



**Ontario Shores**

Centre for Mental Health Sciences

**The impact of a family  
education group on  
loved ones of  
individuals with  
borderline personality  
disorder**

**Megan Cameron  
Tracey Holz**

Krystle Martin, Reg Bernard, &  
Pawan Khullar

“I feel suffocated, I can’t speak anymore. I’m scared the next thing that comes out of my mouth will start a whole other round. You start to feel like a burden...”

# Objectives

## In this session, you will:

1. Hear how people with a loved one with BPD are impacted
2. Understand how family members and loved ones experienced the Family Connections group intervention
3. Learn suggestions for improvements of family interventions to increasingly meet the needs of family members and loved ones

# Introduction: Borderline Personality Self Regulation Clinic

- What is borderline personality disorder?
- How does the Borderline Personality Self-Regulation (BPSR) clinic support individuals with BPD?
- What is Sashbear?
- What is the Sashbear Family Connections program?

# Our study

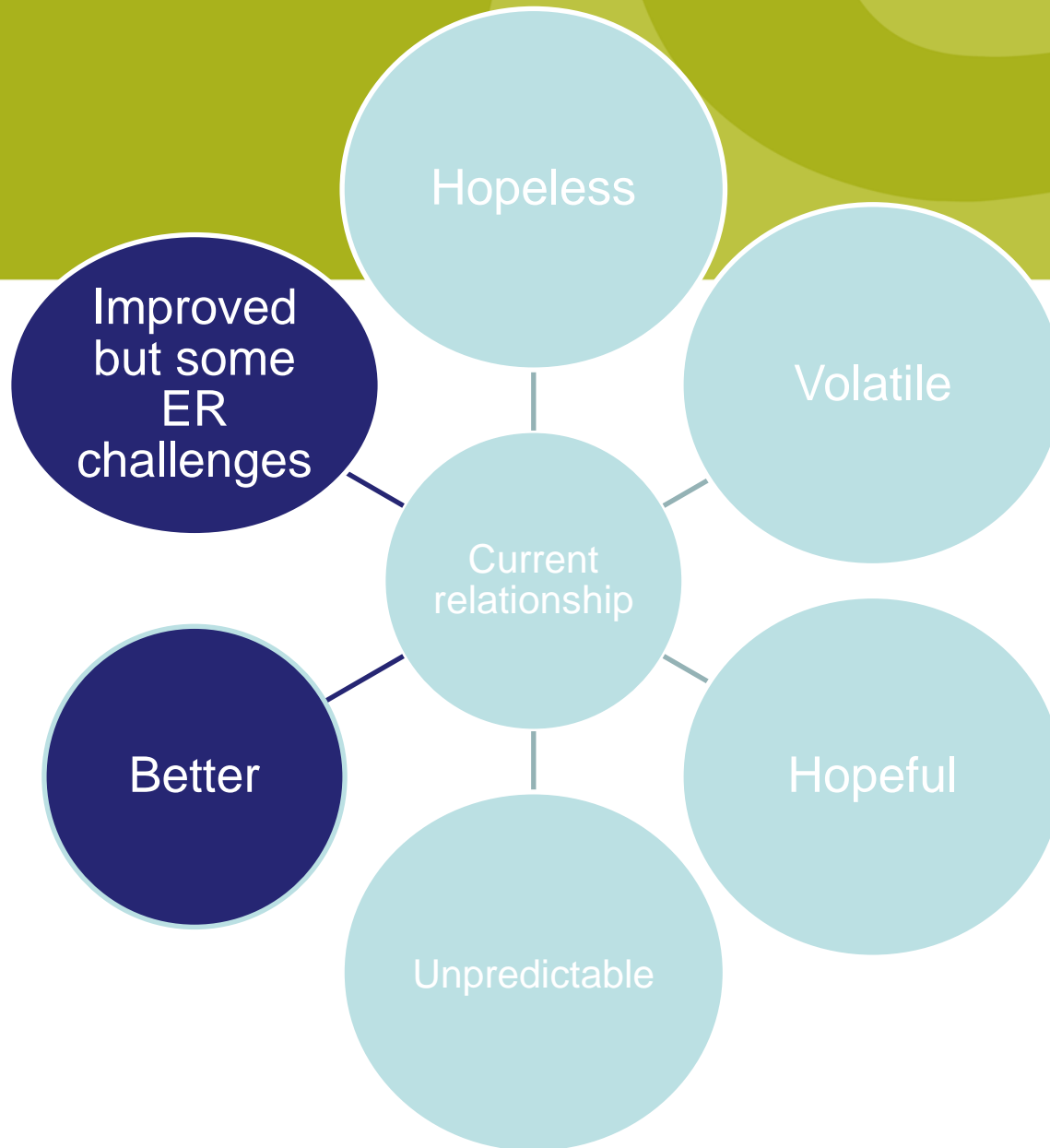
- Background/history
- Gaps in research
- Ontario Association of Social Workers Accelerators Research Grant

