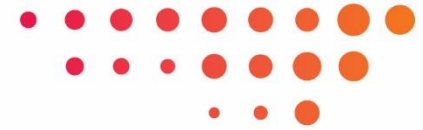


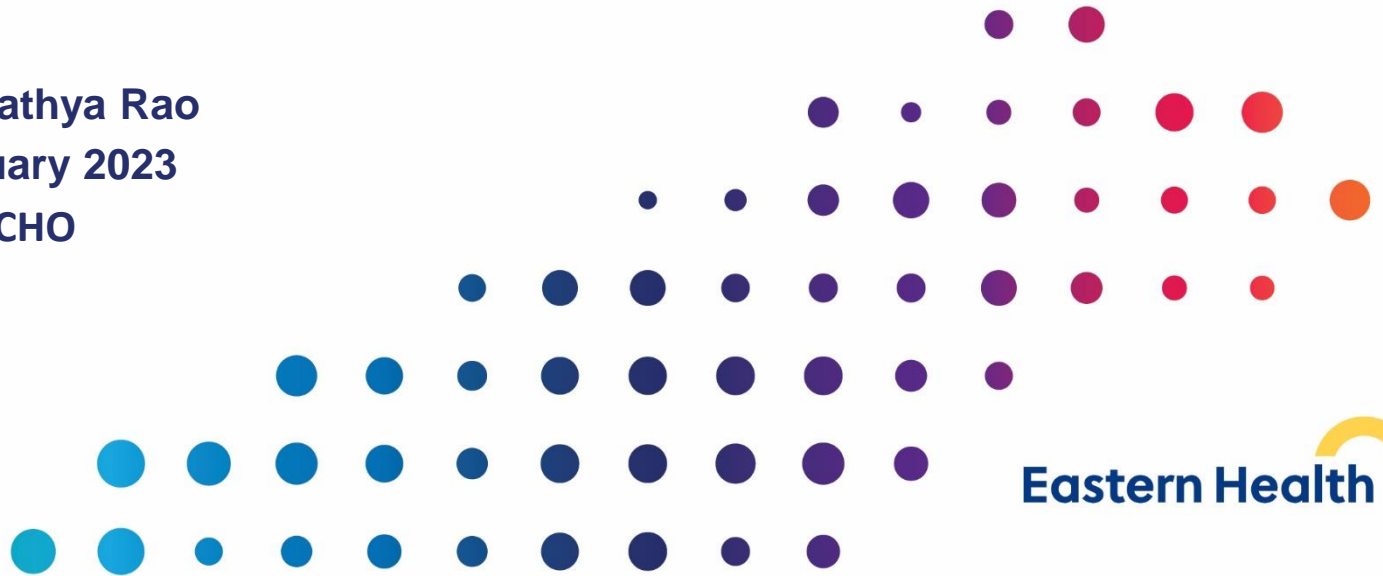


Specialising in Personality Disorder
and Complex Trauma



Should we rename borderline personality disorder?

A/Prof Sathya Rao
1st February 2023
Project ECHO





Is Borderline Personality Disorder the right name?

NO

Why BPD is not the right name?

- People associate BPD with bad behaviour.
- Clinicians and family and friends often associate BPD with a behaviour problem that the person has control over and indulges in it deliberately and in a manipulative manner.
- Our legal frameworks have not caught up with developments in science of BPD.

Why BPD is not the right name?

- The stigma is embedded within the name.
- *‘Personality is you, Personality disorder is what you have or developed’* is a difficult sell.
- Is BPD a PD at all?
- We define personality as a **maladaptive, inflexible pattern** of thinking, feeling and behaving that is outside of the individuals background (culture etc.) and starts during **adolescence** and **endures** through out life.

There is very little of PD about BPD

- Borderline Personality Disorder (BPD) is unlike any other mental illness.
- Borderline Personality Disorder (BPD) is unlike any other PD.
- The label of a PD does not fit the concept of PD
- Late manifestations are documented
- Treatable
- Remission and recovery possible
- Biological reasons for causation are known
 - Genetics
 - Amygdala
 - Insula

