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

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“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 measure were administered pre and post group

• Focus groups were also conducted pre and post group
## Results - Quantitative

<table>
<thead>
<tr>
<th>Measure</th>
<th>Pre group</th>
<th>Post group</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>mean</td>
<td>sd</td>
</tr>
<tr>
<td>Perceived mastery scale</td>
<td>17.5</td>
<td>4.6</td>
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<tr>
<td>Burden assessment scale*</td>
<td>61.9</td>
<td>12.8</td>
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</tbody>
</table>
Current relationship

Hopeless
Volatile
Hopeful
Unpredictable
Better
Improve but some ER challenges
Current challenges

- Crisis situations
- Inconsistency & uncertainty
- Not understanding
- Burden
- Lack of trust
- Managing family dynamics
- Internalizing
- Navigating MHS + Stigma
- Seeing loved one struggling
Current coping

Read the mood
End interactions
Try to be logical
Passivity or avoidance
Suggest skills
Self-care
Social support
Validation
Mindfulness
Other skill use
Suggestions

- Separate groups
- More available
- Individual check-ins
- 2 people
- Smaller
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
Thank you!