A collection of military medals and a pair of glasses on a light-colored surface. The medals include a red ribbon with a circular emblem, a blue ribbon with a circular emblem, and two silver Maltese crosses with central emblems. A pair of gold-rimmed glasses with thin temples is positioned diagonally across the lower half of the image. A small circular compass is visible in the bottom left corner.

Adolescent Borderline Personality Disorder - Oxymoron or Perspective?

Dr. Don MacFarlane
PhD, MB, MSc, DPM

<http://idexprism.wordpress.com>

<http://amberlist.wordpress.com>



Definitions

- ◆ Oxymoron

A figure of speech that combines contradictory terms crafted to reveal a paradox e.g. ‘open secret’.

- ◆ Perspective

Appearance in depth as perceived by normal binocular vision.



Personality Disorder (F60.x)

- ◆ A mode of relating to herself and others
- ◆ Onset in late childhood or adolescence
- ◆ Deviation from average in how the person perceives, thinks and feels
- ◆ Encompasses domains of behaviour
- ◆ Accompanied by distress and problems of social performance



Emotionally Unstable Disorder

- ◆ Impulsive Personality Disorder (F60.30)
conflicts with others; acts without considering consequences; resents being thwarted or criticised; meltdowns.
- ◆ Borderline Personality Disorder (F60.31)
confusion about self-image, aims and preferences; emotional crises; threats of self harm; chronic emotional emptiness.



SWAP 200

- ◆ Feels at mercy of emotions that spiral
- ◆ No stable image of self, values and goals
- ◆ Fears rejection and abandonment
- ◆ Needs external soothing of self
- ◆ Elicits mirrored feelings in others
- ◆ Has disregard for safety of self or others
- ◆ Dominates or is indifferent to others' needs



PAS v. ICD

- ◆ **Histrionic** = labile+ dependent+ childish+ irresponsible
- ◆ **Antisocial** = callous+ aggressive + impulsive + irresponsible
- ◆ **Borderline** = labile + impulsive + aggressive + worthless
- ◆ **Dependent** = submissive + resourceless + sensitive
- ◆ **Asthenic** = anxious + sensitive + submissive



Big Questions

- ◆ BPD (Borderline Personality Disorder) is not a Personality Disorder?
- ◆ BPD is a mood disorder variant (F31.9)?
- ◆ BPD is a co-morbid Trauma Disorder (F43.9)?
- ◆ BPD is a Dissociative Disorder (F44.82)?
- ◆ BPD is a Developmental Disorder (F89)?



Miasma Paradigm

- ◆ Psoric – highs and lows, struggles with outside world, fearing rejection, insecure (epilepsy, cancer, leprosy).
- ◆ Sycotic – secretive, defensive, suspicious, rigid, jealous (angina, anaemia, rheumatism).
- ◆ Syphilitic – destructive, quitting, self-harming, distorted thinking (gangrene, insanity, blindness)
- ◆ Tubercular – malcontented, dissatisfied, intolerant (caries, diabetes, malaria, pneumonia).



Depression Paradigm

Beck Depression Inventory

- ◆ Ego Threat (9 items) – sadness, pessimism, failure, guilt, pleasure, punishment, dislike, blame, worthless
- ◆ Vegetation – sleep, fatigue, libido, appetite
- ◆ Arousal – energy, agitation, irritability, concentration, focus



Forensic Paradigm

“a mixed-disorder of conduct and emotion has its difficulties compounded - by core deficits, aversive circumstances and deficiencies stemming from Emotionally Unstable Personality Disorder. If untreated, these difficulties become ‘locked into’ a further depletion of drive to invest in mainstream society”.



Existential Paradigm

Philosopher's Stone

- ◆ Calcination = solidification (raw material)
- ◆ Solution = softening
- ◆ Sublimation = release of volatile form (catharsis)
- ◆ Distillation = separation of parts
- ◆ Coagulation = harmonisation of opposites
- ◆ Extraction = removal of harmful material
- ◆ Fermentation = breaking down into simple elements
- ◆ Digestion = incorporation of healing
- ◆ Transmutation = final stage of healing



Tasks of Adolescence

Erikson

- ◆ Capable v. Helpless
- ◆ Reflective v. Instinctual
- ◆ Adventurous v. Avoidant
- ◆ Persistent v. Quitting
- ◆ Asset v. Liability
- ◆ Affectionate v. Detached
- ◆ Blaming v. Sensitive
- ◆ Assertive v. Submissive
- ◆ Trusting v. Suspicious
- ◆ Volatile v. Calm
- ◆ Exhibitionist v. Retiring



Hypotheses or Givens?

