

Educational classes on Borderline Personality Disorder

Sponsored by NAMI Orange

Family Connections

Family Connections is a 12 week course that meets weekly to provide education, skills training and support for people who are in a relationship with someone who has Borderline Personality Disorder. BPD is hosted in a community setting and led by trained group leaders who are usually family members of relatives with BPD.

Course Content focuses on: Family Perspectives and Experiences; Relationship & Mindfulness Skills; Emotion Regulation Skills; Effective Communication Skills; Validation Skills; Problem Management Skills; individual coping skills based on Dialectical Behavior Therapy (DBT); Group support that builds an ongoing network for family members.

BPD Affects the Whole Family: BPD can include a pattern of intense and stormy relationships with family, friends, and loved ones, they may be on the roller coaster of extreme closeness and love (idealization) to extreme dislike or anger (devaluation). Changeable moods, high-risk behavior, suicidality and intense anger are often part of life for a person with BPD. The challenges of dealing with an ill relative on a daily basis can be very stressful, and family members may unknowingly act in ways that negatively impact their relative. After completing the course, family members experience decreased feelings of depression, burden, and grief, and more feelings of empowerment.

First Presbyterian Church, 33 Park Place, Goshen, NY 10924
Starting September 9 th 2018 (Sundays) 6:30 till 8:30 pm
845-956-6264, or call Dhanu 845-294-2749
Please RSVP by September 1st.
Suggested Donation: \$50 per person, & \$75 for family/couple
Email: namiorangeny@warwick.net
www.namiorangeny.org