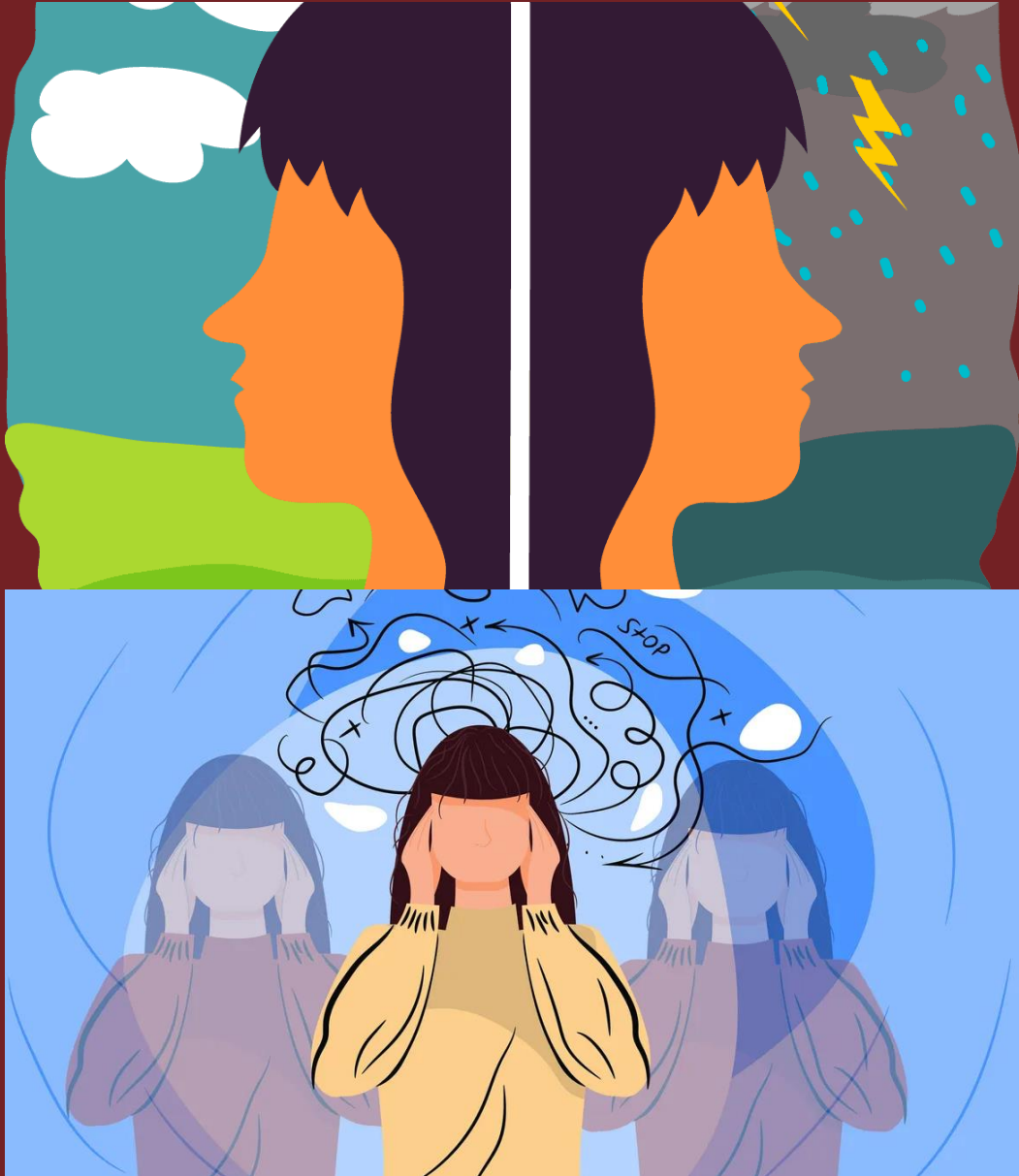


BORDERLINE PERSONALITY DISORDER

—

~Nayana S



AGENDA

- Introduction
- Symptoms
- Treatment
- Case study



INTRODUCTION

Borderline personality disorder is a mental health disorder that impacts the way you think and feel about yourself and others, causing problems functioning in everyday life. It includes self-image issues, difficulty managing emotions and behavior, and a pattern of unstable relationships.