- ◆ Confused (diffused) identity leaves a person less well-equipped
- ◆ Change is difficult if poorly visualised
- ◆ Identity, emotions, thoughts and actions need to be in tune
- ◆ Poor attachment causes pseudo-intimacy
- ◆ Value systems need to be accessible



Identity Exploration

Weinreich P. (2003). 'Analysing Identity'. Routledge.

- ◆ Evaluation – ego rating v. non-magnitude

$$\frac{\sum_j \alpha_j s_j}{\sum v_j}$$

- ◆ Ambivalence – ratio of negative to positive
- ◆ Structural Pressure – attributions v. ratings
- ◆ Ego Involvement – v. total ego-ratings
- ◆ Empathic identification – v. current self
- ◆ Conflicted identification – current v. contra
- ◆ Dissonance – ambivalence x involvement



IDEX Entities

- ◆ Me as I am now
- ◆ Me when small
- ◆ Me at school / me with friends / me with parents
- ◆ How friends/ parents/ classmates see me
- ◆ Me as ought/ as will be/ as like to be
- ◆ The person I admire most / despise most
- ◆ My mother / father / sexual partner / best friend

IDEX Proforma

	Fine and Worthwhile	0	Despicable and Worthless
Me as I am Now	1-4	0	1-4
Me in Primary	1-4	0	1-4
Me with Friends	1-4	0	1-4
How Parents See	1-4	0	1-4
As I ought to be	1-4	0	1-4
Disliked Person	1-4	0	1-4
My Mother	1-4	0	1-4



Identity Statuses

Marcia, Waterman et.al. 1993

Commitment	Crisis Resolution	No Crisis
YES	Achieved	Foreclosed
NO	Moratorium	Diffused



Attachment Statuses

Bartholomew and Horowitz, 1991

Self Evaluation	Evaluation of Others HIGH	Evaluation of Others LOW
HIGH	Secure	Preoccupied
LOW	Ambivalent	Anxious

