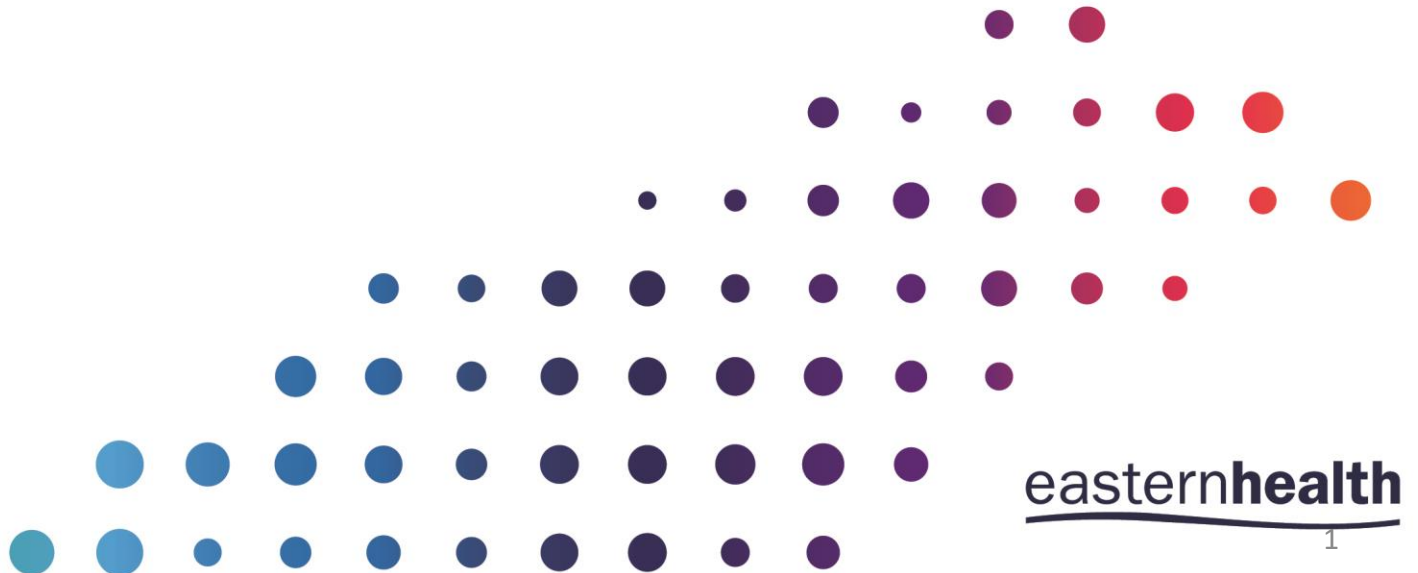


Recovery and BPD

Dr Fiona Donald

11 December 2024



Objectives

- (1.) To understand how 'recovery' has been defined from different perspectives e.g. from lived /living experience perspectives and as operationalized in research
- (2) To understand that remission and recovery are very possible for BPD
- (3) To explore some ways that clinicians might talk about recovery and support recovery in practice



Defining Recovery

A deeply personal, unique process of changing one's attitudes, values, feelings and goals, skills and or roles. It is a way of living a satisfying, hopeful and contributing life even with the limitations caused by illness

William Anthony, 1993

- A lived / living experience definition, research definitions are very different

Anthony, W. A. (1993), "Recovery from mental illnesses: The guiding vision of the mental health service system in the 1990s", *Psychosocial Rehabilitation Journal*, Vol. 16, No, 4, pp. 11 – 23.



Lived Experience and Clinician Perspectives on Recovery

Lived Experience: Meaning or Recovery

- Not necessarily a 'cure'

Positive change is possible but 'risky '

Lived Experience: Necessary Conditions for Change

- Acceptance of the need for change
- Curiosity about oneself
- Reflection on one's behaviour
- Work on past trauma and blaming oneself

Donald, F., Duff, C., Broadbear, J., Rao, S., & Lawrence, K. (2017). Consumer perspectives on personal recovery and borderline personality disorder. *The Journal of Mental Health Training, Education, and Practice*, 12(6), 350–359. <https://doi.org/10.1108/JMHTEP-09-2016-0043>



Lived Experience and Clinician Perspectives on Recovery

Clinician Perspectives : Meaning or Recovery

- Complex individual process of moving towards a satisfying life
- Different ways of relating to oneself
- Symptom relief and improved psychosocial functioning

