Borderline Personality Disorder Resource Sheet

What is borderline personality disorder (BPD) and what are the symptoms?

Borderline personality disorder (BPD) is a serious psychological disorder marked by unstable moods, behavior and relationships. People with BPD often suffer from problems with regulating emotions and thoughts, impulsive behavior, and unstable relationships. Problems include intense and volatile emotions (such as shame, anger, sadness, or anxiety), chaotic relationships, impulsivity, unstable sense of self, suicide attempts, self-harm, fears of abandonment, and chronic feelings of emptiness. Drugs, alcohol and other habits can initially offer relief from the emotional chaos, but frequently have painful consequences that make life even more difficult.

Individuals diagnosed with BPD face a number of comorbidities such as depression, anxiety, substance abuse or eating disorder (5th ed, American Psychiatric Association, 2013).

With effective treatment and support, data show that most people with BPD can make great progress with important gains even in one year across a variety of problem areas. Many will no longer meet criteria for BPD.

Who provides a diagnosis?

A mental health professional experienced in diagnosing and treating mental disorders—such as a psychiatrist or psychologist can diagnose BPD.

What are treatment options?

Psychotherapy is usually the first treatment for people with BPD. Therapy options can include: Dialectical Behavior Therapy (DBT), Cognitive Behaviour Therapy (CBT), or Schema-focused therapy. Though there is no specific medication for BPD, medication may be prescribed to reduce the impact of specific symptoms (CAMH, 2012).

**Dialectical behavior therapy (DBT):** is an evidence-based treatment approach that can relieve symptoms and help develop coping skills. The goals of DBT are to help people to control intense emotions, reduce self-destructive behaviors, and improve relationships. DBT teaches skills across 4 areas:

1. Emotion Regulation: How to get more control over your emotions, and how to get more positive and less negative emotions in your life
2. Distress Tolerance: How to survive crises and get through really painful moments, without making them worse
3. Interpersonal Effectiveness: How to get what you want from people, in a way that makes them want to give it to you
4. Mindfulness: How to focus your attention on the present moment.

DBT helps individuals find a balance between changing and accepting their beliefs and behaviors.
Comprehensive DBT or DBT Informed?: Choosing the best path for your needs

In considering the resources on this list, it may be important to you to distinguish whether comprehensive DBT or an adaptation of DBT (also known as DBT informed treatment) is what is being offered. Best to call and ask.

Comprehensive DBT (also known as full treatment): includes all 4 treatment modes offered by trained and experienced DBT clinicians:

1. **Individual therapy** focused on motivation and work toward clearly identified goals
2. **Skills training group** focused on teaching skills for effective living
3. **Between-session phone coaching** with the clinician to help practice skills outside the therapy office
4. **DBT Consultation Team** for the clinician to continue to strengthen his or her own skills even after formal training in DBT is completed.

DBT Informed Treatment: is treatment that uses some of the methods or structure of DBT (e.g., using the DBT manual to teach skills in a DBT Skills group, or individual therapy following the priorities of DBT), however, it does not include all of the modes listed above. While it is impossible to predict the impact of treatment for any one individual, recent research suggests that “DBT informed” treatment may also be an effective treatment for some of the difficulties targeted in comprehensive DBT.

**Resources (Full or partial OHIP Coverage)**

**Resources in Toronto:**

**CAMH Borderline Personality Disorder Clinic**

- **Comprehensive DBT program** consists of treatment for 6 months or 1 year which involves both a 2-hour Skills Group that meets once/week, as well as a 1-hour appointment with an individual therapist once/week. Pager support is also available for skills coaching; or
- **The Skills Only program** is a 24-week DBT Skills Group (two hours) that meets once/week providing training in DBT to help people with BPD make positive changes in their lives. To be eligible for the Skills Only Program, you must be working with a therapist in the community whom you are seeing at least once every 2 weeks for 1 hour who is providing support to you during the group treatment. Individuals first attend an assessment meeting to confirm the group treatment will be helpful for one’s individual needs
- Both programs require having the diagnosis of BPD and meeting the criteria at an initial assessment
- Referral process: Self-referral.
- Intake for new clients occurs on prescheduled days which people can find by checking the CAMH website ([www.camh.ca](http://www.camh.ca)) at the beginning of each month for any updates on the date of next intake
- Current clients of another CAMH service can be referred to the BPD Clinic by their clinician/physician (Order for internal referral)
- Please note: The BPD program has limited resources and on occasion must close its intake.
- Questions: Call the BPD Intake and Information line: 416-535-8501 x32437: Press 5 to leave a message for the Intake Coordinator.