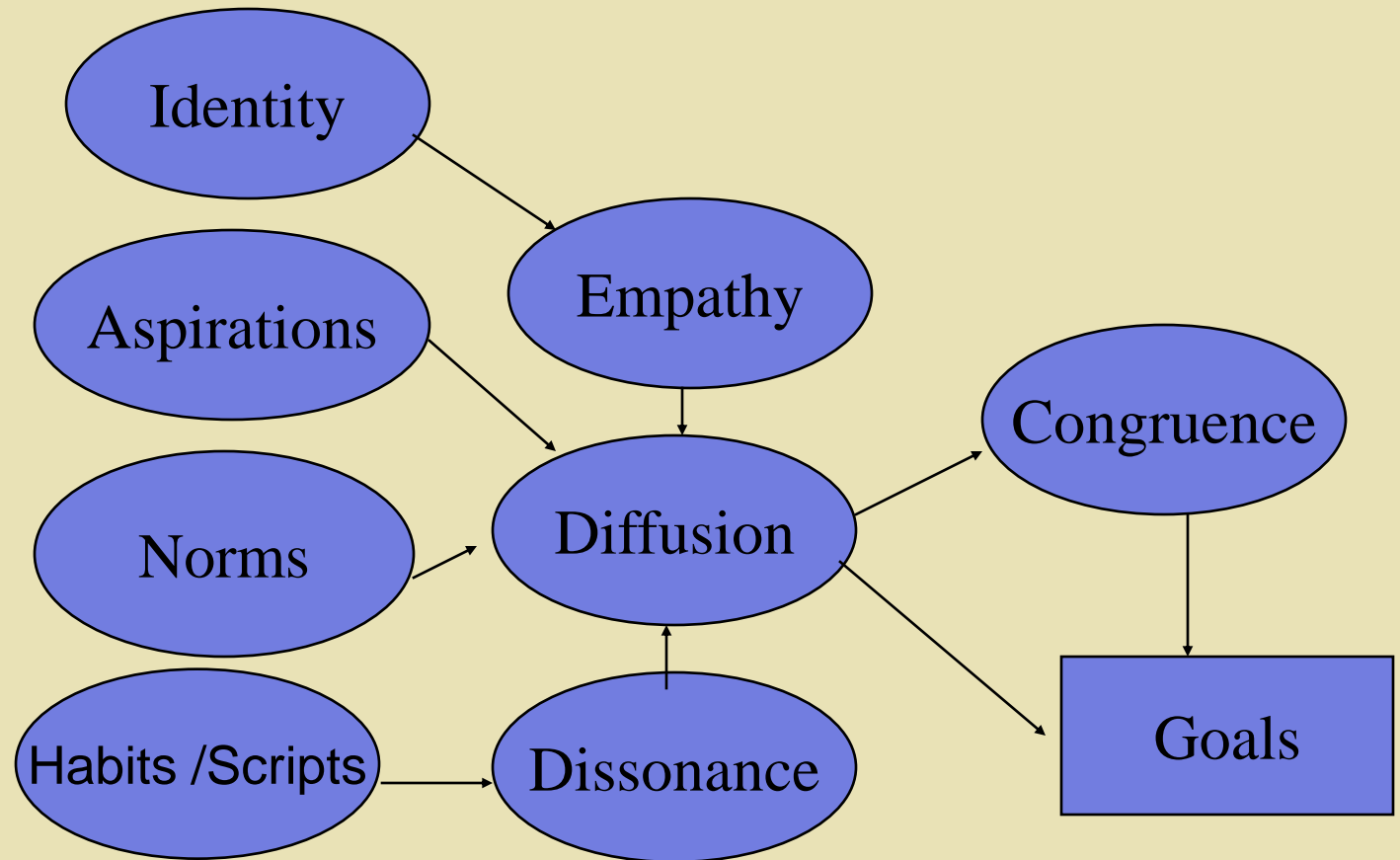


PRISM Paradigm

Procedure for Identity and Self Modelling

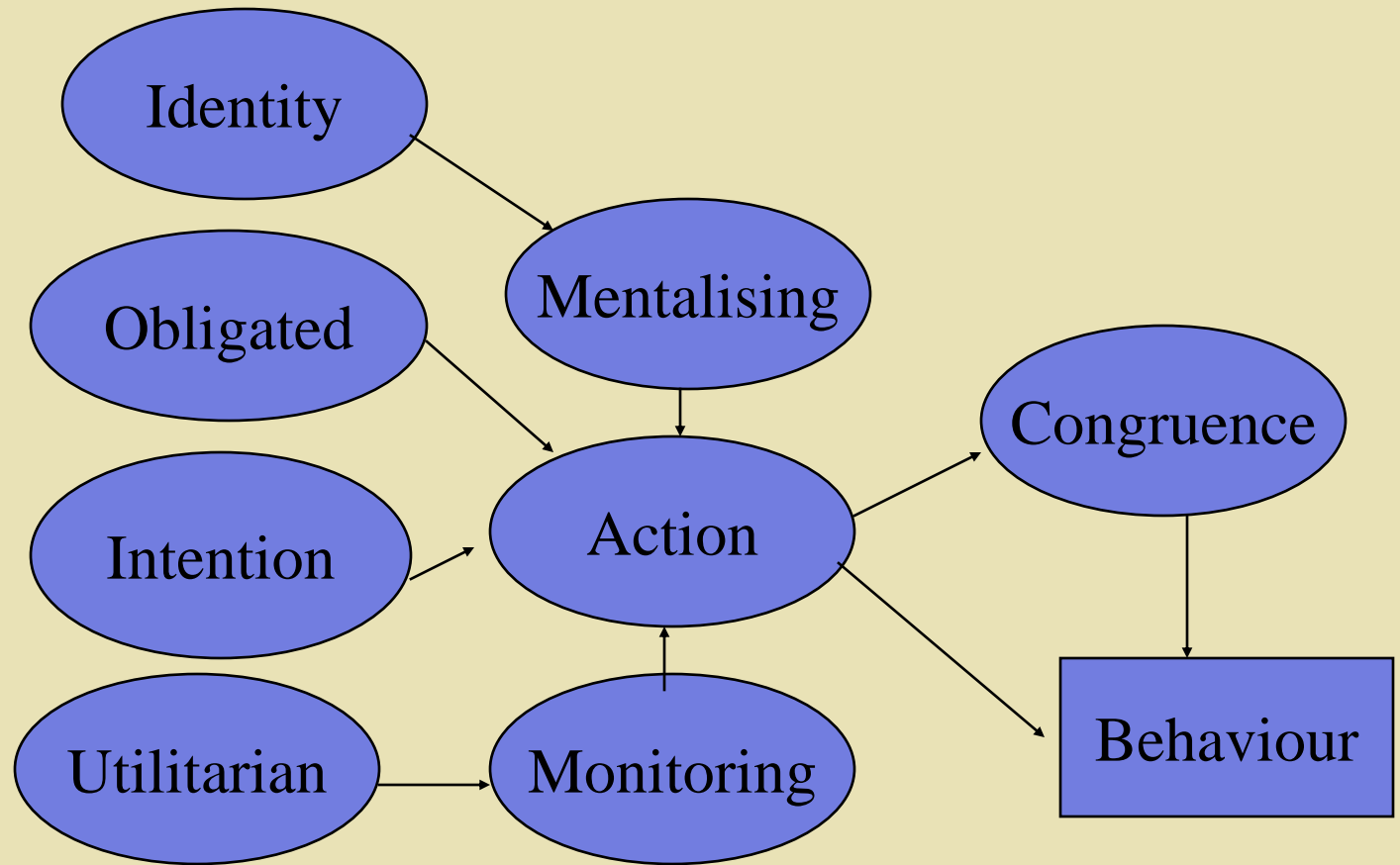
- ◆ A means of diffusing energy
- ◆ A change of speed and direction
- ◆ A mirror
- ◆ A spectrum of colours