Alternative names that have been proposed

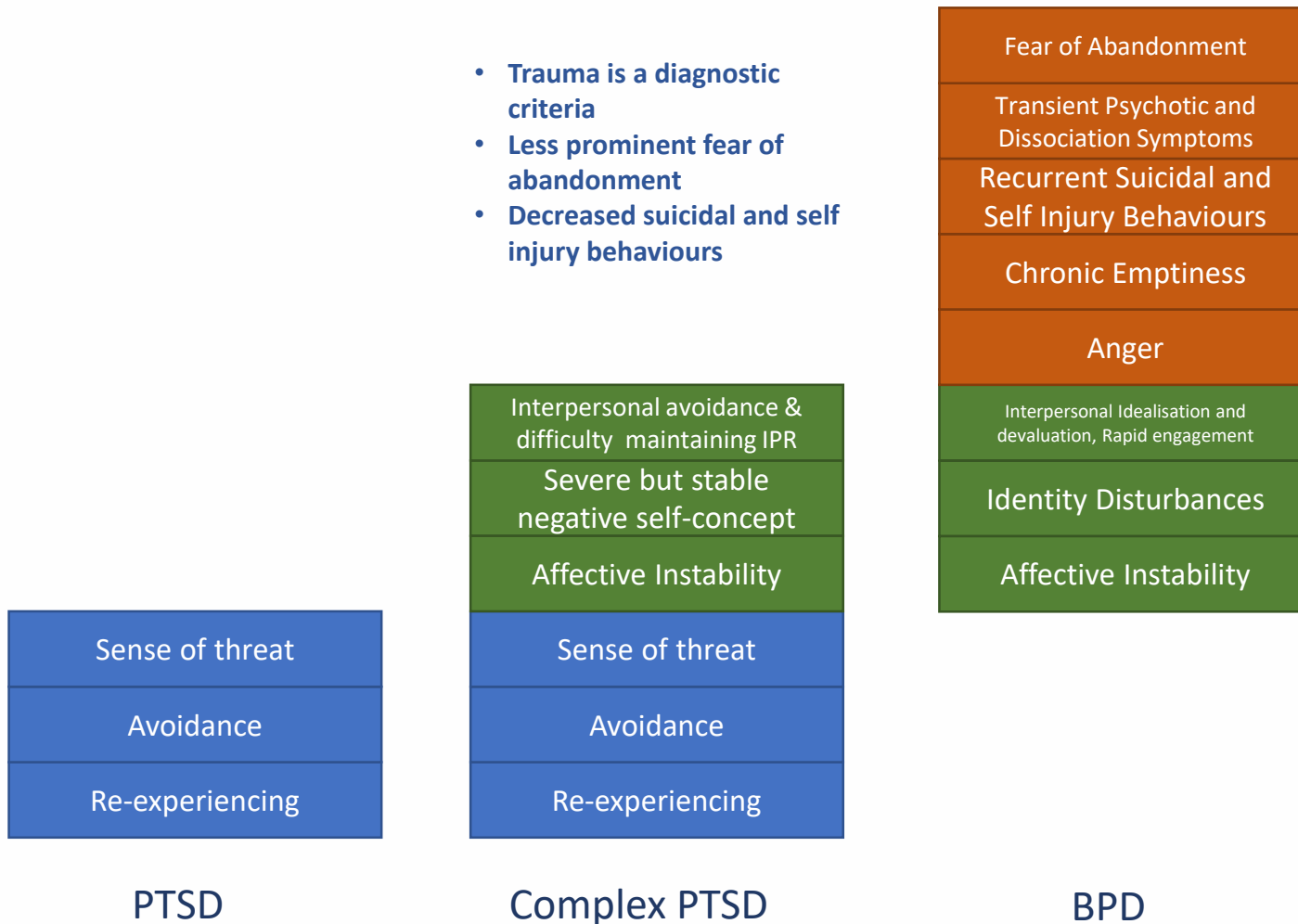
- **Personality Disorder- borderline pattern (ICD 11)**
- **Emotionally Unstable Personality Disorder (EUPD)**
 - Not all people with BPD have emotion instability as the core feature
- **Complex Trauma Disorder**
 - Not everyone with BPD have trauma histories
- **CPTSD**
 - It is a different disorder to BPD
- Interpersonal Disorder
- Linehan's syndrome
- Gunderson's syndrome

Is BPD a Trauma Disorder?

- Childhood sexual abuse is seen in 2/3rd of people with BPD
- 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.***

PTSD, Complex PTSD and BPD

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



BPD 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.
- Prevalence of PTSD in BPD samples: 30-60%
- Prevalence of BPD in PTSD samples: 35%

(Pagura et al. 2010, Zanarini et al. 2004)

BPD is not a trauma disorder.

Trauma is very common in BPD and is a significant risk factor for developing BPD.

Trauma – correlation yes, causation no.

It is unscientific to call BPD a Complex Trauma Disorder or CPTSD.

Summary and conclusions

- We should rename BPD but science of PD is not yet there
- Trauma is a risk factor, not causative
- Trauma is an important consideration in treatment
- Debate about name confuses funding bodies and politicians and splits advocacy
- People currently diagnosed with BPD and have accessed care feel cheated by name change
- Spectrum's experience:
 - More than 90% of people who access Spectrum treatments have histories of complex traumatisation (developmental trauma)
 - Nearly 2/3rd may qualify for CPTSD as well
 - More than 85% of people achieve symptomatic recovery by 18 months of therapy (includes BPD alone and BPD+CPTSD cohorts)