SYMPTOMS

- Efforts to avoid real or perceived abandonment, such as plunging headfirst into relationships—or ending them just as quickly.
- Impulsive and often dangerous behaviors, such as spending sprees, unsafe sex, substance abuse, reckless driving, and binge eating.
- Chronic feelings of emptiness.
- Self-harming behavior, such as cutting.
- Recurring thoughts of suicidal behaviors or threats.
- Feelings of dissociation, such as feeling cut off from oneself, observing oneself from outside one's body, or feelings of unreality.

TREATMENT

Medications

Because the benefits of prescription medication for borderline personality disorder are unclear, medications aren't typically used as the primary way to treat the illness. However, in some cases, a psychiatrist may recommend medications to treat specific symptoms or co-occurring mental disorders such as mood swings or depression. Treatment with medications may require coordinated care from more than one medical professional.

Psychotherapy

Psychotherapy, sometimes called "talk therapy," is the first-line treatment for people with borderline personality disorder. Most psychotherapy occurs with a licensed, trained mental health professional in one-on-one sessions or with other individuals in group settings. Group sessions may help teach people with borderline personality disorder to interact with others and express themselves effectively.



CASE STUDY



ART PSYCHOTHERAPY





SESSION 1

The patient was able to relive an extremely painful event from the past through the artwork. The patient described being able to express the fear, anger, and humiliation she was currently experiencing.

Then patient was asked to draw anything they wish to and explain their drawing too.

