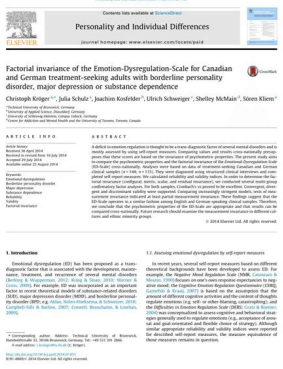


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Step	Goal	Example
Describe diagnosis in terms that make it clear to the patient that this is a treatable condition, that the treatment is medical, and that you are going to help them	Describe chronic (as opposed to acute) pain Describe BPD as a condition where useful traits have become a liability	"In this kind of pain, your tissue is not being injured even though it feels like as if it is." "You are attuned to feelings more so than others but these feelings are dictating your behavior." "You cannot change how you feel but you can change what you do."
Delineate treatment goals in a therapeutically optimistic way	A clear description of the behavioral goals such as function, quality of life, and longevity	"Let's discuss some of the talents that you have and how you might be able to use them when you get well."
Develop a behavior plan that emphasizes specific rewards associated with specific accomplishments.	Describe the doctor's role and responsibilities and the patient's role and responsibilities	"When you complete your opiate taper, your parents have agreed to provide you with a weekly expense allowance." "When you are angry with me, it will be okay with me, and there are some acceptable ways to deal with those feelings that allow us to get through them together."
Treat comorbidities	Obtain a comprehensive history and treat comorbid mood disorders, addictive behaviors, and complicating life problems.	"We need to treat your depression aggressively, as it is likely further destabilizing the situation."
Identify strengths and build on them. Refine vulnerabilities as assets and describe ways to use them.	Describe the positive side of emotional sensitivity and responsiveness as well as the ability to focus on now, feelings, and rewards.	"Your ability to sense the feelings of others allows you to have a powerful helping effect for other people."
Set limits	Confront behavior that impedes progress (with a smile)	"Can't means won't. Need means want. Think means feel."
Reward desired behavior	Make a fuss and applaud success	"Even though you were feeling upset, you still came into your appointment today. I am so proud of you! You are doing an amazing job."



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Assessment of borderline personality disorder: considering a diagnostic strategy

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Background: Borderline personality disorder (BPD) represents a highly prevalent, severe and difficult-to-treat mental health problem. **Objective:** This paper considers methods, instruments and strategies for assessing BPD as described within the frame of the DSM-IV classification. **Conclusions:** Following the general diagnostic approach introduced by Van Praag in biological psychiatry, a two-tier diagnostic strategy for the descriptive diagnostic assessment of BPD is recommended. Axis one results in a DSM-IV Axis II categorical diagnosis, whereas axis two refers to a symptomatological, dimensional or functional approach, in which the psychological dysfunctions of the nosological syndrome are depicted. Moreover, in a clinical context a basic aim of the diagnostic evaluation is to obtain therapeutically valid information that leads to a constructive conceptual framework, to a case formulation in which therapeutic interventions are understood, selected and implemented. This framework should be based on a biopsychosocial theoretical model and its application in the clinical context involves feedback to the patient, in which the descriptive evaluation is integrated with etiological; and pathogenic elements using an idiographic approach. This therapeutically orientated diagnostic strategy is illustrated by the use of the ADP-IV (Assessment of DSM-IV personality disorders) questionnaire within a cognitive behavioral orientation.

Keywords: borderline personality disorder; assessment; diagnosis; DSM-IV axis II; ADP-IV

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Introduction

The combination of high severity and morbidity, high prevalence and serious challenges in treatment makes BPD one of the major areas of scientific and clinical interest. However, the 'borderline' construct involves problems of definition: it describes several diagnostic concepts and has many different meanings, depending on the tradition or discipline from which it is viewed. Considering this, Zanarini and Frankenburg note six main historical conceptualizations: as a level of personality organization (1) as, respectively, a schizophrenia, affective, impulse control or trauma spectrum disorder, or as a discrete personality disorder that can be described clearly and diagnosed differentially from other syndromes and states. The latter ap-

proach rests on a definitive use of borderline criteria sets and is embodied in the work of Gunderson and in the DSM-IV Axis II classification (2). This 'eclectic-descriptive' interpretation is the most described, researched and clinically applied definition of BPD. Therefore, in the present contribution the term BPD refers to the DSM-IV definition, in which the essential feature is a pervasive pattern of instability of interpersonal relationships, self-image and affects and marked impulsivity.

Descriptive assessment of BPD: a two-tier approach

Several authors (e.g. 3), rightly criticize the categorical format of the DSM-IV personality disorders

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ORIGINAL PAPER

The outcomes of home treatment for borderline personality disorder

Sibel Turhan,¹ Mark Taylor¹



Borderline personality disorder (BPD) is a complex and severe mental disorder that manifests as a pervasive pattern of instability in interpersonal relationships and self-image, mood disturbance, impulsive behaviours and repeated self-injury, and dissociation or quasi-psychotic experiences.^{1,2} It is also associated with substantial impairment of social, psychological and occupational functioning and quality of life.³ People with BPD are particularly at risk of suicide, with completed suicide occurring in 8–10% of individuals with this disorder, a rate that is approximately 50 times higher than the general population.⁴ BPD is the most common personality disorder seen in clinical settings. It is present in 10% of out-patient mental health clinics, 16–20% of psychiatric in-patients, and 30–60% of clinical populations with a personality disorder. It occurs in an estimated 2% of the general population and has an estimated gender ratio of more than 3:1 for women/men.⁵ The extent of the emotional and behavioural problems experienced by people with BPD varies considerably. Some people with BPD are able to maintain some relationships and occupational activities. Others, with more severe BPD, experience very high levels of emotional distress. They have repeated crises, which can involve self-harm and impulsive aggression, and can have high rates of comorbidity, including addictions. Despite this, people with BPD can be difficult to engage in treatment and frequently present to health services in crisis.⁶ Because of the nature and potential consequences of these crises, the identification and utilization of effective crisis management interventions with this population is of considerable importance.⁷

The Department of Health in England and Wales has recommended crisis resolution and home treatment (CRHT) in its best practice and policy implementation guides since 2002,⁸ and in 2007 described CRHT as a key step in implementing the National Service Framework, partly to ensure in-patient care was used only where necessary.⁹ National Health Service (NHS) services in Scotland were not constrained by the National Service Framework and did not incorporate 'functionalised' teams such as assertive outreach, early intervention and CRHT teams until 2008. In this observational study, we evaluated the current patterns of service use in patients with BPD taken on by Edinburgh Intensive Home Treatment Team (IHITT), which is a CRHT that facilitates early discharge from hospital as well as providing intensive home-based care. It was established in 2008 and has been linked to a reduction in psychiatric admissions and positive feedback.^{10,11}

Method

Data were collected during a retrospective examination of medical records of all patients who had primary ICD-10 diagnosis of BPD (code F60.3) taken on by Edinburgh Intensive Home Treatment Team (IHITT) between 2010 and 2013 (4 years). Using unique patient identifiers, each included e-case record was reviewed using a priori criteria. IHITT records the severity of the presenting mental disorder using the Clinical Global Impression Scale (CGI)¹² at admission and clinicians note the improvement or lack thereof in the presenting condition via the CGI-I score at



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