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### What is EUPD?

EUPD (aka Borderline Personality Disorder or Complex PTSD) is characterised by a pattern of instability in relationships, mood and impulsivity. There is no single cause identified for EUPD; it's causes are multiple and include both genetic (nature) and environmental (nurture) factors.



## Working with Parents with Emotionally Unstable Personality Disorder (EUPD)

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### Symptoms of EUPD:

Intense and highly changeable moods that can last for several days; dysfunctional self-image; feeling isolated/bored; lack of self-confidence; impulsivity; risky/self-destructive behaviours; excessive sensitivity/mistrust/hostility in relationships; fear of rejection/abandonment; self-harming behaviour; suicidal thoughts

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### Impact of EUPD on Parenting:

Some parents (not all) may experience difficulties with attachment to the baby/ feelings of rejection or hostility if baby cries for prolonged periods/ struggle to set boundaries etc.

Feeling of rejection when their child begins to develop independence. Difficulty separating their own needs from that from the child.

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### Impact of symptoms of EUPD:

Difficulties developing mature/lasting relationships; function effectively in home/education/work.

Failures in these areas accentuate feelings of rejection, depression and self-destructive impulses; distorted perception of themselves/others; experience enormous emotional pain and evoke high levels of anxiety in those around them



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### Causes of EUPD:

Current research points to the development of EUPD to be an interaction between biological factors (e.g. genetics/hormonal) and environmental factors (e.g. history of abuse, early attachment). There is often a history of traumatic/adverse experiences in childhood or the adolescent period

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### Self-Harm and EUPD:

Repeated self-harm can be seen as a method used in an attempt to regulate painful emotions. Whilst self-harm can often offer an immediate reduction in stress, for most people this only works in the short term, and many find themselves feeling guilty and ashamed, creating additional negative feelings

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### Suicide and EUPD:

1 in 10 people with EUPD end their own lives.

Some of these deaths are the result of accidental self-harm. During perinatal period, mothers with EUPD are more likely to find the demands of parenting more emotionally demanding and may have a increased propensity towards ending their own lives.