

WHAT WE KNOW AND WHAT YOU  
CAN DO ABOUT BPD

# sometimes I act crazy

Living with  
Borderline Personality  
Disorder

Jerold J. Kreisman, M.D., and Hal Straus  
authors of *I Hate You, Don't Leave Me*

# Sometimes I Act Crazy Living With Borderline Personality Disord

**Paul T. Mason M. S.,Randi Kreger**



## **Sometimes I Act Crazy Living With Borderline Personality Disord:**

**Sometimes I Act Crazy** Jerold J. Kreisman, M.D., Hal Straus, 2004-03-01 A source of hope expert advice and guidance for people with borderline personality disorder and those who love them Do you experience frightening often violent mood swings that make you fear for your sanity Are you often depressed Do you engage in self destructive behaviors such as drug or alcohol abuse anorexia compulsive eating self cutting and hair pulling Do you feel empty inside or as if you don t know who you are Do you dread being alone and fear abandonment Do you have trouble finishing projects keeping a job or forming lasting relationships If you or someone you love answered yes to the majority of these questions there s a good chance that you or that person suffers from borderline personality disorder a commonly misunderstood and misdiagnosed psychological problem afflicting tens of millions of people Princess Diana was one of the most well known BPD sufferers As a source of hope and practical advice for BPD sufferers and those who love them this new book by Dr Jerold J Kreisman and Hal Straus bestselling authors of *I Hate You Don t Leave Me* offers proven techniques that help you Manage mood swings Develop lasting relationships Improve your self esteem Keep negative thoughts at bay Control destructive impulses Understand your treatment options Find professional help

*Sometimes I Act Crazy* Jerold J. Kreisman, M.D., Hal Straus, 2006-04-14 A source of hope expert advice and guidance for people with borderline personality disorder and those who love them Do you experience frightening often violent mood swings that make you fear for your sanity Are you often depressed Do you engage in self destructive behaviors such as drug or alcohol abuse anorexia compulsive eating self cutting and hair pulling Do you feel empty inside or as if you don t know who you are Do you dread being alone and fear abandonment Do you have trouble finishing projects keeping a job or forming lasting relationships If you or someone you love answered yes to the majority of these questions there s a good chance that you or that person suffers from borderline personality disorder a commonly misunderstood and misdiagnosed psychological problem afflicting tens of millions of people Princess Diana was one of the most well known BPD sufferers As a source of hope and practical advice for BPD sufferers and those who love them this new book by Dr Jerold J Kreisman and Hal Straus bestselling authors of *I Hate You Don t Leave Me* offers proven techniques that help you Manage mood swings Develop lasting relationships Improve your self esteem Keep negative thoughts at bay Control destructive impulses Understand your treatment options Find professional help

**Stop Walking on Eggshells** Paul T. Mason M. S., Randi Kreger, 2009-09 People with Borderline Personality Disorder BPD challenge those close to them with their often bewildering mood shifts and unpredictable behavior This resource articulates specific strategies that those close to the person with BPD can use to effectively cope with these behaviors

**Borderline Personality Disorder For Dummies** Charles H. Elliott, Laura L. Smith, 2009-07-27 Your clear compassionate guide to managing BPD and living well Looking for straightforward information on Borderline Personality Disorder This easy to understand guide helps those who have BPD develop strategies for breaking the destructive cycle This book also aids loved ones in accepting the disorder and offering

support Inside you ll find authoritative details on the causes of BPD and proven treatments as well as advice on working with therapists managing symptoms and enjoying a full life Review the basics of BPD discover the symptoms of BPD and the related emotional problems as well as the cultural biological and psychological causes of the disease Understand what goes wrong explore impulsivity emotional dysregulation identity problems relationship conflicts black and white thinking and difficulties in perception and identify the areas where you may need help Make the choice to change find the right care provider overcome common obstacles to change set realistic goals and improve your physical and emotional state Evaluate treatments for BPD learn about the current treatments that really work and develop a plan for addressing the core symptoms of BPD If someone you love has BPD see how to identify triggers handle emotional upheavals set clear boundaries and encourage your loved one to seek therapy Open the book and find The major characteristics of BPD Who gets BPD and why Recent treatment advances Illuminating case studies Strategies for calming emotions and staying in control A discussion of medication options Ways to stay healthy during treatment Tips for explaining BPD to others Help for parents whose child exhibits symptoms Treatment options that work and those you should avoid     Handbook of Personality Disorders, Second Edition W. John Livesley,Roseann Larstone,2018-03-08 This authoritative work comprehensively reviews what is known about personality disorders including vital information to guide clinical decision making Leading experts synthesize contemporary thinking about the classification etiologies and development of these complex disorders Diagnostic issues are explored and available assessment instruments are discussed The Handbook provides in depth coverage of all commonly used psychotherapeutic and pharmacological treatments with particular attention to the empirical evidence for each approach Also addressed are special treatment modalities such as day programs and group therapy and forensic issues

