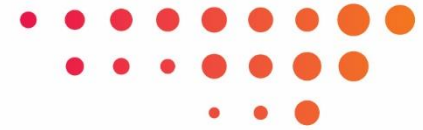


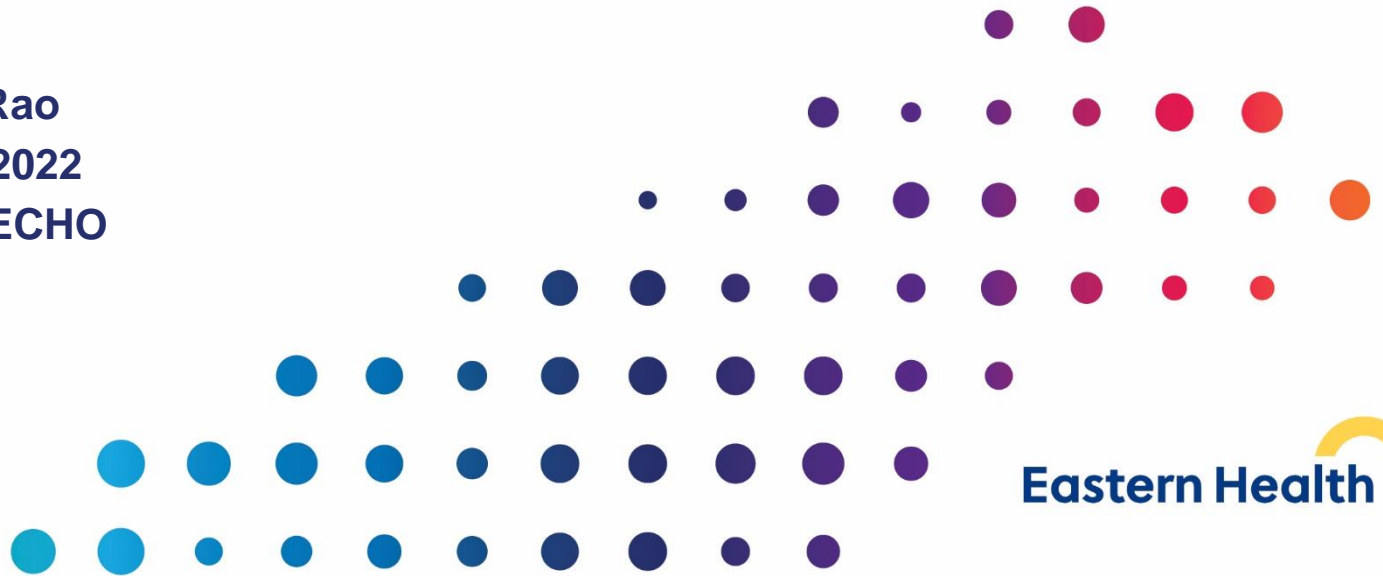


Specialising in Personality Disorder
and Complex Trauma



What is the difference between Complex PTSD and BPD?

Sathya Rao
6th July 2022
Project ECHO



Objective

To demonstrate that Complex Post Traumatic Stress Disorder (CPTSD) and Borderline Personality Disorder (BPD) are two different disorders

Prevalence

- BPD: 1% in general population
- PTSD: 3.9% to 5.6% of trauma exposed individuals
- CPTSD: 0.5 to 7.7 % in general population