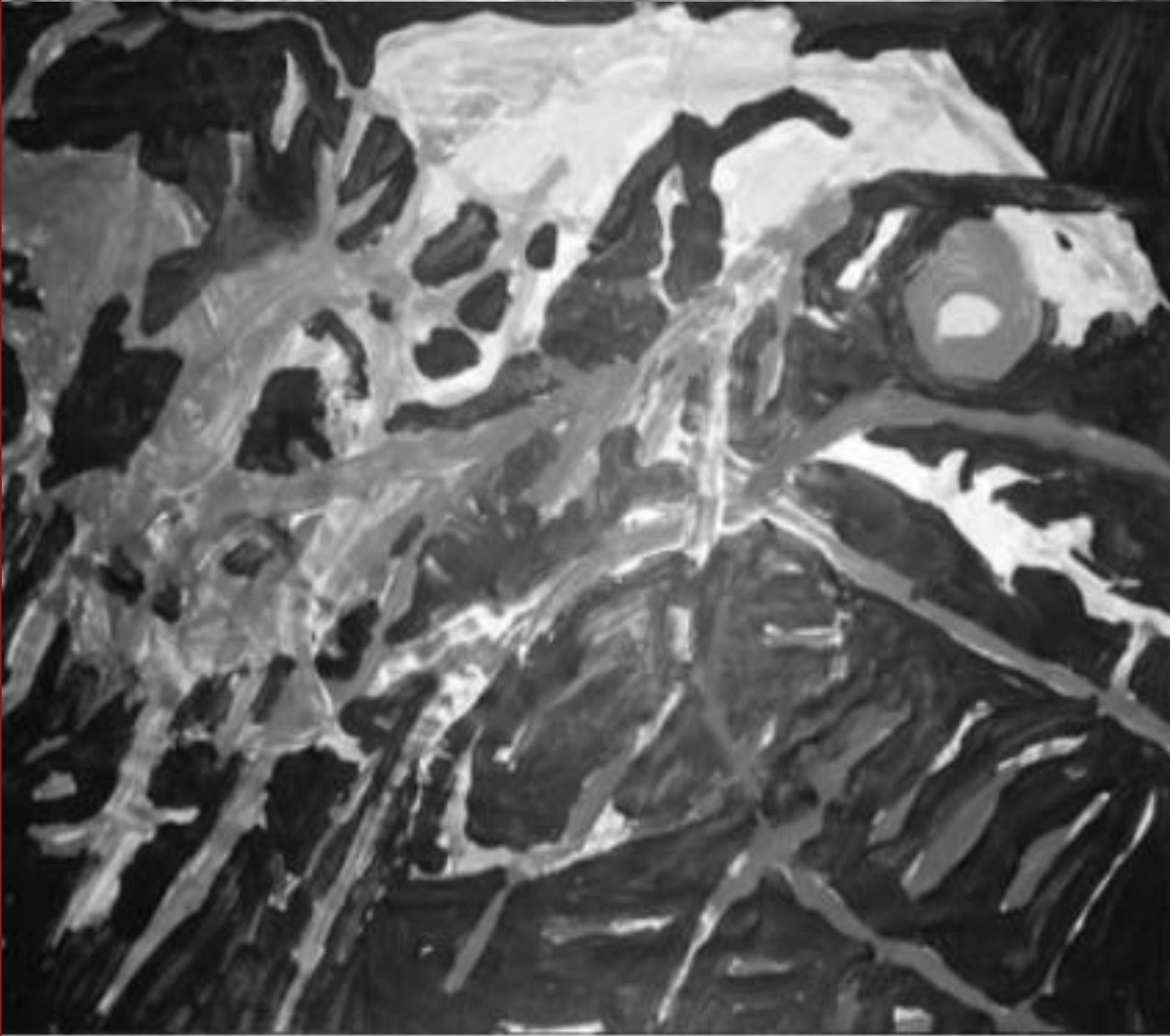
THERAPY SESSION 1

Therapist's Review

The patient was able to relive an extremely painful event from the past through the artwork.

The patient described being able to express the fear, anger, and humiliation she was currently experiencing.

The patient described as she painted: 'This is a big black cave, I have to paint an opening....The purple is the curtain; I've opened it up for you and everyone to see my horror show'



SESSION 4

The patient depicted various allusions. She explained that she painted as things came to her. Through the painting, the patient was able to discuss the anger she felt towards herself and the need to self-harm. The patient also stated that she deliberately gave herself a black eye because she hated herself so much.

