



HUMANE Clinic

Psychotherapy Group Work Training Consultancy

Hope
Understanding
Meaning
Acceptance
Noos (Human Spirit)
Empowerment

Compassion for 'Borderline'

All parts are welcome

Internal Family Systems Therapy informed perspectives

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Humane Clinic

The current approach

(in government funded services/psychology)

- ‘Treatment’ is focused on behaviour management and ‘skill building’
- ‘Behaviour’ is seen as maladaptive or manipulative
- Therapeutic services focus on rigid boundaries and educating clients about their misperceptions (schema) rather than focusing on relationship

(Story of Ruby)

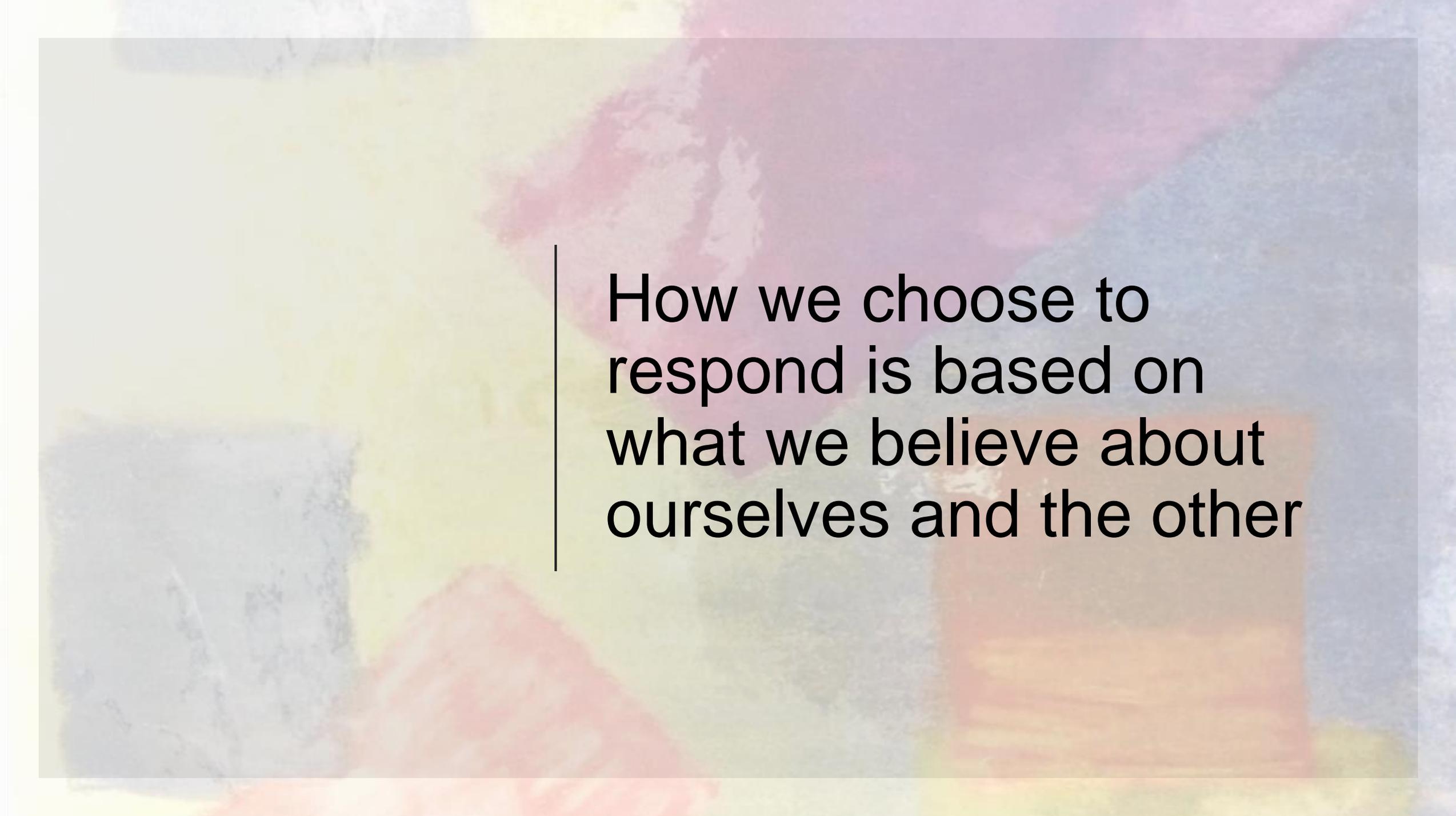
Compassionate approaches that focus on relationship are rarely present in services as an ongoing approach, for people labelled with BPD.

Joan M Farrell and Ida Shaw, authors of *Group Schema Therapy for Borderline Personality Disorder*

When speaking about treatments that focus primarily on behaviour management for BPD

Clients may not self harm any longer but they are left living lives of misery, in unhealthy relationships with little improvement on the internal suffering they experience





How we choose to
respond is based on
what we believe about
ourselves and the other

Working from the place of Compassion

“Inevitably, given their history of trauma, many borderline clients will trigger their therapists from time to time. But forgoing the urge to blame these clients and taking responsibility for what’s happening inside (of) you can become a turning point in therapy”

by Dr Richard Schwartz, ‘De-pathologizing the borderline client’ 2013.



Underlying Assumptions for compassionate approaches

Compassion should form the **core** of our work when working with trauma and attachment disruption

Labels are unhelpful

Reductionistic - set of symptoms without any curiosity about what meaning an experience may hold

All behaviours are **legitimately adaptive** and make sense in the context of the internal system and the historical external system – are **necessary until they are no longer needed**

Change occurs in the human to human relationship where **acceptance** is the core of the work and there is permission for each person to be who they are

"Yet the paradoxical aspect of my experience is that the more I am willing to simply be myself, in all the complexities of life, and *the more I'm willing to understand and accept the realities in myself and in the other person*, the more change seems to be stirred up. It is a very paradoxical thing - that *to the degree* that *each* one of us is willing to be himself, then he finds not only himself changing; but he finds that other people to whom he relates are also changing. " Carl Rogers



*A story of
difference*

Person

- 'BPD' in the 'system'
- Despair
- Suicidal
- Anger
- Telling the story helps
- "Allowed to be me for the first time"
- Emergency
- Hope
- Empowerment and agency

Supporter

- Just Listening
- Welcoming all parts
- Trusting the person to know the way
- Noticing what arises in me
- Checking in/feedback
- Being in relationship – negotiating boundaries
- Calm Persistence – Im still here
- Learning together
- Change and growth

“If each part - even the most damaged and negative - is given the chance to reveal the origin of its burdens, it can show itself in its original valuable state, before it became so destructive in the client’s life”.

Dr Richard Schwartz, *De-pathologizing the borderline client*, 2013.