Overlap between BPD, PTSD and CPTSD

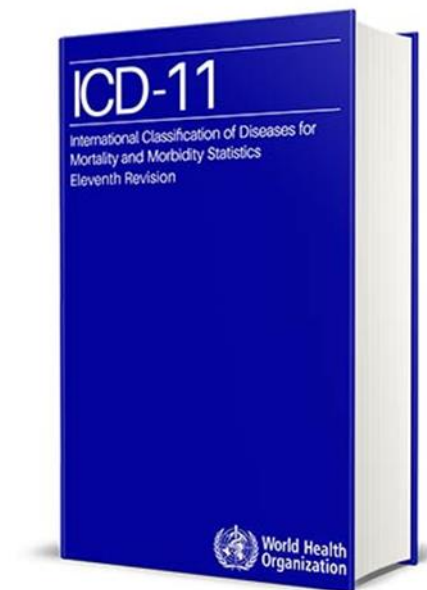
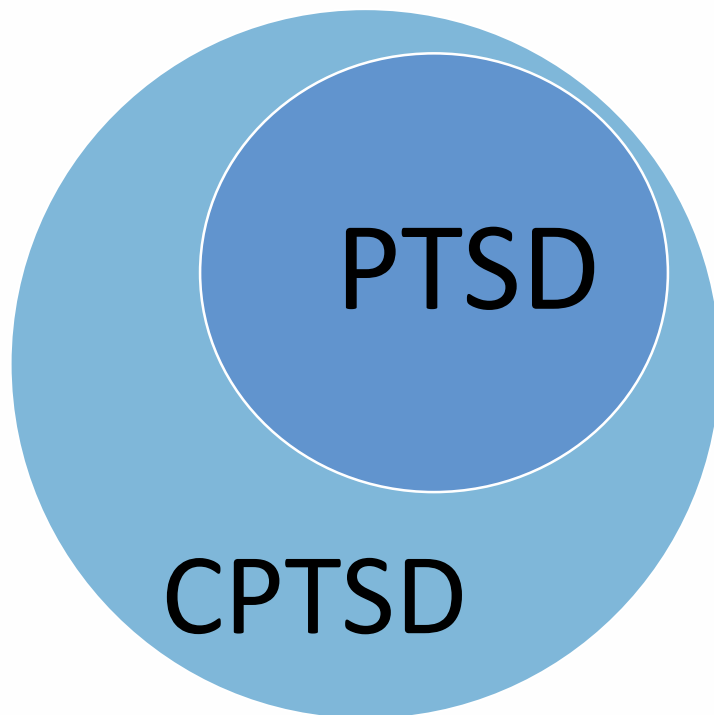
- CPTSD can co-exist with approximately 50% of women diagnosed with BPD
- BPD co-exists with only approximately 8% of those diagnosed with CPTSD
- 60% of people with BPD can have PTSD

BPD and Trauma

- Childhood sexual abuse is seen in 2/3rd of BPD patients
- However, **29%** of people with BPD report **no adverse childhood experiences.**
- *Many who have experienced child abuse do not develop BPD and many people with BPD were not abused or maltreated as children.*
- *Trauma is a risk factor for BPD*
- *Trauma is very common but not essential for development of BPD*
- *Trauma – correlation yes, causation no.*
- **Trauma in the presence of biological predisposition may cause BPD.**