P.R.I.S.M History



PRISM

Reasoned Action





P.R.I.S.M

Validity

- ◆ Identity Exploration (Marcia)
- ◆ Reasoned Action (Ajzen)
- ◆ Congruence (Frijda)
- ◆ Developmental Tasks (Erikson)
- ◆ Attachment Dyads (Crittenden)
- ◆ Behavioural Analysis (Snyder)
- ◆ Problem Procedures (Bagozzi)
- ◆ Procedural Sequences (Chaiken)
- ◆ Reciprocal Roles (Gambrill)
- ◆ Mentalising (Fonagy)



Ego-Congruence

Frijda, 1986, *The Emotions*, CUP

- ◆ Anger – demeaning offence against self
- ◆ Anxiety – uncertain threat against self
- ◆ Guilt – transgression of an imperative
- ◆ Sadness – experience of irrevocable loss
- ◆ Shame – Failure to live up to Ideal
- ◆ Happiness – progress to identity goal
- ◆ Pride – progress to achievement goal
- ◆ Hope – yearning for better but fear of worse
- ◆ Love – reciprocated affection from ideal other



Tertiary Emotions

Plutchik, 1980, Theories of Emotion, NYUP

- ◆ Relief
- ◆ Surprise
- ◆ Frustration
- ◆ Hostility
- ◆ Scorn
- ◆ Disgust
- ◆ Jealousy
- ◆ Hurt
- ◆ Embarrassment