THERAPY SESSION 4

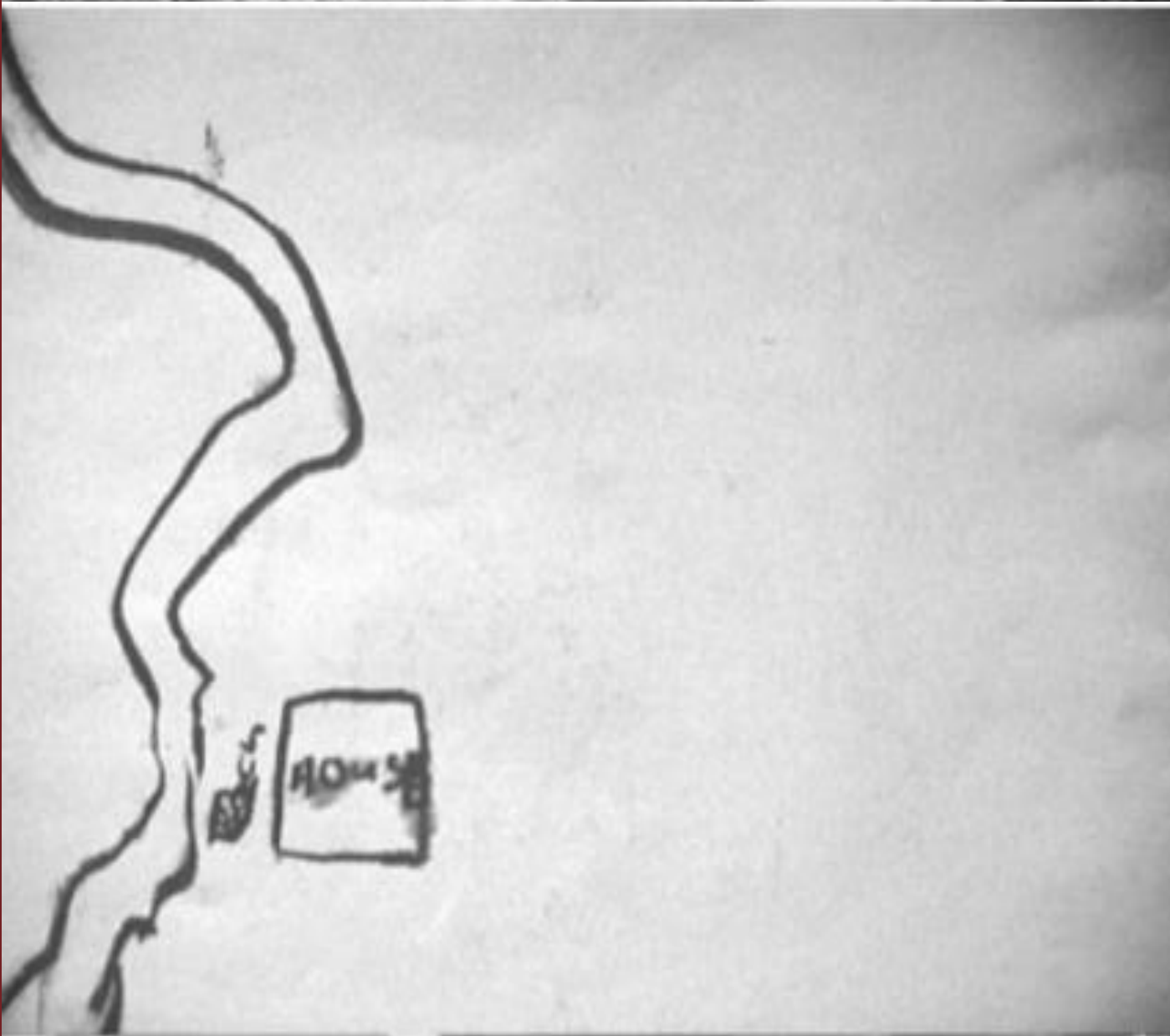
Therapist's Review

After she finished painting, she reflected on her work:

'It looks like a rotting body; it must be me after my next suicide attempt, which I'm planning already. I really have to stop it. It's against the rules.

Here are my ribs (red lines bottom right hand corner) and this is the body (yellow and orange at top of page), it's just rotting away.

I guess that's how I'll look; it must be me rotting here. I just want to be chunked in the ground. I don't want a coffin. If you are in the ground, does it take a long time for the worms to get you?'



SESSION 6,7,8,9

The patient arrived late and had fifteen minutes to paint for the session 6.

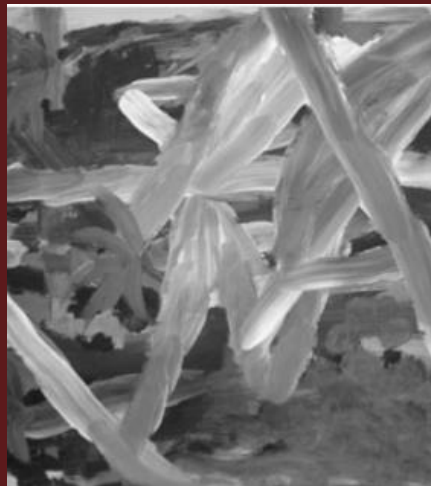
The patient was 40 minutes late for session 7.

The patient was late and said little during session 8.

THERAPIST'S REVIEW

The patient was much calmer in these sessions and did not discuss any disturbing material.

She remembered some happy times of living in the farmhouse. She used a lot of green colour in her drawings which symbolized 'growth'.



SESSION 11



This was her final piece of artwork in the individual sessions. The consumer described the yellow line as herself:

'It also looks like the stream from my childhood (referring to the drawing in session 7)...Yes, I could title this one

"Battles of my Childhood Memories."

