

ON-BPD Advisory Board

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There is no cost for the program.

Donations are appreciated for the Ottawa
Network for Borderline Personality Disorder for
which a tax receipt will be issued.

The Ottawa Network for Borderline Personality Disorder (ON-BPD)

Family Connections Program

- Who?** For parents, spouses, children, siblings, and grandparents of someone with borderline personality disorder.
- Why?** To help participants obtain the latest knowledge and to develop skills for their own well being.
- What?** An adaptation of a decade of professionally-led Dialectical Behavior Therapy family groups. These institution-based programs are now brought into the community and are led by trained family members.

The Ottawa Network for Borderline Personality Disorder

The main objective of ON-BPD is to provide support and to educate the families of persons who are affected by BPD. This is done through the *Family Connections* program, conferences, and lectures. The *Family Connections* program, started in Ottawa in the fall of 2004, is given in English and French.

The inaugural meeting of the Ottawa Network for Borderline Personality Disorder was held on February 13, 2006.

Mission Statement

To raise public awareness, provide education, and enhance the quality of life of those affected by this serious mental illness.

What a participant has said about the Family Connections program

"The *Family Connections* course gave us the skill to understand our daughter's illness. With that knowledge, came understanding and compassion.

Without the opportunity to attend this course, we are sure that our daughter's life would have been much more chaotic and destructive. At the same time, our family relationship may have fragmented in the ensuing despair. However, now we are empowered to manage the effects of BPD with strategy, knowledge, and patience."

The Framework of the Family Connections Program

The course content of *Family Connections* was adapted from an existing curriculum. The program was developed by two practicing clinician researchers and modified in consultation with family members and consumers.

The format of the sessions allows *Family Connections* participants to obtain information, acquire and practice the application of skills, and enjoy an open forum for discussion.

Thus, the program combines the real life experiences and needs of families of persons with BPD with the expertise of more than two decades of professional work with families.

Group leaders, who are volunteers and family members themselves, have extensive personal experience in this area and have committed themselves to the training needed to disseminate and maintain the integrity of the program content.

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www.borderlinepersonalitydisorder.com

Course Content

Family Connections A 12-week Program

Series offers

- Education on Borderline Personality Disorder (BPD) Research on BPD
- Skills training based on Dialectical Behavior Therapy (DBT) in the context of a supportive group environment
- Development of a support network

Information provided

- The information presented is based on effective treatment theories and practices, and the latest research findings.
- The overall goal of the series is to provide the foundation for a better understanding of this complex disorder.

Topics addressed

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