 Days of Healthy Living for
Your Body, Mind, and Spirit
(The Borderline Personality
Disorder Wellness Series)



by Amanda L. Smith, LCSW
& Blaise Aguirre, M.D

A Resource For Families

The Borderline Personality Disorder Wellness Planner for Families: 52 Weeks of Hope, Inspiration, and Mindful Ideas for Greater Peace and Happiness (The Borderline Personality Disorder Wellness Series)



by Amanda L. Smith, LCSW
& Perry D. Hoffman, Ph.D

Depression Resources

The background of the page features a series of overlapping, wavy bands in various shades of teal and light blue, creating a sense of movement and depth. The colors transition from a darker teal at the top to a lighter, almost white-blue at the bottom.

WELCOME TO ADAA



ANXIETY AND DEPRESSION
ASSOCIATION OF AMERICA

Founded in 1979, the Anxiety and Depression Association of America (ADAA) is an international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research. With more than 1,800 professional mental health members (many of whom contribute blog posts, host webinars, review website content and more) ADAA is a leader in education, training, and research. More than 11 million people from around the world visit the ADAA website annually (and click on more than 19,000,000 pages) to find current treatment and evidence-based research information and to access free resources and support. Together we are changing lives. Welcome!

<https://adaa.org>



American
Foundation
for Suicide
Prevention

AMERICAN FOUNDATION FOR SUICIDE PREVENTION (AFSP)

Save Lives and Bring Hope to Those Affected by Suicide
Established in 1987, the American Foundation for Suicide Prevention (AFSP) is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death.

Are you in a crisis? Call 800-273-8255 or text Talk to 741741

<https://afsp.org>

ORGANIZATIONS

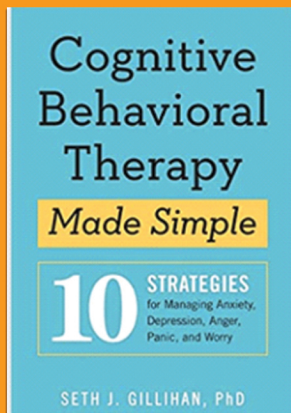


The Depression and Bipolar Support Alliance (DBSA)
If you are living with depression or bipolar disorder, we are here for you. The Depression and Bipolar Support Alliance (DBSA) is a comprehensive resource for more than 21 million people in the U.S. who live with mood disorders. We provide education, tools, peer support, and a wealth of inspiring stories to help you pursue your own path to wellness. Whether you need resources for yourself or someone you care about, DBSA is ready to help.

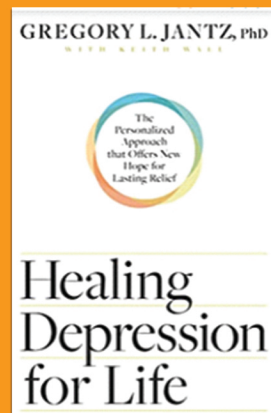
<https://www.dbsalliance.org>

BOOKS

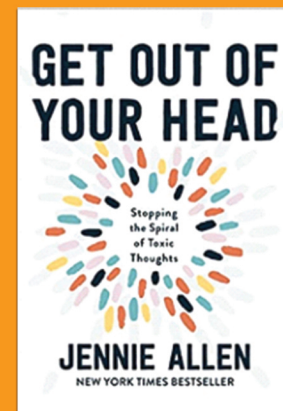
Cognitive Behavioral Therapy Made Simple: 10 Strategies for Managing Anxiety, Depression, Anger, Panic, and Worry
by Seth J. Gillihan Ph.D



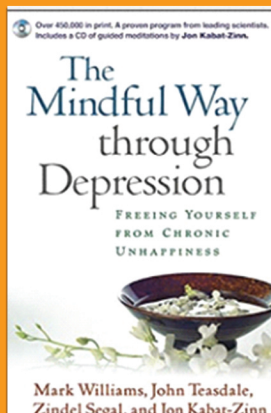
Healing Depression for Life: The Personalized Approach that Offers New Hope for Lasting Relief
by Gregory L. Jantz Ph.D. (Author), Keith Wall



