**MODULE 2: ESSAY**

**PEOPLE LIVING WITH MENTAL ILLNESS ARE OFTEN MARGINALIZED AND COMMONLY EXPERIENCE DISCRIMINATION AND STIGMA. THIS IS PARTICULARLY THE CASE FOR PEOPLE WITH BORDERLINE PERSONALITY DISORDER (BPD)**

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# Introduction

In this essay, the controversy and stigma associated with BPD diagnosis among individuals and the contributing factors of the disease are going to be discussed. The common treatment process for this mental disorder and the approaches to treat the mitigation of BPD among patients will be analysed in this essay. It is often seen that individuals who are mentally ill or are suffering from serious mental diseases face discrimination in society thereby confronting various difficult situations which make their life a bit complex.

# Discussion

## A) The controversies surrounding the diagnosis of BPD

***Borderline Personality disorder (BPD)* has been found a matter of controversy** due to the stigma associated with the diagnosis and the therapeutic negligence and nihilism shown by the practitioners who encounter people with a high problem of BPD. In the case of the mental illness associated with BPD, it can be said that "*borderline personality disorder” (BPD)* is a kind of condition characterised by ***chronic instability in relationship***s, ***extreme emotional outburst*** or reactions, and ***fear of abandonment***. The diagnosis of BPD is controversial. The disease is listed in the ***Diagnostic and Statistical Manual (DSM)*** along with several other personality disorders. Some mental health professionals argue that BPD is not a mental illness at all, rather it can be categorised as a response to “childhood fear and trauma” rather than any mental health issue (Lewis and Grenyer, 2019).

'Separation anxiety' (breakup in a relationship), 'interpersonal or relationship difficulties' (hostility, anger, resentful feeling towards the partner, acute disappointment from relationship), 'impulsive behaviour' (self-harm, reckless driving) and 'attempting suicide' or giving suicidal threat are the symptoms of "*borderline personality disorder”.* Controversies surrounding the diagnosis of BPD sprouted from its name. BPD derives its name from the original diagnosis criteria that suggest that people with BPD are at the ***‘border’ of psychosis*** (Nimh.nih.gov, 2023)***.*** The significant mental health professionals worldwide believe that BPD requires treatment and proper diagnosis, and care to make the patient normal in their daily life. On the other hand, few experts have stated that BPD has not nothing to do with the proper identification of mental illness rather it is an individual expression of acute trauma and stress.

According to statistics of the World Health Organisation (WHO) 75% of sufferers of BPD have been identified as women (Ncbi.nlm.nih.gov, 2022). Hence recent research reveals that the number percentages in the case of men are near to that of women. According to some doctors, Complex Post-Traumatic Stress (CPSD) is a kind of situation that arises among people as a form of BPD. *Wild mood swings, anxiety, and frequent suicidal attempts* have to be taken into consideration by leading people to the way of removing stress and the abnormal reaction of behaviours. The personhood and the essence of the claim have flaws in it. The diagnosis of any personality disorder is related to a feeling of shame, and badness in the case of Borderline Disorder as well. There are some ***stigmas*** associated with the identification and clinical treatment of the patients having Borderline Disorder such as ***clinical non-cooperation*** and they do not see the improvement of the patients, or the challenge the patient poses by ***showing overt anger*** over the therapist. For some therapists, it can be easier to blame a patient for not cooperating and lack of improvement of the situation than it is to look at the clinical non-cooperation to help the patient.

## B) Identify factors which may contribute to a person developing BPD

A number of physical, emotional, and environmental factors contribute to thereason for developing BPD among patients. People having emotional trauma in childhood in family relationships, and fear of abandonment of parents and closer ones lead to the arising of mental illness and personality disorder. The ***childhood factors*** that contribute to a person developing BPD include ***child maltreatment, emotional abuse, physical abuse, and attachment difficulties***. In early childhood and during the growing period when children went through any kind of mental abuse or physical abuse by parents or other elders of the family that impact fell deeply in mind. Any kind of attachment difficulty such as a parent's business in work and not properly attending to the child creates difficulties and insecurity in the mind of the child regarding parental love and care. The lacuna or vacuum in the growing period of childhood can lead to attachment difficulties which contribute to developing BPD. ***Stressful childhood*** has been regarded as a risk factor in the childhood impact of developing BPD among children. Physical abuse, neglecting children, and hostile conflict among family members impact greatly create mental disorders like BPD.

