

# The Center for the Treatment of Borderline Personality Disorder

The Center for the Treatment of Borderline Personality Disorder (BPD) at McLean Hospital provides a comprehensive array of services for the diagnosis and treatment of BPD. The program, for individuals 18 and older, is operated by dedicated professionals with specialized training and experience in working with individuals with BPD. It offers an innovative combination of behavioral skills training, medication management, psychoeducational services and long-term individual psychotherapy. All are aimed at enhancing self-reliance and social functioning, while significantly reducing the need for hospitalization.

## What is Borderline Personality Disorder (BPD)?

BPD is characterized by a pervasive pattern of unstable relationships, self-image, emotions and impulse control. Individuals with BPD may present with a combination of difficulties that often include depression, anxiety, post-traumatic symptoms, substance abuse and/or eating disorders. These conditions can manifest themselves through recurring fears of abandonment, angry outbursts, identity disturbances, self-damaging behavior or suicidality, intolerance of being alone and/or chronic feelings of emptiness or boredom.

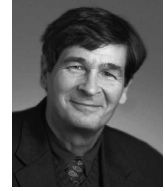
## Treatment

New patients receive a thorough outpatient evaluation from which individual treatment needs are identified and recommendations are made for placement in the most appropriate level of care, beginning with referral to an experienced psychotherapist. Treatment reflects the latest advances in psychosocial and psychopharmacological therapies, drawing from psychodynamic, biological, social-psychological and cognitive-behavioral perspectives.

## Residential Care

This level of care is provided in a highly structured home-like setting. Staff support is provided 24 hours a day, seven days a week through community residence counselors with senior clinical and medical back-up.

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*John Gunderson, MD  
Medical Director*

*McLean Hospital is the largest psychiatric facility of Harvard Medical School, an affiliate of Massachusetts General Hospital and a member of Partners HealthCare.*





## Partial Hospitalization

Partial hospital care is provided in a highly structured therapeutic milieu as part of McLean's Behavioral Health Partial Hospital Program. The program operates Monday through Friday (up to 20 hours per week) and includes intensive group and individual therapies, case management, family interventions, medication management, expressive therapy and vocational counseling. Principles of cognitive behavior therapy (CBT) and dialectical behavior therapy (DBT) guide much of this treatment.

## Outpatient Services

A comprehensive outpatient program offers approximately 10 groups per week and psychopharmacologic services. The groups include: Self Assessment Group, DBT Skills Group, Mentalization Group, Interpersonal Group, Readiness Group and the Psychoeducational Family Interventions and Multiple Family Groups.

## Experienced Staff

John Gunderson, MD, and his colleagues have been central to the development of knowledge about personality disorders, including their diagnoses, causes and treatments. Clinicians working with Dr. Gunderson are experienced professionals with extensive training and special interest in treating individuals with personality disorders. Edmund Neuhaus, PhD, and George Smith, LICSW, direct partial hospital and outpatient services respectively. Elizabeth Murphy, PhD, coordinates the DBT services and Maureen Smith, LICSW, coordinates family services. Mary Zaranini, EdD, oversees an extensive research program.

## Contact

For further information on the Center for the Treatment of Borderline Personality Disorder, please contact Corina Kopp at 617.855.3452 or [ckopp@mclean.harvard.edu](mailto:ckopp@mclean.harvard.edu), Monday through Friday.

## About McLean Hospital

*U.S. News & World Report* consistently ranks McLean Hospital the nation's top psychiatric hospital. McLean is the largest psychiatric facility of Harvard Medical School, an affiliate of Massachusetts General Hospital and a member of Partners HealthCare.