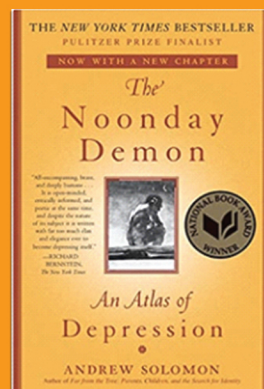
Get Out of Your Head: Stopping the Spiral of Toxic Thoughts
by Jennie Allen



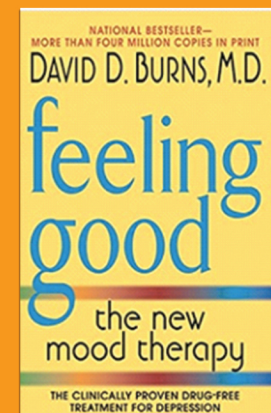
The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness
by Mark Williams (Author), John Teasdale (Author), Zindel Segal (Author), Jon Kabat-Zinn (Author)



The Noonday Demon: An Atlas of Depression
Andrew Solomon



Feeling Good: The New Mood Therapy
David Burns, MD



Eating Disorder Resources

The background of the page is a solid green color. In the lower half, there are several overlapping, wavy, organic shapes in a lighter shade of green, creating a layered, wave-like effect that flows from the bottom left towards the right.

ORGANIZATIONS



ANAD (National Association of Anorexia Nervosa and Associated Disorders)

For anyone struggling with anorexia, bulimia or another type of eating disorder, ANAD (National Association of Anorexia Nervosa and Associated Disorders) is here to help. Watch our new video to learn more about our free, peer support services—including mentorships, support groups, and a nationwide helpline.

<https://anad.org>



NATIONAL EATING DISORDERS ASSOCIATION

The National Eating Disorders Association (NEDA) is the largest nonprofit organization dedicated to supporting individuals and families affected by eating disorders. NEDA supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care.

<https://www.nationaleatingdisorders.org>



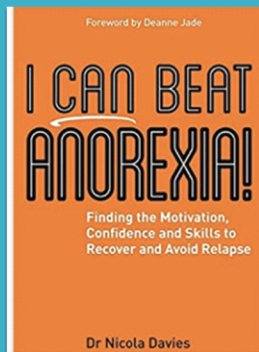
PROJECT HEAL

Project HEAL's goal is to change that system and, in the meantime, to provide life-saving support to people with eating disorders who the system fails.

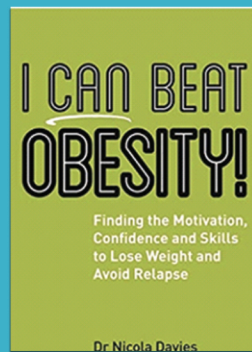
<https://www.theprojectheal.org>

BOOKS

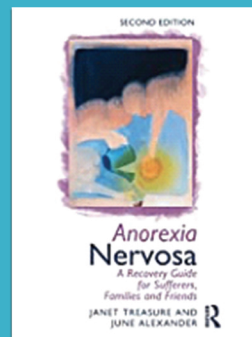
I Can Beat Anorexia!
Dr. Nicola Davies



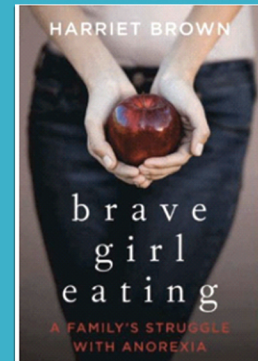
I Can Beat Obesity!
Dr. Nicola Davies



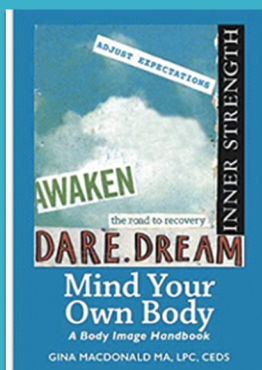
Anorexia Nervosa: A Recovery Guide for Sufferers, Families, Friends
Janet Treasure & June Alexander