*Teens and young adults* are mostly affected by BPD during the growing period of their life through the diagnosis is later at the advanced stage of life. Reports have stated that BPD is a genetic mental disorder. The ***genetic factors*** that can impact a child or an adult to be affected by the disease come from family relations. Women have more tendency to be affected by BPD than men and the chance of being affected by BPD among people increases when any family member or sibling has that mental disorder. According to a study in 2021, BPD has a hereditary rate of 46%. ***Hereditary predisposition*** is a risk factor in the case of BPD when a close family member of one's family such as a father, mother, or sibling has the same or similar disorder.

As per Miller *et al.* (2020), some research has stated that ***brain abnormalities*** can create disorders among people that lead to the development of borderline personality disorder. Certain brain fluids that regulate mood such as serotonin may not act properly which results in the acute expression of anger, aggression and impulsiveness. ***Problems with brain development*** in the case of having smaller or any of the parts of the brain can create disorders such as BPD. Problems with brain functioning and development can lead to complex decision-making processes and the development of BPD. There are some ***environmental factors*** that help in the development of BPD according to the National Health Survey (NHS) being a victim of mental or physical abuse, long-time fear or distress as a child can create bipolar disorder, drink or drug misuse among teens and adults (Nhs. uk, 2022).

## C) Critically appraise common treatment approaches for people with BPD

Talking about the treatment approaches that are required for people suffering from Borderline Personality Disorder it can be said that the primary measure which needs to be taken is the adaptation of Psychotherapy. The implementation of such therapy will result in providing the respective patient with an effective set of mental treatments through various medications and other procedures. Besides this ***Schema focused therapy*** can be implemented in such individuals. This particular therapy is highly helpful in the sense that it will enable the respective doctors to know the demands and the other needs that have not been met by the individuals. It is very necessary for individuals to meet their respective demands on time unless they may face hard times in the future. Through this therapy, the main aim of the doctors is to identify the unmet needs of such individuals and try their level best in satisfying such demands within a short time frame (Stoll *et al*. 2020).

The development of therapy-based development would require keeping the focus on the proper acceleration regarding the value assessment and functional concern as well. This would be effective for the process of formulation of the strategic planning which through the operational risks can be managed. Herein, the particular childhood risks regarding concerns can be assessed which through the formulation of the strategy can be identified., This can accelerate the feasible values regarding the development of the treatment as well. In addition, the maladaptive schemas can be introduced which can help to sort out the issues regarding the development of the strategy formulating process. Herein, the process of making resembling the past can mitigate the strategic planning-based development which through the operational risks can be controlled. Therefore, strategic planning can be introduced for the feasible development of strategic planning and development as well. In addition, the symptoms of BPD can also be identified which through the operational risks can be handled.

Besides these ***Mentalization-based therapy*** is another effective method of treatment which has the capability of curing patients suffering from severe mental illness. Through this process, the doctors make the individual talk and allow them to convey the message regarding the problem they are facing (mayoclinic.org, 2022). The main focus of this therapy is to make the patient feel free and communicate the problem and the shortcomings which he is going through. The use of this therapy enables the individuals to create an alternate perspective of the situation which will be helpful in providing effective solutions to the given set of problems. Lastly, such a therapy makes the patient think about their past which results in putting pressure on the mind thereby enabling the concerned individual to get cured of the mental disease which he is suffering from in the present situation (Omar *et al*., 2022). Terms of making application of this strategy properly would require to keep the identification of certain strategies for the betterment of the procedures. Therefore, the schemas can be marked by focusing on the risk assessment concern by identifying the examples such as defective, emotional deprivation, social isolation and enmeshment. Herein, the issue regarding the matter of not getting success can create a feeling of getting shame. Therefore, certain victims would take the decision to keep their distance from the world. In addition to that the different experiences such as emotional deprivation such as not getting the particular product or opportunity by having the same competence can create possible mental complications. This would hamper the possibility of keeping the proper focus on the work process (Bernstein *et al.* 2023). Apart from that, the issue regarding social isolation can hamper the feasibility of a patient as well. Herein, negative thinking can occur which can reduce the mental stability and also hamper the confidence level as well.

As per Campbell *et al*. (2020), The common treatment approach for BPD is psychological therapy. Psychological therapy is called ***psychotherapy***. The personhood and the essence of the claim have flaws in the diagnosis of the disorder. Different kinds of psychological therapies have been used to treat the BPD patients hence all are time-taking approaches. With the help of the support of the psychotherapy, the possibility of making the execution of the counselling can be performed which can upgrade the mental stability and enhance the feasible mental strength. Herein, certain issues such as getting trauma can reduce the level of confidence of the people. Therefore, certain risks regarding the matter of taking decisions can be overcome by providing stress on the matter of overcoming the issue. In addition to that the risk management strategy maintenance would be applied for the formulation of the strategic development.