**Person-Centered Diagnosis and Treatment in Mental Health** Peter Ladd,AnnMarie Churchill,2012-05-15 A reference manual for diagnosis and treatment of mental health conditions using a person centered holistic approach Designed to complement DSM assessments it covers a range of conditions and patterns including depression bulimia OCD abuse bullying and loss In each case the client is involved in the diagnosis and treatment plan     **Occupational Therapy in Mental Health** Catana Brown,Virginia C Stoffel,Jaime Munoz,2019-02-05 This revision of a well loved text continues to embrace the confluence of person environment and occupation in mental health as its organizing theoretical model emphasizing the lived experience of mental illness and recovery Rely on this groundbreaking text to guide you through an evidence based approach to helping clients with mental health disorders on their recovery journey by participating in meaningful occupations Understand the recovery process for all areas of their lives physical emotional spiritual and mental and know how to manage co occurring conditions     **Borderline Personality Disorder** John G. Gunderson,2009-02-20 Covering the range of clinical presentations treatments and levels of care Borderline Personality Disorder A Clinical Guide Second Edition provides a comprehensive guide to the diagnosis and treatment of borderline personality disorder BPD The

second edition includes new research about BPD's relationship to other disorders and up to date descriptions of empirically validated treatments including cognitive behavioral and psychodynamic approaches. Compelling new research also indicates a much better prognosis for BPD than previously known. A pioneer in the field, author John Gunderson, M.D., director of the Borderline Personality Disorder Center at McLean Hospital, draws from nearly 40 years of research and clinical experience. The guide begins with a clear and specific definition of BPD, informed by a nuanced overview of the historical evolution of the diagnosis and a thoughtful discussion of misdiagnosis. Offering a complete evaluation of treatment approaches, Dr. Gunderson provides an authoritative overview of the treatment options and describes in depth each modality of treatment, including pharmacotherapy, family therapy, individual and group therapy, and cognitive behavioral therapies. Unlike other works, this book guides clinicians in using multiple modalities, including the sequence of treatments and the types of changes that can be expected from each mode. The discussion of each treatment emphasizes empirically validated therapies, helping clinicians choose modalities that work best for specific patients. In addition, *Borderline Personality Disorder: A Clinical Guide, Second Edition* also outlines therapeutic approaches for multiple settings, such as hospitalization, partial hospitalization, or day hospital programs, and levels of outpatient care. Complementing the well-organized treatment guide are a series of informative and intriguing sidebars providing insight into the subjective experience of BPD, addressing myths about therapeutic alliances in BPD, and questioning the efficacy of contracting for safety. Throughout the book, Dr. Gunderson recommends specific do's and don'ts for disclosing the diagnosis, discussing medications, meeting with families, starting psychotherapy, and managing suicidality. A synthesis of theory and practical examples, *Borderline Personality Disorder: A Clinical Guide, Second Edition* provides a thorough and practical manual for any clinician working with BPD patients.

**Psych Notes** Darlene D. Pedersen, 2017-08-18. Perfect wherever you are, in the clinic and in any practice setting. This handy guide delivers quick access to the need-to-know information on DSM-5 disorders and treatments, psychotropic drugs, documentation, and patient education. No other book delivers as much in a format that is easy to read and easy to access.