The consumer proudly showed an image of a treble and base clef and described the pastel drawing: 'This is about my music. I like playing. I thought of what I liked and what made me calm.'

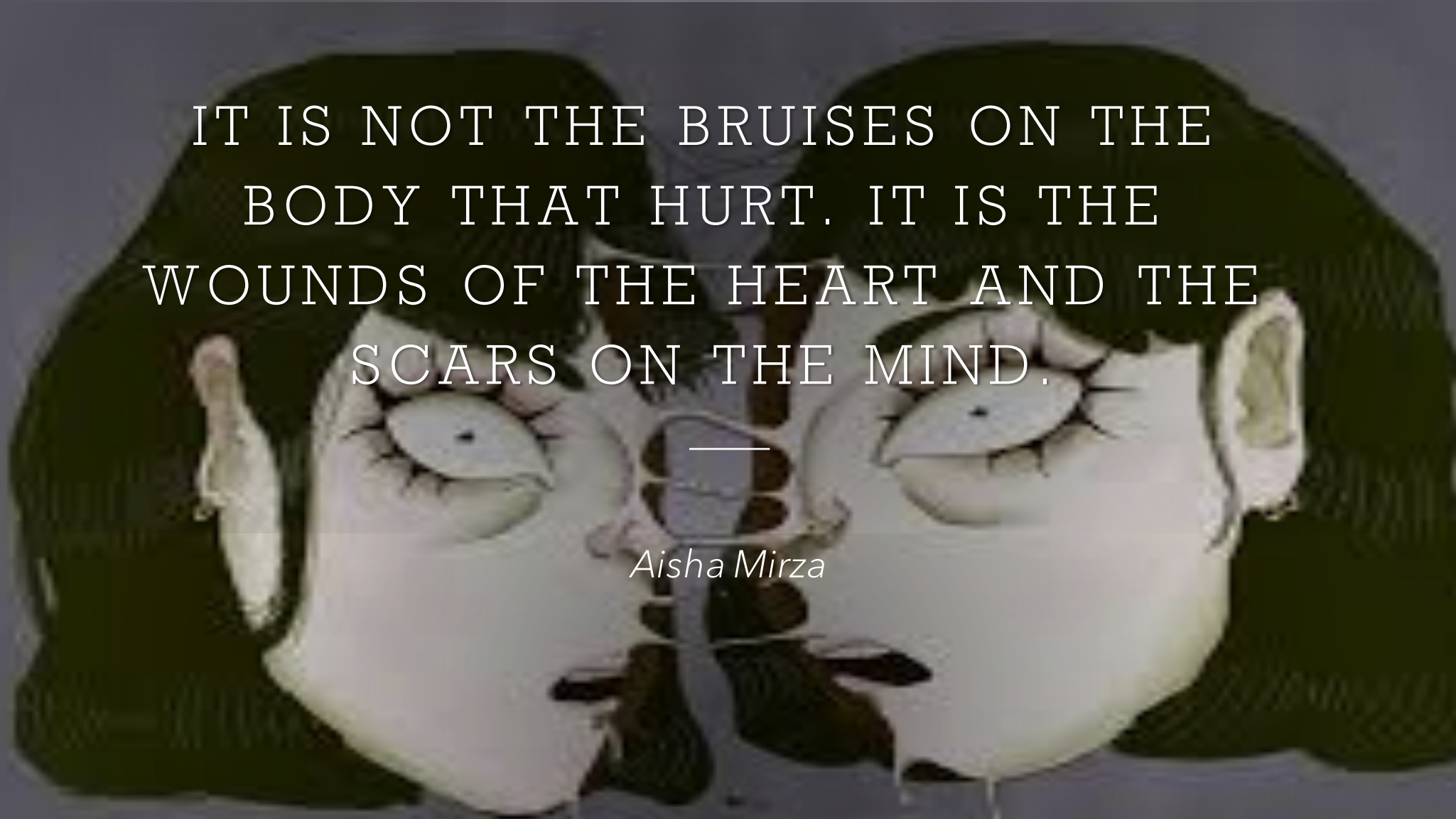
THERAPY SESSION 11

Therapist's Review

She also reflected on the art therapy sessions: 'It's been a wonderful experience. Thank you for your time with me to listen and let me think about my life. I like my paintings so much I am going to hang them up in my new flat'.