Philosophers' Themes

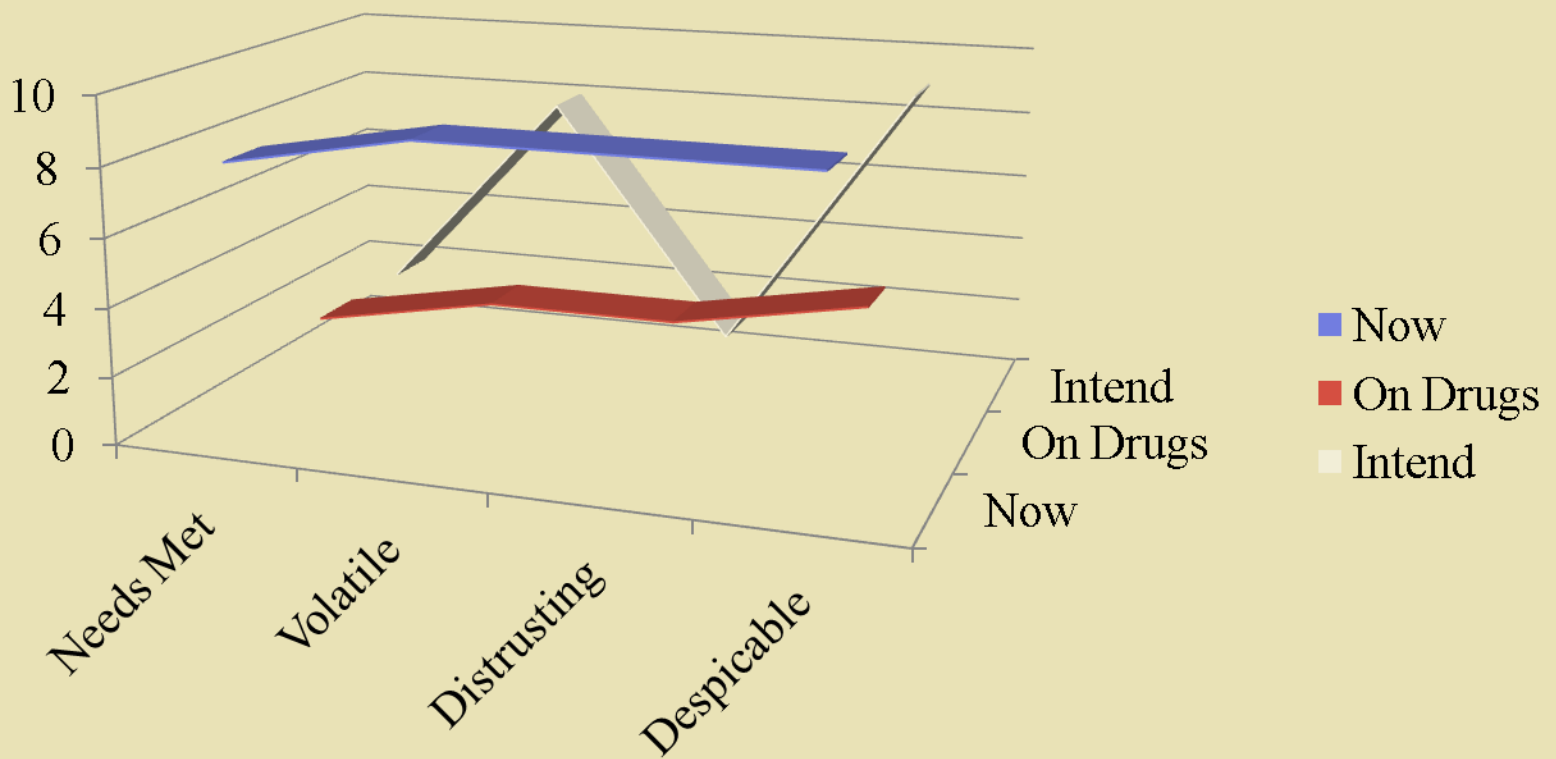
- ◆ The Wise Mind Socrates
- ◆ The Big Picture Socrates
- ◆ Semantic Memory James
- ◆ The Zone/Autodelia Voltaire/Czikszentmihalyi
- ◆ Pragmatism Hegel
- ◆ Coping Spinoza
- ◆ Sharing Bentham
- ◆ Goals Pascal
- ◆ Satisfaction Schopenhauer
- ◆ Realism Aristotle
- ◆ Mentalising Macchiavelli
- ◆ Self Awareness Hume
- ◆ Delayed Gratification Rousseau