**Canadian Mental Health Association, Dialectical Behavioral Therapy Service**

- One-year CBT intensive program for individuals with BPD includes: DBT individual counseling, DBT skills group. Between-session phone coaching is not offered. Consultation team is a component for clinicians.
- Eligibility criteria and catchment area: Age 18+, diagnosed with BPD and have a recent history of repeated suicide attempts or actively engage in self-injurious behavior, or experience psychiatric crises resulting in the frequent use of hospital emergency department services
- Referral Process: Self-referral. Waitlist: Please call the Intake line for an update as just 10-15 patients are accepted each time the wait list is opened.
- Phone (Intake): (416) 789-7957 ext.3631. Location: 700 Lawrence Avenue West, Suite 480.
St. Michael’s Hospital, Arthur Sommer Rotenberg Suicide and Depression Studies Program
- 20-week DBT group therapy for suicide attempt survivors
- Individual counselling
- Crisis support
- Pharmacotherapy
- Contact: Dr. Yvonne Bergmans, 416-864-6060 x4078 or email info@asrlife.ca
- Location: 30 Bond St., Toronto
- Referral process: Self-referral. No physician referral required.

The Medical Clinic for Person-Centered Psychotherapy
- Individual DBT. Clients followed by an assigned psychiatrist and engage in individual therapy conducted by mental health professionals (e.g., social worker, physician, psychotherapist).
- Phone: (416) 229 – 2399
- Location: #403 – 265 Yorkland Blvd., Toronto
- Referral process: Physician referral required.

Davenport Perth Neighbourhood Centre
- Surfing Tsunamis: Learning to manage emotional waves: A 20-week DBT-based skill building group.
- Phone: 416-656-8025 x239 or x231
- Location: 1900 Davenport Rd, Toronto

Stella’s Place
For young adults age 16-29 who live in Toronto and wish to explore how to be in charge of their health and mental health, learn skills, and get support from peers and professionals to support recovery.
- Comprehensive Assessment
- Individual counseling (DBT, CBT, and goal-focused therapies)
- DBT Groups (Daytime or Evening)
- Weathering the Storms: A DBT Skills Group for Queer and Trans Substance Users Queer and Trans Substance Users (In partnership with Pieces to Pathways, this group focuses on learning and applying DBT skills of mindfulness, distress tolerance, and emotion regulation. In a supportive, and harm reduction environment, participants will expand their coping strategies while exploring their relationship to substance use. Participants must identify as LGBTIQQ2SA+ to join this group).
- Emotion Regulation and Self-Management Programs – Skills and Strengths for Health and Wellness
- Specialized Streams focusing on Gender Identity, Substance Use, Trauma and Eating Disorders
- Walk-in counselling (offered Tuesdays and Thursdays 3-5pm), and
- Many peer-led recovery programs like WRAP (Wellness Recovery Action Plan) and PeerZone
- Phone: 416-321-8486
- Location: 18 Camden St. Toronto
- Website: www.Stellasplace.ca
Community Resources (Full or partial OHIP Coverage)

Resources in Ontario:

**Gray Bruce Health Services – Owen Sound site – DBT Program**
- Services offered: 1-year DBT program, weekly group and sometimes individual therapy
- Eligibility criteria and catchment area: Serves Bruce & Gray counties, but takes out-of-catchment area if client willing to commit to travelling
- Referral process: Medical referral or self-referral accepted
- Phone: (519) 376-2121 x 2460

**Ontario Shores Centre for Mental Health Sciences, Kawartha Lakes Community Clinic**
- Services offered: Group and individual therapy
- Eligibility criteria: Age 18+ & diagnosis of BPD
- Referral process: Referral by physician; Initial phone screening required. Waitlist: Please call for update
- Phone: (705)-878-1013
- Address: 40 Lindsay Street South, Lindsay, ON

