
Borderline Personality Disorder – A distress to the clinician?



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The category of personality disorders is diagnosed with greater emphasis on cluster B disorders. When we talk about personality disorders, the first name that pops in our mind is Borderline Personality Disorder. This has become prominent across countries and cultures without noticing the stigma becoming attached to this category amongst psychiatrists and psychologists. The aim of this talk is to explore the myths and unconscious nuances of stigmatizing patients with Borderline Personality Disorder. Additionally, the remission and recovery that isn't reported in books at university and professional training levels is a must to bring in a balanced perspective to clinicians interested in working with patients. The speaker proposes questions for us to explore – does a label of BPD help the patient or the clinician? Can a BPD label change the psychotherapeutic interventions to reach recovery? Is BPD real or is it CPTSD? The speaker brings lived experiences of patients and psychotherapists to peel the layers of patients with BPD for a better understanding for their inner world.

Biography:

Sanjoni is a RCI Registered Clinical Psychologist and Psychotherapist with 3+ years of experience. She is working at Orkids Foundation, at the resource center by Delhi Directorate of Education, Delhi Government. In the past, she was working at the health center of South Asian University, SAARC, Intergovernmental Organization, and has been trained under guidance of many skilled professionals at Civil Hospital, Gurgaon, Citizen De-addiction center, Max Hospital, Moolchand Hospital, Abhaya Hospital and Parijma Neurodiagnostic & Rehabilitation Centre. Sanjoni completed M.Phil Clinical Psychology from Amity University and was awarded Gold Medal for first in academics. She is the recipient of IJRULA award as the Best Revolutionist 2018 for her paper "Societal Influence on Emotional Competence".