

DBT CLASSES ON LINE:

<http://emotionallysensitive.com/>
DBT Program run online by Debbie Corso and Amanda Smith (both in recovery from BPD) Program runs like a DBT Group but is on line. Cost is on a sliding scale, dependent on what you can afford (via an honesty system) \$US97-\$US197 per month.

<http://www.dbtselfhelp.com/>
This website is a service for people who are seeking information about DBT (Dialectal Behavior Therapy). This site was written primarily by PEOPLE WHO HAVE BEEN THROUGH DBT, not DBT professionals. For this reason, consider the source of any given document. We cannot give help one another. Free service.

www.mydialecticallife.com
My Dialectical Life is a peer-led psychoeducation program designed by Amanda Smith to help individuals who are currently working with a licensed therapist or mental health professional get an extra boost in their skills training and for those people who have graduated from a DBT program and are looking for a way to stay connected with what they've already learned. Small monthly fee \$US15.00

<http://ilovedbt.com/>
DBT Peer Connections is a peer support community for peers who are dedicated to improving their emotional health through daily dialectical behavior therapy (DBT) skills practice. Free program.

BPD AND DBT BOOKS

BPD

- I hate you, don't leave me. Understanding Borderline Personality. Author: Jerold J Kreisman MD and Hal Straus
 - The Buddha and the Borderline. A memoir. Author: Kiera Van Gelder
- PARTNER/ FAMILY SUPPORT**
- Hard to Love – Understanding and Overcoming the Male Borderline Personality Disorder. Author: Joseph Nowinski PhD
 - Stop Caretaking the Borderline of Narcissist. How to end the drama and get on with life. Author: Margalis Fjelstad
 - When Hope is not enough. A how to guide for living with and loving someone with Borderline Personality Disorder. Author: Bon Dobbs.
 - High Conflict Couples. A DBT Guide to finding peace, intimacy and validation. Author: Alan E Fruzzetti
 - Overcoming Borderline Personality Disorder: A family guide for healing and change. Author: Valerie Porr

DBT

- DBT Skills Training Manual 2nd edition. Author: Marsha M Linehan
- The Dialectical Behaviour Therapy Skills Workbook – Practical DBT exercises for learning Mindfulness, Interpersonal Skills Effectiveness, Emotion Regulation and Distress Tolerance
Authors: Mathew McKay PH.D, Jeffrey C Wood PSY.D. and Jeffrey Brantley MD
- Dialectical Behaviour Therapy for Wellness and Recovery – Interventions and Activities for Diverse Client Needs. Author: Andrew Bein

MINDFULNESS

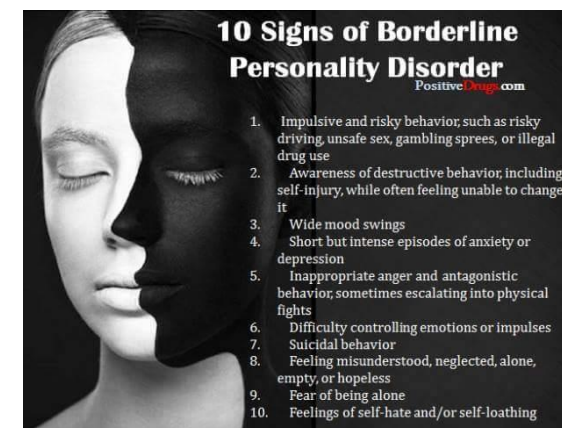
- Mindfulness for Borderline Personality Disorder – Relieve your suffering using the core skill of Dialectical Behaviour Therapy. Author: Blaise Aguirre & Gillian Galen
- Mindfulness for Dummies. Author: Shamash Alidina

BORDERLINE PERSONALITY DISORDER (BPD) AND DIALECTIC BEHAVIOUR THERAPY (DBT) RESOURCES

There are many good resources available to help support those that have BPD and those who love someone with BPD.

Here is a list that will help you get started.

Good luck on your journey ☺



If you have any enquiries on BPD and DBT, would like to discuss the opportunity to hold awareness seminars or you have found other resources to add please send an email to:

bpdawarenessact@gmail.com

BPD AND DBT WEBSITES

BORDERLINE PERSONALITY DISORDER

- www.borderlinepersonalitydisorder.com
- <http://bpdresourcecenter.org/>
- www.bpdcentral.com
- <http://www.bpdfoundation.org.au/>
- http://au.reachout.com/All-about-personality-disorders?acclid=CjwKEAiAoIK1BRCRiMaphvnlwSJAAOebPMNxrqapjgKiUP7K_YYzxc-AoJqIAUMqab9E7v_LRpxRoCUc_w_wcB
- <https://www.sane.org/mental-health-and-illness/facts-and-guides/borderline-personality-disorder>
- <http://www.spectrumbpd.com.au/>
- <http://www.bpdresources.com/>
- <http://www.bpdaustralia.com/>

BPD FAMILY SUPPORT

www.bpdfamily.com

DBT INFORMATION

<http://ilovedbt.com/>

<http://www.linehaninstitute.org/>

MINDFULNESS

<http://www.mindfulness.org.au/urgesurfing-relapse-prevention/>

FAMILY EDUCATION/SUPPORT

WEBINARS:

BPD FAMILY SUPPORT PROJECT

<http://www.mcleanhospital.org/bpdiinitiative>

BPD AND DBT FACEBOOK PAGES AND GROUPS

Some are private groups and you request to join. With Private Groups your fb friends will not see the posts, only those in the group see the posts. Here are some suggestions for fb groups that you can search for on facebook:

BORDERLINE PERSONALITY DISORDER

- My World in DBT (Applying the skills to everyday life.)
- DBT – Life is worth living
- Borderline Personality Disorder, Living in the white
- Australian BPD Foundation

BPD FAMILY/PARTNERS SUPPORT

- Help! I Love Someone Who Suffers from Borderline Personality Disorder
- Partners of People with BPD
- Divided by BPD

DBT

- DIY DBT
- DBT Study Group
- Learn DBT
- Linehan Institute
- DBT Peer Connections



This resource list was compiled by
Natalie Malcolmson, BPD Awareness ACT, Canberra Australia.

BPD AND DBT YOU TUBE VIDEOS

There are lots of resources on YouTube regarding BPD. You can go to YouTube and search – Borderline Personality Disorder and Dialectical Behaviour Therapy. Here are some suggestions to search for.

BPD

- ***Back from the Edge*** - offers guidance on treating Borderline Personality Disorder.
 - ***Having a life worth living*** - A mindful glimpse into the world of those living with symptoms of BPD discussing symptoms, treatment and hope.
 - ***What Borderline Personality Disorder feels like***
 - ***Borderline Personality Disorder: mental health with Kati Morton*** - psychologists has videos on Mental Health and specifically BPD and BPD Traits
 - ***The 5 Faces of Borderline Personality Disorder***
 - ***Border: A compassionate documentary on Borderline Personality Disorder (BPD)*** full movie
 - ***Borderline Personality Disorder - Behind the Mask - Trigger warning (Good tool to understand what it's like for a person with BPD).***
 - ***Embracing Borderline Personality Disorder*** - Dr Keith Gaynor
DBT
 - ***DBT Peer Connections - Episode 0*** - Introduction to DBT Skills Training - by Rachel Gill
- ### ***BPD FAMILY/PARTNER SUPPORT***
- ***Loving Someone With Borderline Personality Disorder: A Model of Emotion Regulation*** – Dr Shari Manning