



# National Educational Alliance for Borderline Personality Disorder

## A New Psycho-education, Skills, and Support Group for Family Members of those Suffering from Borderline Personality Disorder and Severe Emotional Dysregulation is Opening Soon!

The program is composed of 12, two-hour, weekly meetings.

Where: Raanana

When: Wednesday evenings, 19:00-21:00, beginning July 4, 2018. If the dates or time are a problem, but you are interested please be in touch.



### What is Borderline Personality Disorder?

Borderline Personality Disorder (BPD) is a chronic personality disorder characterized by extreme emotional dysregulation that may include feelings of emptiness, impulsivity, risk-taking behavior, self-harm, intense and unstable relationships, fits of rage, and an intense fear of real or imagined abandonment. The disorder causes tremendous suffering both among those afflicted with it and upon those who are close to them. A number of treatment modalities have been developed that lead to a reduction in symptoms and an improvement in the sufferers' quality of life. One of the primary treatments is Dialectical Behavior Therapy (DBT).

### National Education Alliance for Borderline Personality Disorder (NEA.BPD)

The NEA.BPD is an American organization with affiliates around the world, which are dedicated to increasing awareness and understanding of BPD. The Israeli NEABPD is dedicated to increasing awareness and understanding throughout the State of Israel, both among mental health professionals and the public, so that the sufferers can receive the most effective treatment possible and their family members can receive the support and understanding they need, so they can advocate for their loved ones and improve their own quality of life.



### Family Connections Program

Family Connections is a research-based twelve-week course for family members with a relative who has either Borderline Personality Disorder (BPD), symptoms of the disorder, or severe emotional dysregulation. It was developed by Dr. Alan Fruzzetti and Dr. Perry Hoffman and is taught from a detailed manual created by them. The program draws on the principles of DBT to help family members learn about self-validation and emotional regulation so they can function more effectively in dealing with the challenges they face.

**The program is offered free of charge.**

Participants are required to come regularly and arrive punctually.

If you are interested in joining, please contact us through our website or call the co-founder of NEABPD, Israel Meshulam Gotlieb 052-379-1720

[www.neabpd.co.il](http://www.neabpd.co.il)