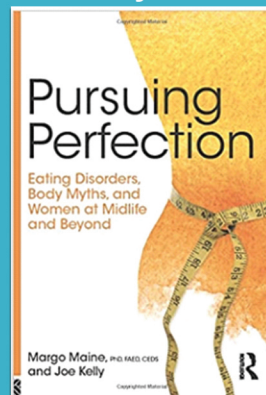
Brave Girl Eating
Harriet Brown



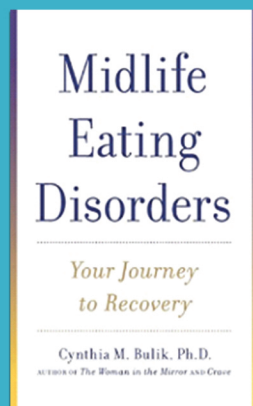
Mind Your Own Body: A Body Image Handbook
Gina Macdonald



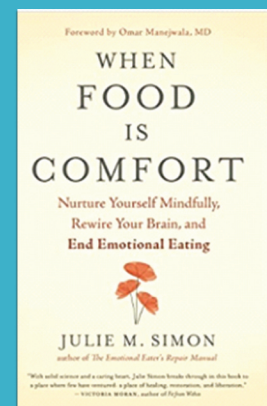
Pursuing Perfection: Eating Disorders, Body Myths and Women at Midlife and Beyond
Margo Maine & Joe Kelly



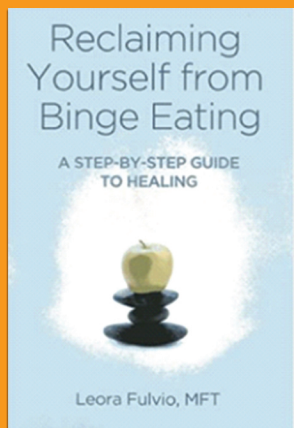
Midlife Eating Disorders: Your Journey to Recovery
by Cynthia M Bulik



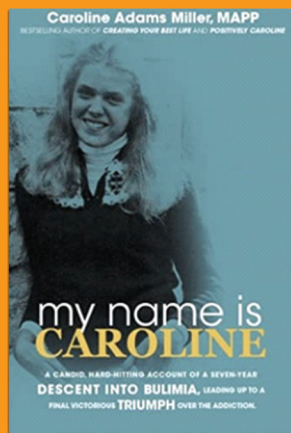
When Food is Comfort: Nurture Yourself Mindfully, Rewire Your Brain and End Emotional Eating



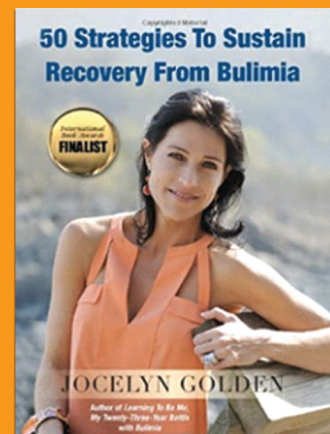
Reclaiming Yourself from Binge Eating: A Step by Step Guide to Healing
Leora Fulvio



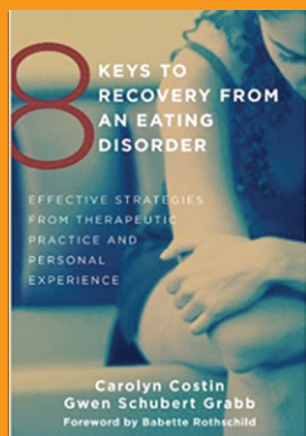
My Name is Caroline: A Candid, Hard Hitting Account of a Seven Year Descent into Bulimia, Leading up to Final Victorious Triumph
Caroline Adams



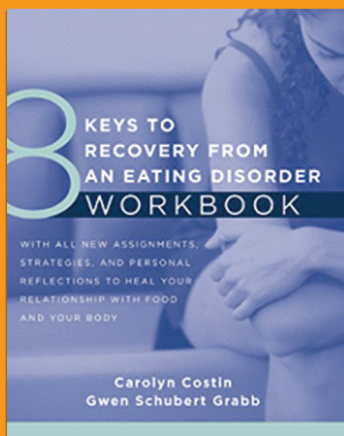
50 Strategies to Sustain Recovery from Bulimia
Jocelyn Golden



8 Keys to Recovery from an Eating Disorder: Effective Strategies from Therapeutic Practice and personal Experience
by Carolyn Costin, Gwen Schubert Grabb, et al.



8 Keys to Recovery from an Eating Disorder Workbook
By Carolyn Costin and Gwen Schubert Grabb



Redefining Wellness: The Ultimate Diet Free Guide
by Melainie Rogers