*The Veterans and Active Duty Military Psychotherapy Treatment Planner* Bret A. Moore, David J. Berghuis, 2009-07-31. The *Veterans and Active Duty Military Psychotherapy Treatment Planner* provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs, managed care companies, third-party payors, and state and federal agencies. Features empirically supported, evidence-based treatment interventions. Organized around 39 main presenting problems in treating veterans and active duty military personnel, including substance abuse, adjustment to killing, anger management, and domestic violence, pre-deployment stress, survivor's guilt, and combat and operational stress reaction. Over 1,000 prewritten treatment goals, objectives, and interventions, plus space to record your own treatment plan options. Easy-to-use reference format helps locate treatment plan components by behavioral problem. Designed to correspond with *The Veterans and Active Duty Military Psychotherapy Progress Notes Planner*. Includes a sample treatment plan that

conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA *PsychNotes* Darlene D. Pedersen, 2021-08-25 A Davis s Notes Title Perfect wherever you are in class in clinical and in any practice setting This handy guide delivers quick access to need to know information on DSM 5 disorders and treatments psychotropic drugs documentation and patient education No other resource delivers as much information in a format that s as easy to read easy to access and fits in your pocket NEW Content on PTSD pandemics COVID 19 and its impact on mental health NEW Content on Telepsychiatry and Teletherapy NEW Psychotropic medications including Brexanolone IV Deutetrabenazine Valbenazine Ketamine IV Lumateperone and Esketamine Coverage of documentation psychiatric medications restraints and seclusion DSM 5 disorders and treatments and patient education and care Basic behavioral theories at a glance Key aspects of psychiatric and crisis interventions General mental status assessments and exams with focused assessments for adult and geriatric populations including mini cognitive assessment instrument for dementia and rating scale for Lewy Body diseases Essential information on psychotropic drugs Client family education tables tips and strategies Cultural considerations and assessment tool Reusable mental health history multiaxial assessment CAGE self administered patient health questionnaires 2 and 9 and many other assessment tools Clinical Alerts throughout to provide practical on the spot advice HIPAA compliant write on wipe off pages UPDATED REVISED All content thoroughly reviewed revised and updated to incorporate the newest knowledge in the field including new drugs and drug updates

Little Girl Lost L. Pahlson- Moller, 2006-01-01 by Lovisa Pahlson Moller Published 2006 Pages 200 Description Little Girl Lost is a wonderful and moving account of a young woman s successful battle with self harm and borderline personality disorder Lovisa first self harmed at the age of six and survived boot camp before becoming part of the psychiatric system Little Girl Lost combines an intelligent creative mix of diary writing with powerful poems taking the reader through a roller coaster of emotions It is an honest interesting and touching book She gives us some insight into her desire for acceptance for being herself You can relate to her feelings About the Author The author spent a period of time in hospital She used to harm herself and hear voices Her aim is to reach out to others and be accepted Book Extract Ever felt sad and been so down that to carry a smile is impossible Has time ever stopped without a reasonable explanation Where a few hours could have passed or even a day and there is no memory of how you spent that time of blackness Is your best friend or dearest enemy a disfigured shadow Something your mind has created and others cannot see or hear Have you ever placed your life in a bottle of pills Can you not tell the difference from a dream or reality Do your emotions reflect from the blade of a knife Have you ever felt sadness in others joy or joy in your own pain Ever not feared death but life itself I have this is my life welcome to my world *Stop Walking on Eggshells (EasyRead Edition)* , Flirting with Madness Lecturer in Law Louise Ellison, 2011-06-01 Description Flirting with Madness focuses upon the mental illnesses Borderline Personality Disorder BPD Obsessive Compulsive Disorder OCD and Depression Flirting with Madness is written under the pen name of Louise Ellison

This is due to the confidentiality of her occupation and to protect the identities of those she is close to This book is a raw and honest account of her experiences as a sufferer of mental illness told in a sensitive and wry manner It focuses upon the relationship between counsellor Maggie and Louise It was Maggie s use of Dialectical Behavioural Therapy that provided Louise with the skills to deal with the possibility of living with BPD in conjunction with OCD and Depression Alongside the details of therapy sessions *Flirting with Madness* contains unedited diary entries that provide the reader with honest and accurate thoughts of a mental health sufferer *Flirting with Madness* is the words of a young woman struggling to find her identity in the world and make sense of what is normal whilst trying to stay on the correct side of the borderline I hope you enjoy this honest account About the Author Louise Ellison is a pen name chosen to protect the identities of those she loves and the confidentiality of her profession She is a sufferer of Obsessive Compulsive Disorder Depression and undergone treatment for Borderline Personality Disorder Born in 1985 in Northern England Louise has suffered with mental illness since she was an infant and has been through the adolescent and adult mental health services Louise Ellison graduated from The University of Teesside with a 2 1 honours in Criminology with Law and has worked in the Criminal Justice System for over 8 years within the Prison Service and Youth Offending Service Heavily influenced by the new wave music and literature movement Louise is liberal in her political views Louise is also a keen musician who plays bass and sings a band from the north of England