***Dialectical behaviour therapy and cognitive behaviour therapy*** are used in this case. The use of patients' care at home and close surroundings is necessary to treat the individual included in the life cycle. The utilisation of Dialectical behaviour therapy would be effective for the matter of assessing behavioural concerns by providing stress on the matter of keeping the mental balance as well.

## D) Discuss the level of research evidence for each approach

As per Bozzatello *et al.* (2019), ***dialectical behaviour therapy, and schema-focus therapy*** is used to develop the treatment process for patients of BPD. Dialectical behaviour therapy has been used as the best approach to patients having highly suicidal attempts. The approaches of treatment are used to provide patients with a less stressful life with new hope and encouragement. The best approach to treatment in the process of developing a psychological process for BPD has been mentioned by using ***Dialectical behaviour therapy.***

***Schema focused therapy***

Schema-focused therapy is a form of psychotherapy that will assist in solving mental illness problems among people who are face problems with borderline personality disorder. The main purpose of this therapy is to encourage people for improving their lifestyle in their society. In the case of BPD patients, this therapy can assist to change their entrechat and self-defending life patterns. On the other hand, this is an emotion-focused approach which can help to develop the emotional states of patients. As evidence, it has been seen that a person using an avoidance coping style that will help to avoid situations which make them feel defective. On the other hand, as per the study by, van Maarschalkerweerd *et al*., 2021)this therapy can assist patients to tolerate unfair criticism without defending themself. The main goal of this therapy is to help those people who need emotional treatment. Such as stopping using maladaptive coping skills and also assisting to stop using schema modes that will assist to block contact with true feelings.

***Psychotherapy***

This is the approach of making application of the talk therapy which through the probability of making an identification of the risk can be confirmed by making an evaluation of the operational value as well. Herein, the assessment regarding the proper talk regarding issues has been identified considering the fact that a person can face trouble expressing their own thoughts as well (Morvaridi *et al.* 2019). Herein, emotional intelligence regarding problems can occur which affects the feasibility regarding the thinking-based concern. Herein, the possible areas are to be provided for the patients which through their own thoughts and thinking can be shared. This would provide the possible support which through the operational risks can be overcome. This would also identify better managerial concerns and upgrade the feasible values. Herein, the impact of trauma and medical illness can occur which can affect the thorough identification and analysis. In terms of making application of psychotherapy, certain issues can occur which are required to be overcome. Therefore, certain issues can be marked by focusing on the risks regarding parameter identification as well (Bernstein *et al.* 2023). Herein, the situational context can be identified such as feeling the long terms stress of a job or family regarding situational aspect. In addition, issues such as sleep regarding issues, appetite and low energy level concern can also be identified which affects the feasibility as well. Herein, the psychological considerations can be introduced which can help to keep articulating the strategic fact by addressing the certain identification such as the risk assessment with the problem-solving strategies and making suitable interactions. Herein, the possibilities of sorting out the issues such as unmindfulness and relaxation techniques would also be marked which through the probable strategic risks can be effectively handled (Norcross and Lambert, 2019). A supportive environment can also be created which through the pressure can be effectively handled.

***Dialectical behaviour therapy and cognitive behaviour therapy***

The primary purpose of this theory is to assist people to change their thinking process about their experiences. In some cases, it has been seen that this therapy asst to couples facing relationship issues therefore this therapy can assist them by reducing their homelessness and impulse behaviors. On the other hand, in the case of children, this therapy helped by providing psychoeducation about their thoughts becoming actions and also improving their overall family functions. As per the study of, Rudge *et al.* (2020), this therapy assists BPD who are severely struggling and who also feel depressed. Apart from this to improve the eating behaviours of any children. In addition, the support of the cognitive behaviour would provide the possible development of mental strength which through the possibility of accepting the change situation can be confirmed. The support of cognitive behaviour therapy would support to keep accelerating the procedure of determining the output. In this way, the patients who are facing mental illnesses related problem they need to consider this therapy to mitigate their entire problem.

# Conclusion

Problems with brain functioning and development can lead to complex decision-making processes and the development of BPD. The concerned study has been shedding light on the various prospects relating to the controversies surrounding the diagnosis of BPD. Several factors will be identified for a person developing BPD. An elaborative discussion will be provided regarding the treatments that need to be provided to individuals suffering from BPD. In addition, a brief analysis will also be shown regarding the evidence of each approach.

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