



FAMILY CONNECTIONS™

A skills-based program that offers a lifeline to families facing the challenges of Borderline Personality Disorder

THE PROGRAM

This 12-week, research-based program for family members of individuals with BPD, provides current information, teaches coping skills, and creates the opportunity to develop a support network.

Three studies published on Family Connections show that family members benefit significantly in the following areas:

- Decreased grief
- Decreased burden
- Reduced distress and depression
- Increased mastery/empowerment

Designed by BPD experts, Alan E. Fruzzetti, PhD and Perry D. Hoffman, PhD, classes are hosted in a community setting and led by NEA.BPD trained leaders.

The course content was developed by a team including practicing clinicians, researchers, family members and people in recovery.

COURSE CONTENT

- Education & Research on BPD
- Skills training based on Dialectical Behavior Therapy (DBT) in:
 - Relationship Mindfulness
 - Effective Communication
 - Validation
- Application and practice of skills
- Development of a support network

IS THIS PROGRAM FOR YOU?

- I am a family member, a partner/spouse, caregiver or close friend of someone struggling with BPD.
- I want to improve my relationships.
- I am willing to consider how my own behavior impacts my relationships.
- I am willing to try out new skills even though they may be uncomfortable at first.
- I am willing to attend all classes.
- I am willing to fully participate in the classes and practice what I have learned.
- I want to have the knowledge and tools to create a better life.

HOW DO I SIGN UP?

1. Go to the NEA.BPD website:

www.borderlinepersonalitydisorder.com/family-connections/family-connections-preregistration-form

2. Complete the form and click **"SEND"**

PARTICIPANT COMMENTS

“In the face of my child’s BPD diagnosis, Family Connections gave me hope when I felt hopeless, understanding when I felt beyond understanding and direction when I felt lost.”

“What I have gained through Family Connections and practicing the skills is absolutely irreplaceable for our family.”

“The course changed my life and enabled me to learn practical skills to help my family communicate better than ever.”

“A ray of hope for our family in a deep sea of seemingly endless despair and pain.”



**National Education Alliance
for Borderline Personality Disorder**
www.borderlinepersonalitydisorder.com