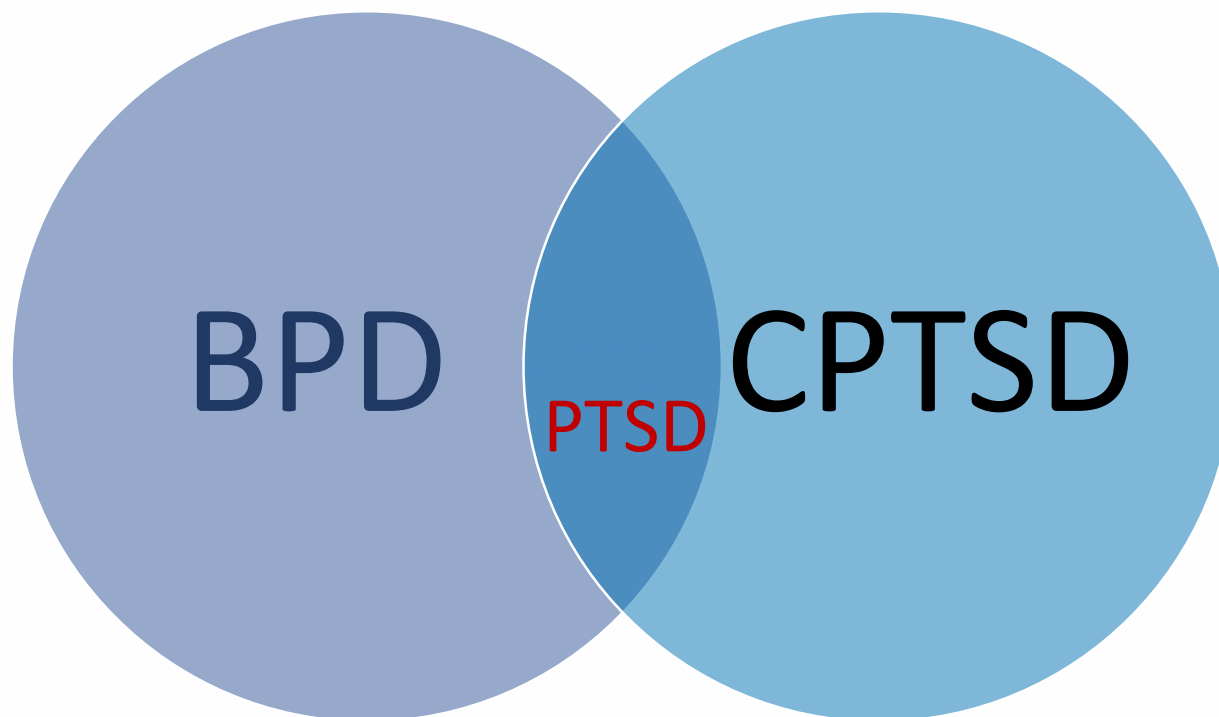
McNally 2003; Fergusson & Mullen 1999; Belsky & Pluess 2009; Paris 2005; Fossati et al 1999

CPTSD



CPTSD = PTSD + Disturbance of Self Organisation (DSO)

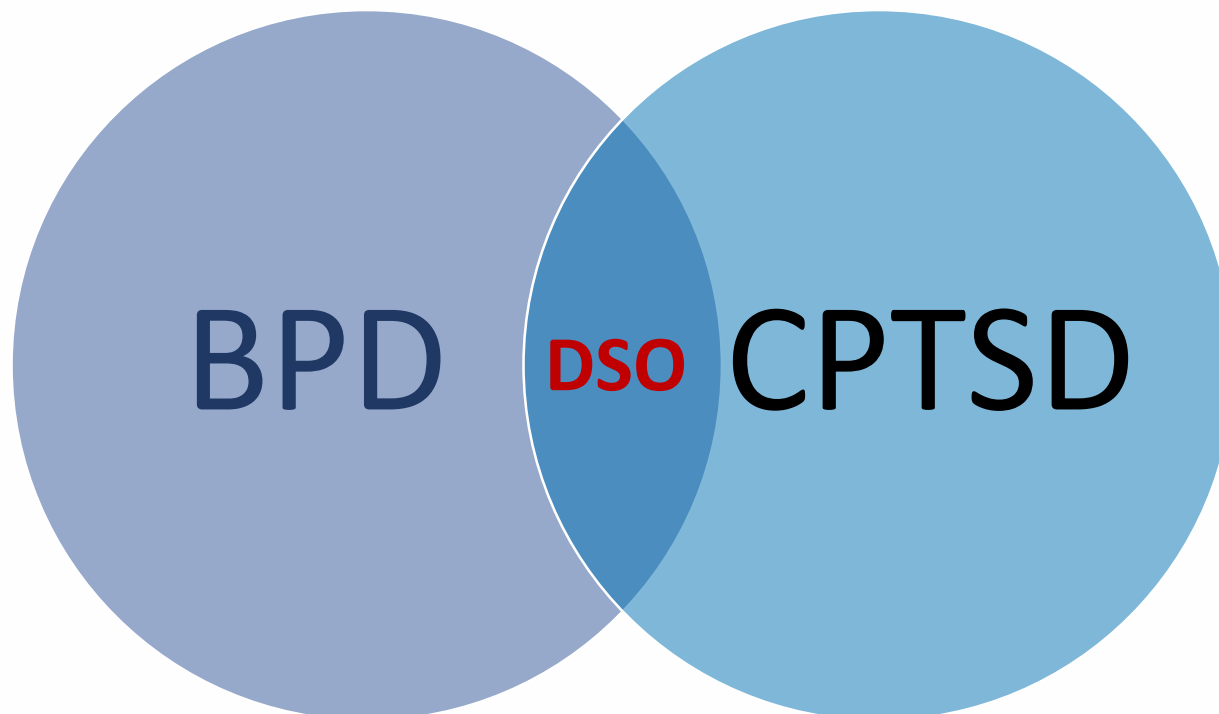
1. Emotion dysregulation
2. Interpersonal difficulties
3. Negative self concept



