

BORDERLINE PERSONALITY DISORDER TREATMENT AT McLEAN HOSPITAL

Providing Unparalleled Care for Adolescents
and Adults Living With BPD



McLean



HARVARD MEDICAL SCHOOL
AFFILIATE

As a football player, Brandon is trained to be aggressive. But as a man, he felt pressure not to reveal his emotions off of the playing field. Recognizing that if he didn't seek help he would lose the things he loved the most, Brandon came to McLean.

I didn't know how to cope with the anger and the sadness that I felt, so I would do things that were destructive.

Today, he is a happy, well-respected player, husband, and father, helping others with mental illness.

Football is my job...changing how mental illness is perceived and treated are my calling.

"It had a name, and therefore we could tackle it head on."

Brandon is a professional football player and participant in McLean Hospital's mental health awareness campaign, Deconstructing Stigma. Read more about his journey and share your own at deconstructingstigma.org.

BORDERLINE PERSONALITY DISORDER TREATMENT AT McLEAN HOSPITAL

At McLean Hospital, we know what it means to have borderline personality disorder (BPD), and we are here to help. We combine the highest quality care, research, and clinical training to provide unparalleled specialty services for adolescents and adults living with BPD. Offering individual and family services that have proven results, McLean has specialized residential, partial hospital (day), and outpatient care—as well as an array of treatments for coexisting diagnoses and symptoms such as depression, anxiety, addiction, and trauma.

Our specialized therapeutic approaches, including dialectical behavior therapy (DBT), general psychiatric management (GPM), and mentalization-based treatment (MBT), help patients with the goals of improving interpersonal and relationships skills and reducing self-destructive behaviors.

Program features include individual and group therapy, family therapy, comprehensive psychiatric and medical assessments, customized treatment plans and aftercare planning, medication evaluation and management, and patient education and support.

"I can't say enough about the people at McLean and how supportive they have been."

— Former McLean patient





USING PROVEN TREATMENTS FOR BORDERLINE PERSONALITY DISORDER

At McLean, we believe fully tested, evidence-based treatments offer the best chance of successful outcomes. Here are some of the proven techniques we employ:

- **Dialectical behavior therapy (DBT):** By combining cognitive behavioral techniques with mindfulness principles, DBT helps patients build the skills and strategies they need to work toward recovery.
- **Mentalization-based treatment (MBT):** Helping improve interpersonal relationships, this treatment focuses on a patient's ability to separate their own feelings from those around them through reflection and focus.
- **General psychiatric management (GPM):** Developed at McLean by John G. Gunderson, MD, this approach is centered on education for patients and families, as well as a focus on the patient's life outside of therapy.
- **Transference-focused psychotherapy (TFP):** Focused on the patient's sense of self, this treatment helps patients learn to verbalize feelings vs. acting on their impulses. This creates a more realistic view of self and others, improving relationships and social function.

To learn more, visit mclean.org/bpd

SPECIALIZED BORDERLINE PERSONALITY DISORDER SERVICES

3East

McLean Hospital's adolescent dialectical behavior therapy (DBT) programs, collectively known as 3East, specialize in helping teens and young adults learn the skills to manage the unique challenges of their personal struggles with mental health. From highly focused residential treatment to outpatient treatment, 3East cares for those dealing with depression, anxiety, post-traumatic stress disorder (PTSD), and emerging borderline personality disorder (BPD), including symptoms and behaviors of these conditions, such as suicidal thoughts and behaviors, self-injury, disordered eating, drug and alcohol abuse, impulsivity, and significant interpersonal difficulties.

To learn more, visit mclean.org/3East

Gunderson

The Gunderson programs specialize in caring for those who live with either BPD or another complex personality disorder, including those who experience co-occurring psychiatric conditions such as substance use, eating disorders, depression, or anxiety. The residential program for women and the outpatient program for men and women both offer highly specialized therapeutic approaches that integrate evidence-based therapy models to work toward improving interpersonal and relationships skills and reducing self-destructive behaviors.

To learn more, visit mclean.org/gunderson





94%

OF McLEAN PATIENTS WOULD
RECOMMEND OUR CARE TO
A FAMILY MEMBER OR FRIEND

mclean.org

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