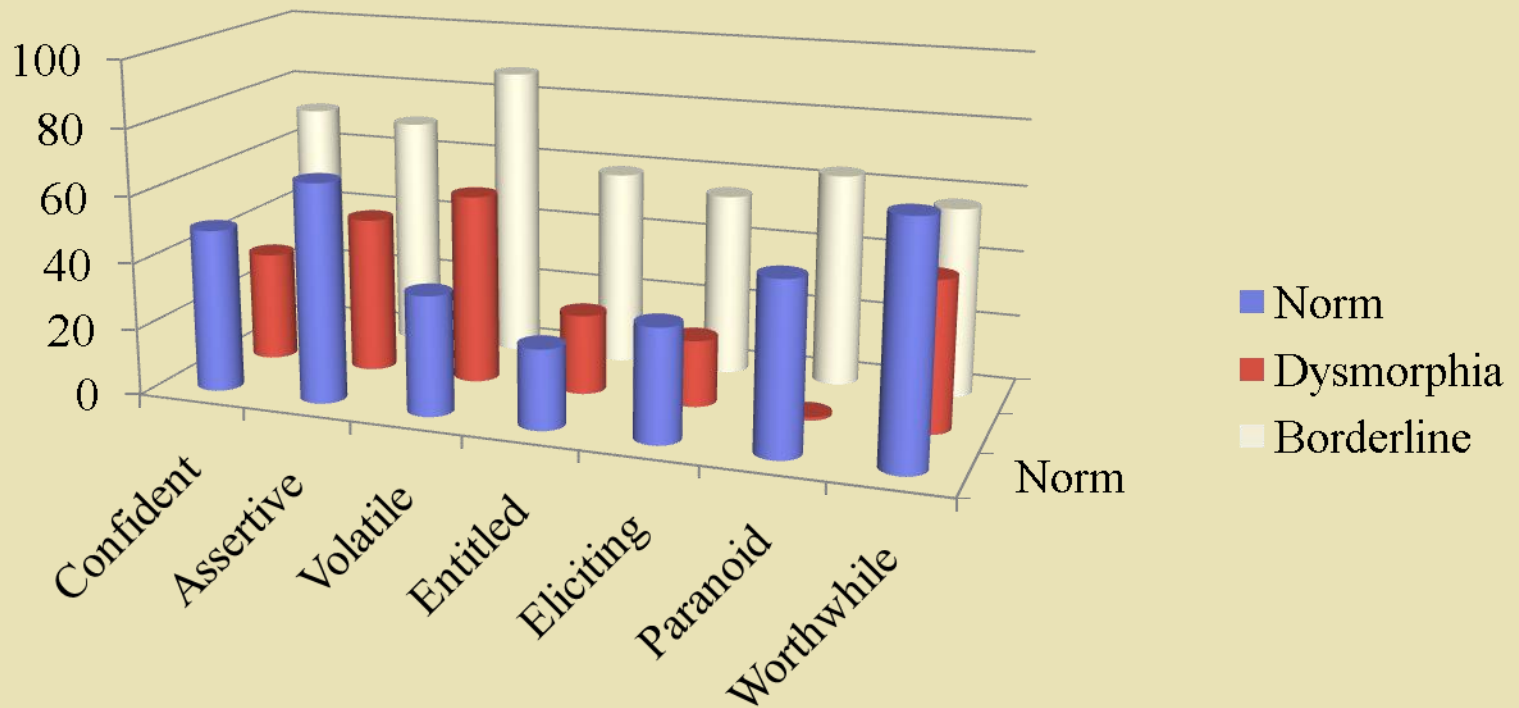
BPD Scripts

	Mature	BPD
Limits	Aim not to fail?	Windows are never open!
The Moment	Have other priorities?	Makes you feel alive!
Unnecessary Pain	Blushing	Not one more person to trust?!
Instincts	Repent at Leisure?	Good for spotting liars!
Assert	Proper Place?	They just play with my head!
Middle Path	Pigeonholing?	Scared to grow up!

Entity Exploration



Structural Pressures



ACTING OUT 1

Adapted from <http://www.johnalstonmd.com/article1.html>

	ADD	Bipolar	Attachment	Borderline	PTSD
Age	Before 6	Any	Before 4	Teens	Any
Duration	Constant	Cyclical	Reactive	Constant	Reactive
Attention	Short	Distracted	Stressed	Selective	Avoidant
Impulse	Careless	Hedonistic	Futile	Reactive	Triggers
Esteem	Tasked	Grandiose	Unloved	Depleted	Worth
Mood	Normal	Elated	Anxious	Empty	Sad or Angry

ACTING OUT 2

Adapted from <http://www.johnalstonmd.com/article1.html>

	ADD	Bipolar	Attachment	Borderline	PTSD
Control	Disrupts	Hassles	Sneaks	Exhausts	Lacks
Opposition	Relents	Defies	Sneaks	Switches	Projects
Blame	Deflects	Denies	Projects	Confirms	Accepts
Lying	Escapes	Uses	Makes up	Believes	Conceals
Temper	Excited	Frustrated	Introverted	Explodes	Hides

ACTING OUT 3

Adapted from <http://www.johnalstonmd.com/article1.html>

	ADD	Bipolar	RAD	Borderline	PTSD
Entitlement	Fleeting	Grandiose	False	Coercive	Oppressed
Sensitivity	Blinkered	Hot Reactor	Misread	Smoulder	Frightened
Awareness	Flooded	Egoistic	Self	Detached	Split
Peers	Transient	Arguing	Needy	Competes	Detached
Treatment	Strattera	Lamictal	TLC	Lamictal	Prozac