- 60% of people with BPD have PTSD
- PTSD is an essential criteria for a CPTSD diagnosis

Disturbance of Self Organisation (DSO)

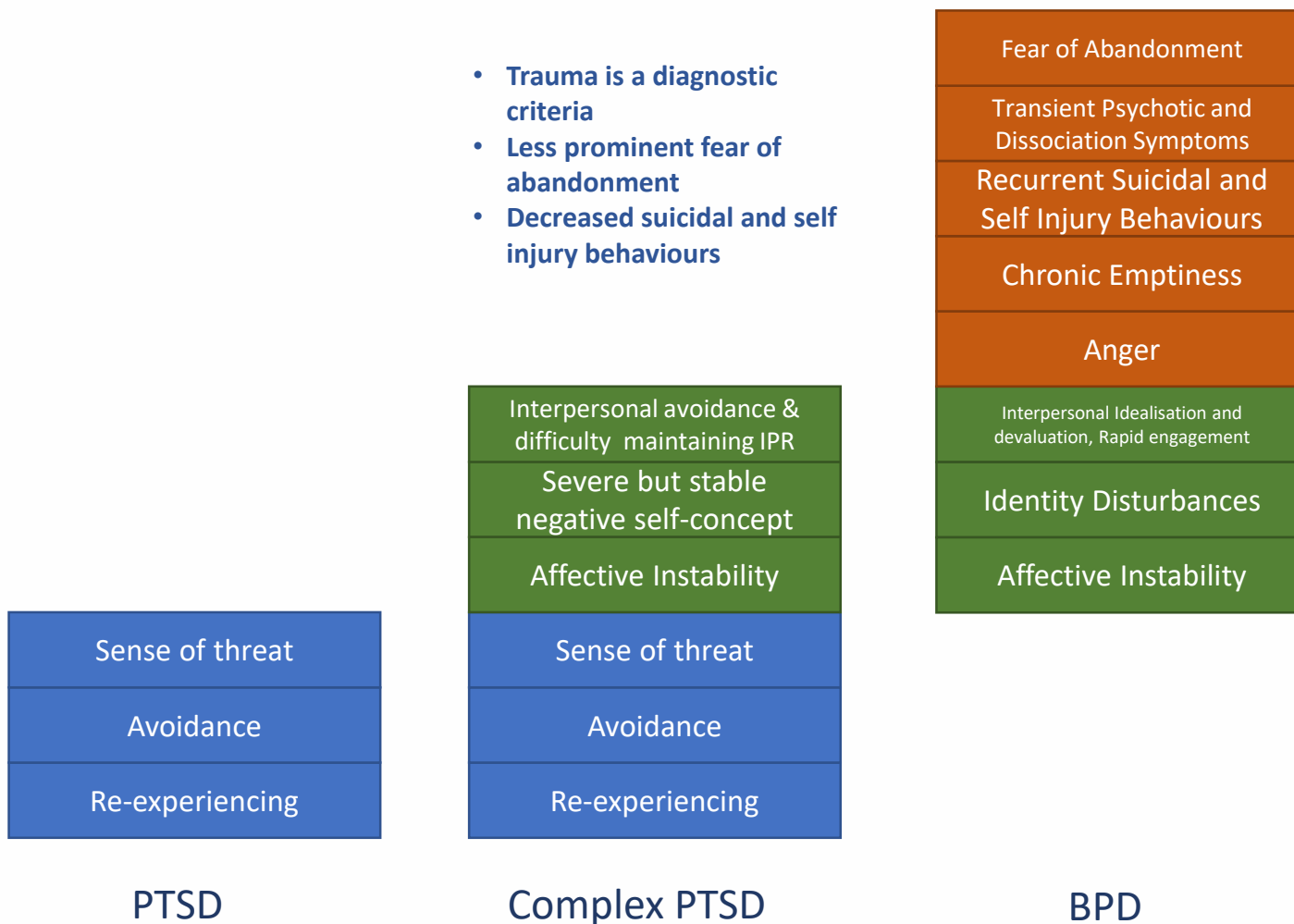
1. Emotion deregulation
2. Interpersonal difficulties
3. Negative self concept