**St. Joseph’s Hospital, Hamilton**
- Services offered:
  - Bridge To Recovery Program (group therapy)
  - Community Psychiatry Clinic (group and individual sessions)
- Eligibility criteria and catchment area: 17 years and older; must live in Hamilton area.
- Referral Process:
  - For the Bridge To Recovery Program: Referrals are currently being accepted from acute and specialized inpatient units and the Psychiatric Emergency Services.
  - For the Community Psychiatry Clinic for DBT: Referrals are accepted from inpatient programs, family physicians, COAST, and other community services.
- Waitlist: Please call for update:
  - Central Hamilton Region Phone: (905)-522-1155 x 34801 (Alicia)
  - East Hamilton Region Phone: (905)-522-1155 x 38125 (Kelly)
  - Several other groups: Call for up to date info: Rachel at (905)-522-1155 x38007

**York Support Services Network (Markham and Newmarket)**
- *York Region Interagency Dialectical Behaviour Skills Group:* A 15-week DST-based skills group for people with behaviours that are making life worse.
- Eligibility criteria and catchment area: Clients must be residents of York Region and be referred from: York Support Services Network, Addiction Services for York Region, Southlake Regional Health Care Centre or Markham Stouffville Hospital.
- Contact: 905-305-7440 x4221 or 1-800-887-3679 x4221.
Private Practitioners of DBT or DBT-Oriented Therapy (NOT OHIP-Covered)

Note: To ensure that you are receiving DBT specific therapy, please consult with the therapist in regard to his/her prior experience and certification to provide DBT.

Alex Belakovsky, M.Ed. Psychology
Bathurst & Steeles, Toronto
Phone: 647-723-5274 ext. 238
Eligibility criteria: 16 years and up
Referral Process: Self
Cost: $140 per session
Note: Also speaks Russian

Amira Khan Lodhi MSW, RSW, LCSW-R
800 Bathurst St Suite 402, Toronto
Phone: (647) 493-8944 ext. 2
Website: http://www.amiralodhi.com/
Eligibility criteria: Adolescents
Referral Process: Self
Cost: $140 per session; sliding scales offered

Anna Coutts MEd, CCC – Online counselling
Phone: (647)-773-9878
Website: www.couttsonlinecounselling.com/
Eligibility criteria: Youth and adults
Referral Process: Self
Cost: $60 per session

Careen June Coetzee MA, CPsych. Associate
111 Queen Street East, Toronto
Phone: (416) 844-0922
Eligibility: Adolescents & Adults
Referral Process: Self
Cost: $180 per session; Sliding scale offered (lowest fee $120)

Cathy Callaghan - MSW, RSW
320 Danforth Avenue, Suite 205, Toronto
Phone: (416) 985-1300
Eligibility criteria: Adults
Referral Process: Self-referral
Cost: $150; Sliding scale offered (Only daytime services available)

Dr. Chanthalone Smith, PhD CPsych
14 Prince Arthur Avenue, Toronto
Phone: (416) 275-4913
Eligibility criteria: All ages
Referral Process: Self-referral
Cost: $225 per session
The list provided is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome or result.

**Dr. Tanya Cotler (PhD Supervised Practice) - Psychologist, PhD, CPsych**
32 Berwick Avenue 2nd Floor, Toronto  
Phone: (647) 502-8262  
Referral Process: Self-referral  
Cost: $140 - $160 per session; Sliding scale available  
Note: Speaks French and Hebrew

**Ivana Mitchell - MSW, RSW, CDWF**
1020 Eglinton Ave West, Toronto  
Website: http://www.ivanamitchell.com/contact/  
Contact: (416) 992-3028  
Eligibility criteria: 18 years and up  
Referral Process: Self-referral  
Cost: $140 per session (a combination of CBT and EFT (emotion-focused therapy); Sliding scale offered

**Broadview Psychology**
889 Broadview Avenue, Toronto  
Phone: (647) 348-5140  
Website: http://www.broadviewpsychology.com/  
Therapeutic approach: Group and individual therapy  
Eligibility criteria: All ages. *Patient must currently be seeing a DBT- informed therapist (anywhere) in order to be part of group therapy  
Referral Process: Self  
Cost: Fees for Individual therapy range ($195-$250) based on type of clinician seen. Fees for Group sessions are $95 regardless of therapist.