# Methods

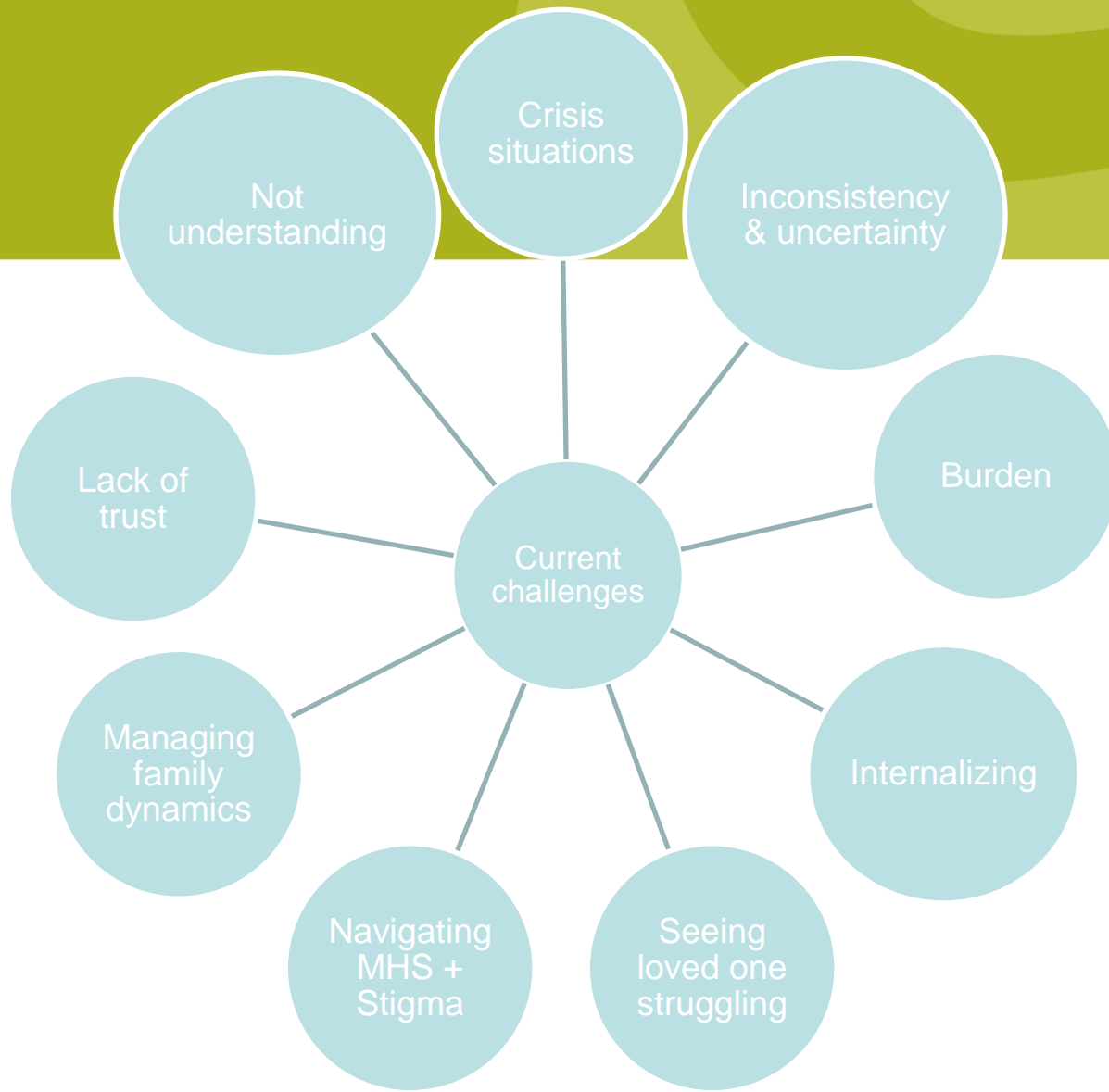
- 15 family members of BPSRC clients took part in the Family Connections group
- 11 clients of BPSRC completed pre and post measures and focus groups
- Standardized measures were administered pre and post group
- Focus groups were also conducted pre and post group