- 50% of people with BPD have CPTSD
- 8% of people with CPTSD have BPD

PTSD, Complex PTSD and BPD

- Trauma is a diagnostic criteria
- Less prominent fear of abandonment
- Decreased suicidal and self injury behaviours



	BPD	CPTSD
ICD 11	Personality Disorder- borderline pattern	Complex PTSD
Symptoms	<ul style="list-style-type: none"> • Unstable self concept • Rapid engagement followed by ups and downs or idealisation & devaluation of relationships. • Suicidality and self injury- signature symptom • Fear of abandonment 	<ul style="list-style-type: none"> • Severe but stable negative self-concept • Avoid and have difficulty maintaining relationships • Less suicidality and self injury • Fear of abandonment -not prominent
Trauma	Not essential for diagnosis	Essential for diagnosis
Trauma	Risk factor- not causative	Essential for causation
Treatments	EBT available	No EBT CBT, Exposure, EMDR Trauma focused treatments Psychodynamic and common factors approaches
Trauma treatments	Yes , if trauma	Yes, essential
Pt acceptability of Dx	Not always	Much better
Group treatments	Yes	No evidence

How do the DSO features differ for CPTSD and BPD?

- **Difficulties in emotion regulation**
 - CPTSD: Reactive anger and substance misuse
 - BPD self-injurious behaviours and suicidality
- **Disturbances in sense of self**
 - BPD: Highly unstable, polarized positive and negative self-perception
 - CPTSD: Stable, deeply negative self-perception.
- **Difficulties with relationships**
 - BPD: Volatile and oscillating idealisation and devaluation
 - CPTSD: Mistrust, feeling hurt and avoidant



More research is needed to understand the inter-relationships of PTSD, CPTSD, and BPD as well as differences between these diagnoses.



References

1. Bohus M, Schmahl C, Fydrich T, Steil R, Müller-Engelmann M, Herzog J, Ludäscher P, Kleindienst N, Priebe K. A research programme to evaluate DBT-PTSD, a modular treatment approach for Complex PTSD after childhood abuse. *Borderline personality disorder and emotion dysregulation*. 2019 Dec;6(1):1-6.
2. Niemeyer H, Lorbeer N, Mohr J, Baer E, Knaevelsrud C. Evidence-based individual psychotherapy for complex posttraumatic stress disorder and at-risk groups for complex traumatization: a meta-review. *Journal of affective disorders*. 2022 299: 610-619
3. Karatzias T, Murphy P, Cloitre M, Bisson J, Roberts N, Shevlin M, Hyland P, Maercker A, Ben-Ezra M, Coventry P, Mason-Roberts S. Psychological interventions for ICD-11 complex PTSD symptoms: Systematic review and meta-analysis. *Psychological medicine*. 2019 Aug;49(11):1761-75.
4. van Dijke A, Hopman JA, Ford JD. Affect dysregulation, psychoform dissociation, and adult relational fears mediate the relationship between childhood trauma and complex posttraumatic stress disorder independent of the symptoms of borderline personality disorder. *European Journal of Psychotraumatology*. 2018 Jan 1;9(1):1400878.
5. Jowett S, Karatzias T, Shevlin M, Albert I. Differentiating Symptom Profiles of ICD-11 PTSD, Complex PTSD and Borderline. *Journal of Psychotraumatology*. 2020 11(1);36-45.