**Dialectical Living**
371 Danforth Avenue - Dream Yoga Dance Studio (Danforth/Chester subway), Toronto  
Phone: 647-573-DBTS (3287) or email: info@dialecticalliving.ca  
Website: http://www.dialecticalliving.ca/  
Therapeutic approach: DBT for peers by peers: DBT-informed, recovery-based peer support and skills learning group for individuals who struggle with emotion regulation and their friends and family members. A variety of DBT Skills courses offered in-person or online (check website). Full DBT program also offered including DBT Groups, individual therapy and phone coaching.  
Cost: Check website or call for particular pricing options.

**EBT3 (Evidenced-Based Therapy Training & Testing)**
2 Carlton Street, Suite 1803, Toronto  
Phone: (416) 628 4336 or email: intake@ebt3.com  
DBT Individual Therapy: Estimated wait is around 6 to 8 months. Cost: The hourly rate ranges from $200 to $250, depending on the clinician  
DBT Skills Group: This group is not just for those diagnosed with Borderline Personality Disorder, but is also suitable for anyone who could benefit from skills training on 3 modules (2-hour group sessions with a cost of $140/group session):  
(1) Distress Tolerance: 8 weeks (Cost $1,120)  
(2) Emotion Regulation: 8 weeks (Cost $1,120)  
(3) Interpersonal Effectiveness: 6 weeks (Cost $840)  
All modules include mindfulness skills training.  
Eligibility criteria for group: Requirement that you have your own individual therapist whom you meet with at least twice a month for the duration of the group.
Markham Psychologists
Location: 9889 Hwy 48, Suite 211, Markham, ON
Phone: (905) 472-9658 ext 500
Eligibility criteria: All ages
Referral Process: Self-referral
Cost: $195 - $200 per 50-60 minute psychotherapy session

Toronto DBT Centre
Offers Comprehensive DBT programs for adults and adolescents:
- DBT Individual Therapy: $200-$250/hour, includes between-session phone coaching
- DBT Skills Group: $140/session for 24 weeks
Location: 28 Madison Ave, Main Floor, Toronto, ON, M5R 2S1 (near Bloor and Spadina)
Phone: 416-848-1739
Email: info@dbtcentre.com
Website: http://www.dbtcentre.com/

Family Support Resources (for family members of a loved one with BPD)
Data show that with help, family members also report big reductions in grief and feelings of burden, as well as an increased sense of mastery and family satisfaction.

CAMH Borderline Personality Disorder Clinic
- Family Connections Group (a 12-week Psychoeducational Support Group for Family and Friends of People with BPD). Designed to help friends and loved ones of those with BPD develop a better understanding of the disorder and learn skills to respond effectively in difficult situations, improve their relationships and manage stress.
- Phone: (416) 535-8501 ext. 32437
- How to refer: Self-referral. We now have an email registration process for the Family Connections Group. Please be advised that the current group is full. The next group will run in July 2018. To register for this group, check the website on June 4, 2018. Space is limited to 12 people per group.
  http://www.camh.ca/en/hospital/care_program_and_services/specialty_clinics/Pages/Borderline-Personality-Disorder-(BPD)-Clinic.aspx

DBT-Informed Family Support – Canadian Mental Health Association
- Individual, family and group support for family & friends supporting someone aged 16 and over with a diagnosis of Borderline Personality Disorder or other emotion dysregulation concerns (e.g. ongoing suicidal ideation or attempts, self-harming behaviors, concurrent substance misuse).
- Phone: 416-539-9449 x223 to enroll.

Family Connections Program-Davenport-Perth Neighbourhood & Community Health Centre
- Services offered: Skills-based workshop program designed for family members of someone with emotional and behavioural dysregulation (BPD) to provide a better foundation to understanding this complex disorder.
- Cost: Free
- Location: 1900 Davenport Road, (Florrie’s Rm – Basement), Toronto
- Contact: Lynn Courey (416) 523-0495
- Email: info@sashbear.org
Toronto Borderliners Support Group for Family and Friends of Persons with Emotion Dysregulation/BPD

■ Service Offered: A meet-up group in Toronto designed to provide a safe and private place for those who have loved ones who suffer from emotional dysregulation/BPD/BPD traits. This group hosts events and a community discussion board on their website.
■ Website: http://www.meetup.com/Toronto-Borderliners-Family-and-Friends

