



# National Education Alliance for Borderline Personality Disorder

## FAMILY CONNECTIONS™

### A 10-week Program

*\*Education \*Skills \*Resources \*Support*

*to provide the foundation for a better understanding of this complex disorder*

The Family Connections program is designed to provide parents, spouses, adult children, and siblings with the knowledge and skills that will be helpful to them for their own well-being and in more effectively relating to their relative with Borderline Personality Disorder (BPD). The program also helps those relatives build a support network with other individuals with a relative with BPD.

### FRAMEWORK of PROGRAM

Dr. Alan Fruzzetti and Dr. Perry Hoffman developed the course content based upon their research as well as their significant professional expertise in counseling people with BPD and their loved ones. Family Connections provides: (i) current information and research on BPD and on family functioning; (ii) individual coping skills based on Dialectical Behavior Therapy (DBT); (iii) family skills; and (iv) group support that builds an ongoing network for family members.

Family Connections is coordinated by the National Education Alliance for Borderline Personality Disorder (NEA.BPD) and is based on research funded by the National Institute of Mental Health. It reflects a decade of professionally led DBT groups that are community based and led by trained family members. Survey data from previous courses show that after completing the course, family members experience decreased feelings of depression, burden, and grief, and more feelings of empowerment.

### COURSE CONTENT

#### The program includes:

- \* Education and research on BPD
- \* Skills based on Dialectical Behavior Therapy (DBT)
- \* Teaching and learning of treatment theories and practices
- \* Support for parents, spouses, children, and siblings of someone with BPD
- \* The latest knowledge and skills to enable the well being of participants

#### The course content focuses on:

- \* Education and Research on BPD
- \* Family Perspectives and Experiences
- \* Relationship Mindfulness Skills
- \* Family Environment Skills
- \* Emotion Regulation Skills
- \* Effective Communication Skills
- \* Validation Skills
- \* Problem Management Skills

**FOR INFORMATION visit [www.borderlinepersonalitydisorder.com/family-connections](http://www.borderlinepersonalitydisorder.com/family-connections)**

### The Next Course

- \* The next Family Connections course starts on September 12, 2015 and ends on November 21, 2015
- \* Classes take place on the campus of Skyland Trail, Atlanta, on Saturdays from 10:00 am-12:00 pm
- \* While the course is made available free, participants are requested to make a donation to the National Association for Borderline Personality Disorder to help support the program.
- \* Jean and Bill Millkey, and Julie Long Shirley and Todd Shirley, trained Family Connections course leaders, will lead the course.

**To learn more about the upcoming course, email Jean and Bill at [jean.millkey@gmail.com](mailto:jean.millkey@gmail.com)**

**To learn more about BPD and to register for the course, go to**

**[www.borderlinepersonalitydisorder.com](http://www.borderlinepersonalitydisorder.com)**