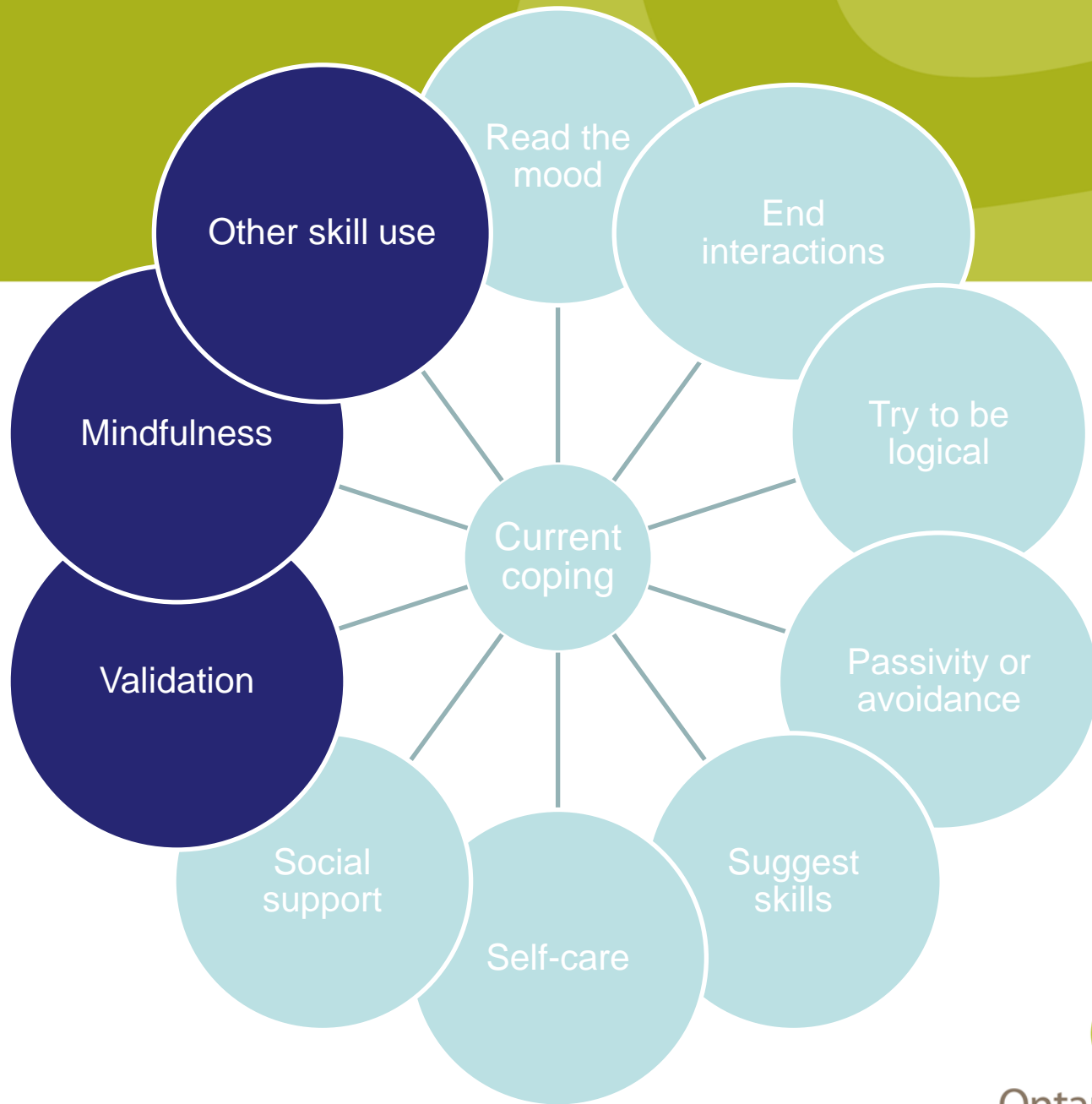
# Results - Quantitative

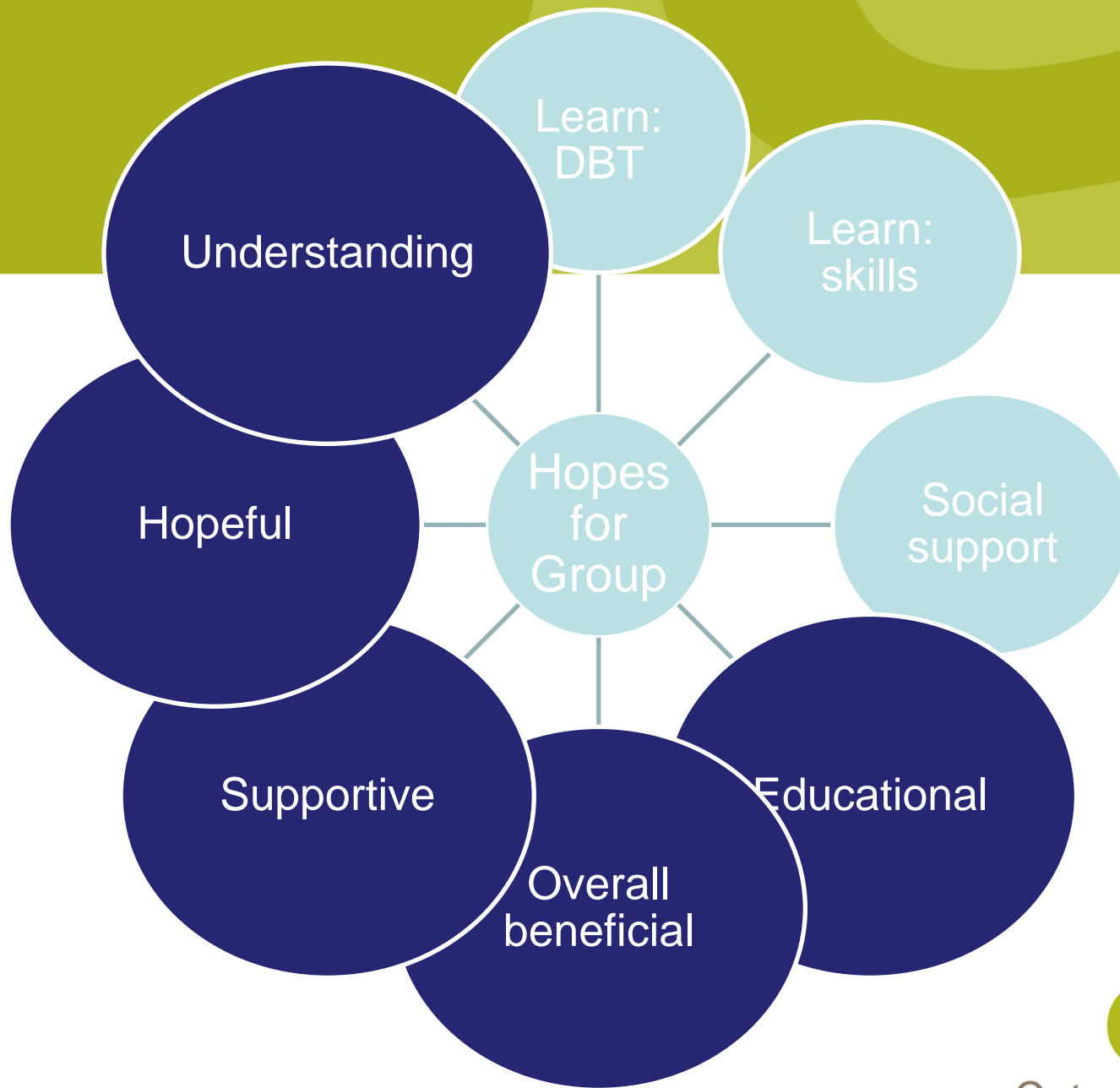
Measure	Pre group		Post group	
	mean	sd	mean	sd
Perceived mastery scale	17.5	4.6	21.7	2.8
Burden assessment scale*	61.9	12.8	45.8	13.4













# Clinical implications

- All participants identified an overwhelming need for this type of group intervention
- Overall families and loved ones benefitted
- Impact on BPD clients
- Suggestions for future groups

# Next steps...

- 3 month follow-up
- Future research



Ontario Shores

Centre for Mental Health Sciences

**Questions?**

**Comments?**



Ontario Shores

Centre for Mental Health Sciences

---

**Thank you!**