The consumer was able to take the experience of painting from the sessions and use it to focus on things that the consumer enjoyed.

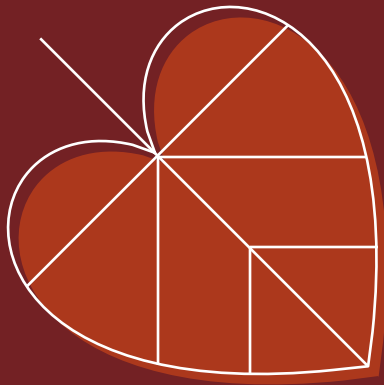
The consumer could now use this medium to help relax, as was suggested. The consumer reported now being able to focus on a love of playing music.

A painting of two faces in profile, facing each other. The faces are rendered in a soft, painterly style with visible brushstrokes. The background is a muted, dark blue-grey. The quote is written in a white, serif font, centered over the faces.

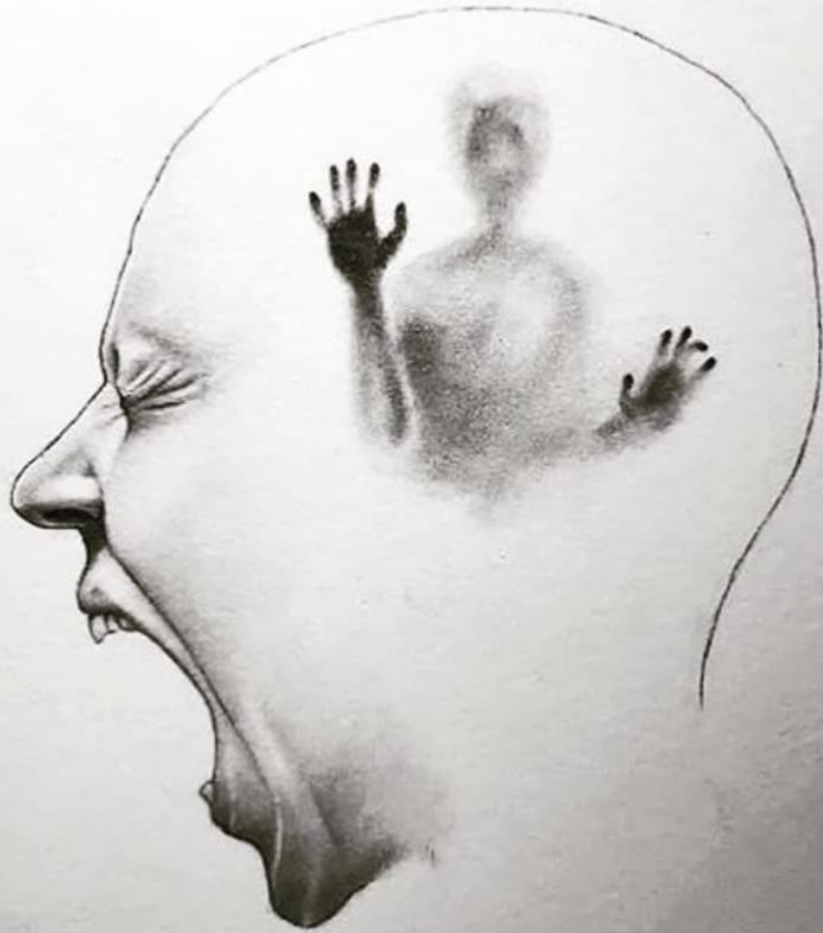
IT IS NOT THE BRUISES ON THE
BODY THAT HURT. IT IS THE
WOUNDS OF THE HEART AND THE
SCARS ON THE MIND.

—
Aisha Mirza

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THANK YOU

Nayana S

XII D

Sri Vijay Vidyashram