*Self-Help That Works* John C. Norcross, 2013-04-11 Helps readers identify effective self help materials and distinguish them from those that are potentially misleading or even harmful It is designed for laypersons and mental health professionals and reviews books films online programs support groups and websites for 41 behavioral disorders and life challenges

*The Broken Pulpit* Ralph Graves, 2016-04-20 Born into a preaching and musical family Bishop Ralph Donnie Graves recognizes the paradoxical realities of the preacher who preaches healing wholeness and fulfillment while his or her personal life reek with the foul odor of sickness and eventually death The main objective of this book is to heighten the awareness of the reader both preacher and congregant to the serious struggles each minister encounters My prayer is that God will give every reader a specific stone to slay the giants assigned to the formation of their ministry Because of the significant role the preacher plays in the development of individuals faith it is imperative that we closely examine the core conflicts that can sift the preacher as wheat May each reader find the grace of God through Jesus Christ and the power of the Holy Spirit which speak and breathe life into dead dry bones until the broken pulpit is restored

**Personas altamente sensibles** Sylvia Harke, *The Essential Family Guide to Borderline Personality Disorder* Randi Kreger, 2009-06-03 Gentle counsel and realistic advice for families contending with one of today s most misunderstood forms of mental illness For family members of people with Borderline Personality Disorder BPD home life is routinely unpredictable and frequently unbearable Extreme mood swings impulsive behaviors unfair blaming and criticism and suicidal tendencies common conduct among those who suffer from the disorder leave family members feeling confused hurt and helpless In *Stop Walking on Eggshells*

Randi Kreger's pioneering first book which sold more than 340 000 copies she and co author Paul T Mason outlined the fundamental differences in the way that people with BPD relate to the world Now with *The Essential Family Guide to Borderline Personality Disorder* Kreger takes readers to the next level by offering them five straightforward tools to organize their thinking learn specific skills and focus on what they need to do to get off the emotional rollercoaster

- 1 Take care of yourself
- 2 Uncover what keeps you feeling stuck
- 3 Communicate to be heard
- 4 Set limits with love
- 5 Reinforce the right behaviors

Together the steps provide a clear cut system designed to help friends and family reduce stress improve their relationship with their borderline loved one improve their problem solving skills and minimize conflict and feel more self assured about setting limits

*Inside the Mind of a Borderline Personality, My Life and Recovery with BPD* Matthew Gewinner, 2018-01-28 It is a book about a person who tells the story of his life living and dealing with BPD and other mental health conditions along with alcoholism As you read the journey of what he calls his life you ll be amazed that he survived

*Talking to a Loved One with Borderline Personality Disorder* Jerold J. Kreisman, 2018-11-01 In this compassionate guide Jerold Kreisman author of *I Hate You Don't Leave Me* offers a powerful set of tools to help you express yourself set boundaries and cultivate healthy communication with a loved one who is diagnosed with borderline personality disorder BPD If you have a loved one with BPD you need real proven effective strategies to help you navigate the intense emotions and conflict that can arise in daily interactions and conversations People with BPD often feel anger pain and hurt from a history of invalidation and disappointment and their difficulty in regulating emotions can lead to moments of lashing out that can confuse and upset those around them Written by a psychiatrist with more than 40 years of experience in treating BPD *Talking to a Loved One with Borderline Personality Disorder* offers a breakthrough compassionate approach to communicating with a loved one who has BPD The SET support empathy truth method outlined in this book is a powerful and simple tool that will allow you to honestly address your loved one's demands assertions and feelings while still maintaining appropriate boundaries Each step builds on the last helping you build up a consistent and reliable communication process In this book you ll find a review of BPD and the common communication problems inherent in the disorder You ll learn how SET can address these issues And finally you ll find detailed examples of specific scenarios that can arise when talking to a loved one with BPD Remember validation isn't the same as agreement You can help your loved one feel validated while still maintaining your own boundaries This essential guide will show you how

Fuel your quest for knowledge with is thought-provoking masterpiece, Dive into the World of **Sometimes I Act Crazy Living With Borderline Personality Disord** . This educational ebook, conveniently sized in PDF ( Download in PDF: \*), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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