Dialectical Living DBT for Families and Friends

■ A DBT-informed, recovery-based peer support and skills learning group for individuals who struggle with emotion regulation and their friends and family members.
Families learning DBT skills can learn new ways of coping with their own feelings in order to be effective, lead by example and in moments of intense emotions can help loved ones remember useful skills to use in stressful situations. We offer the family course for people to learn the same skills structured the same way as the Intro class for those who suffer so the learning and growing can be a shared experience. It can be especially reassuring when everyone is on the same page and speaking the same language. The entire family can quickly become skillful together which enables effective communication, validation and support of everyone.
■ Website: http://www.dialecticalliving.ca/families-and-friends/

Self-help Resources

The following list of self-help resources (books and websites) are offered both for people with BPD and for family members interested in increasing their understanding about the disorder and strategies for self-management:

► Books about BPD and DBT:

1. Don’t Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You in Control by Scott Spradlin
2. Depressed & Anxious: The Dialectical Behavior Therapy Workbook for Overcoming Depression & Anxiety by Thomas Marra
6. New Hope for People with BPD by Neil R. Brokian
8. When Someone You Love Has Borderline Personality Disorder: How to Repair the Relationship by Valerie Porr
9. The Buddha and the Borderline: My Recovery From Borderline Personality Disorder by Kiera Van Gelder
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► **Online Resources:**

- [www.behavioraltech.com](http://www.behavioraltech.com)  
  Marsha Linehan’s Dialectical Behavior Therapist Training website. Online training, books, videos and other materials. Home of the mother of hope for ERD/BPD.

- [www.tara4bpd.org](http://www.tara4bpd.org)  
  Valerie Porr founded this advocacy group for treatments, research and education of people with Borderline Personality Disorder and their families.

- [www.borderlinepersonality.ca](http://www.borderlinepersonality.ca)  
  Information on Borderline Personality Disorder and Dialectical Behaviour Therapy; personal accounts

- [www.sashbear.org](http://www.sashbear.org)  
  Toronto charity promoting early prevention, recognition, timely intervention and access to affordable treatment for emotion regulation disorder

  Support Group for persons with Emotion Dysregulation/BPD. These groups are safe and private places for those who suffer from or have loved ones who suffer with Emotion Dysregulation /BPD/traits. We are a community group here to support you in your quest for information, your need to chat with similar others, your need for support and validation and skills learning. We have events to bring you together and we encourage positive and helpful conversation on the discussion boards. You are not alone. There is help. Go to Meetup.com and type “Toronto Borderliners family and friends” or “Toronto Borderliners, with love” into the search field and then click on “Join us”

- [www.meetup.com/Mindfulness-Skills-Group/](http://www.meetup.com/Mindfulness-Skills-Group/)  
  The Mindfulness Skills Group focuses on mindfulness as a tool to better your life. The skills practiced focus on a mix of DBT, Buddhist Meditation, Positive Thinking, Stress, Anxiety, Anger Management and Reduction

- [www.bpdfamily.com](http://www.bpdfamily.com)  
  Organization supporting families containing those suffering from ERD/BPD.

- [www.borderlinepersonality.ca](http://www.borderlinepersonality.ca)  
  Information on BPD & personal experiences.

- **NEA.BPD  www.borderlinepersonalitydisorder.com**  
  National Education Alliance for Borderline Personality Disorder is an American organization dedicated to building better lives for those affected by Borderline Personality Disorder (BPD). Creators and sponsors of the Family Connections Program for those whose loved ones suffer from ERD/BPD. Useful references and resource materials.

- [www.selfhelp.on.ca/shonline.html](http://www.selfhelp.on.ca/shonline.html)  
  Links to various self-help groups in Ontario

**Common questions:**

**What’s the difference between Cognitive Behavioral Therapy (CBT) and DBT?**

- [https://behavioraltech.org/resources/faqs/dialectical-behavior-therapy-dbtcbt](https://behavioraltech.org/resources/faqs/dialectical-behavior-therapy-dbtcbt)
- [http://cogbtherapy.com/cbt-blog/dbt-vs-cbt](http://cogbtherapy.com/cbt-blog/dbt-vs-cbt)

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- Efforts are made to maintain the accuracy of this list, however, omissions and errors are inevitable.
- For more general information, please call **ConnexOntario Health Services Ontario** at 1-866-531-2600.