

## **Borderline Personality Disorder, A Better Understanding of The Borderline Mind**

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### **Short Communication**

#### **Abstract**

Though the term “borderline personality” was proposed as early as 1938 by Adolph Stern, the term “borderline personality organization” which describes the consistent pattern of functioning & behavior was only introduced in 1975 by Otto Kernberg. The currently used criteria of diagnosing BPD as defined in the DSM IV (1994) is based on the work of Gunderson & Klob. Though extensive research has been made since, BPD still remains one of the more elusive disorders to understand & perhaps to manage. One of the main reasons for the hardship of diagnosing BPD is the rarity of “pure” borderline which accounts for only 3-10% of diagnosed borderline patients. The high rate of comorbidity of BPD with other psychiatric disorders such as Major Depression, anxiety & stress disorders, substance misuse, and other personality disorders (mainly Cluster B), is another point that makes diagnosing & managing BPD even harder. Multiple theories have been developed about the elements that cause a person to “grow” into Borderline Personality, from hereditary & genetic components, to psychosocial & environmental causes, & even neurobiological dysfunction of emotional regulation & stress. This led to a high variance in management methods ranging from pharmacotherapy to different psychotherapeutic approaches, with DBT as a current cornerstone of therapy modules, & meditation & self-reflection techniques. The variance of response & the noted “spontaneous” recovery, where patients with age start to “unfit” into the diagnostic criteria of BPD, play another important part in the difficulty faced by therapists to properly & sufficiently understand, & hence manage BPD patients.

#### **Biography**

Mahmood El Gawish is a psychiatric resident with 4 years of working experience in both public & private practice. His primary focus was on BPD patients & substance misuse patients. He himself was diagnosed previously with BPD which gave him a better insight into the understanding of the disorder. He was raised between multiple cultures in the UAE where he spent the greater part of his childhood, and his home country Egypt.

Citation: Mahmood Saif El Eslam El Gawish; Borderline Personality Disorder, A Better Understanding of The Borderline Mind; Webinar on Stress and Depression Management; February 12, 2021 Quantitative Approach; Webinar on Stress and Depression Management; February 12, 2021