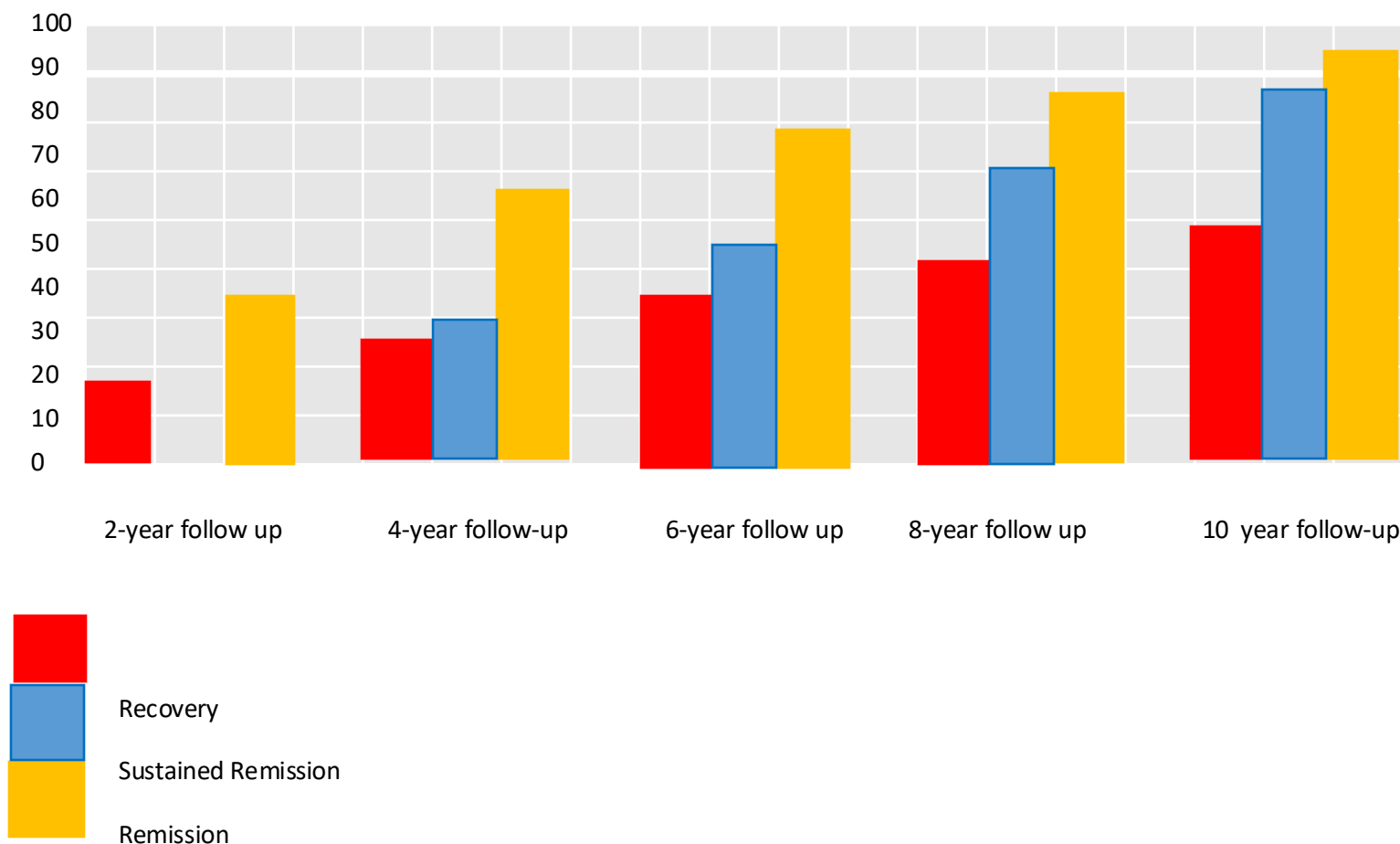
Clinician Perspectives :

- Cultivating curiosity about oneself
- Fostering agency
- Recovery as a creative process

Donald, F., Duff, C., Lawrence, K., Broadbear, J., & Rao, S. (2017). Clinician perspectives on recovery and borderline personality disorder. *The Journal of Mental Health Training, Education, and Practice*, 12(3), 199–209.

<https://doi.org/10.1108/JMHTEP-09-2016-0044>

Remission and Recovery in BPD are very Possible



Zanarini, M.C., Frankenburg, F.R., Reich, D.B., Fitzmaurice, G. (2010). Time to attainment of recovery from borderline personality disorder: A 10-year prospective follow-up study. *American Journal of Psychiatry*, 167, 663 – 667.



Supporting and Talking about Recovery :Emphasising Process

- Remember is a process and a highly creative one
- I talk about 'being open to possibilities'
- Or using your 'antenna' to be alert to possibilities
- I avoid direct suggestions
(~~You could join a choir~~)
- Where would you start? How would that feel? What might need to be different?

Recovery Goals and Recovery Stars

- Avoid concrete goals like “I will be in a relationship” (an outcome or ‘state’ not a process)
- Explore what this would mean and how the person might make some small first steps and then build on those steps

