

LIST OF RESOURCES MENTIONED BY SPEAKER DURING 7/17/17 WEBINAR:

Hello Fellow Family Members,

Thank you for watching my presentation. I hope you can find something to help you improve your own relationship with your loved one.

I admit...I have not read each book completely and there are a few that I did not read at all. All either helped me directly, or they were recommended by and very helpful to others.

These links are in the order I spoke about in my presentation:

- National Educational Alliance for Borderline Personality Disorder: www.neabpd.org
- Family Guidelines by John Gunderson, MD and Cynthia Berkowitz, MD:
<http://www.borderlinepersonalitydisorder.com/family-connections/family-guidelines/>

Books:

Buddhism

- "Buddhism for Dummies" (*this is a little embarrassing but it did help!*) by Jonathan Landaw, Stephan Bodian, and Gundran Buhemann: https://www.amazon.com/Buddhism-Dummies-Jonathan-Landaw-ebook/dp/B005D7EH68/ref=sr_1_1?s=books&ie=UTF8&qid=1500390801&sr=1-1&keywords=zen+buddhism+for+dummies

Mindfulness

These are for children...but again, were helpful

- "Planting Seeds, Practicing Mindfulness with Children" by Thich Nhat Hahn and the Plum Village Community: https://www.amazon.com/Planting-Seeds-Practicing-Mindfulness-Children/dp/1935209809/ref=sr_1_1?s=books&ie=UTF8&qid=1500392333&sr=1-1&keywords=planting+seeds+practicing+mindfulness+with+children
- "Sitting Still Like a Frog" by Eline Snel: https://www.amazon.com/Sitting-Still-Like-Frog-Mindfulness-ebook/dp/B00GS6H3E6/ref=sr_1_2?s=books&ie=UTF8&qid=1500392397&sr=1-2&keywords=planting+seeds+practicing+mindfulness+with+children

Parenting:

- "No Such Thing As a Bad Kid" by Charles Applestein, MSW: https://www.amazon.com/Such-Thing-Bad-Kid-Understanding/dp/0965983609/ref=sr_1_1?s=books&ie=UTF8&qid=1500389294&sr=1-1&keywords=no+such+thing+as+a+bad+kid

- "Have a New Kid by Friday" by Dr. Kevin Leman: https://www.amazon.com/Have-New-Kid-Friday-Workbook/dp/1933376961/ref=sr_1_4?s=books&ie=UTF8&qid=1500389639&sr=1-4&keywords=have+a+new+kid+by+friday
- "Parent Effectiveness Training" by Dr. Thomas Gordon: https://www.amazon.com/Parent-Effectiveness-Training-Responsible-Children-ebook/dp/B001A6ZWM4/ref=sr_1_1?s=books&ie=UTF8&qid=1500389691&sr=1-1&keywords=parent+effectiveness+training
- "The Power of Validation" by Karyn Hall, PhD, and Melissa H. Cook, LPC: https://www.amazon.com/Power-Validation-Addiction-Out-Control-ebook/dp/B005ZE5AYM/ref=sr_1_1?s=books&ie=UTF8&qid=1500389607&sr=1-1&keywords=the+power+of+validation

Having a child in treatment:

"The Parallel Process" by Krissy Pozatek, LICSW: https://www.amazon.com/Parallel-Process-Alongside-Adolescent-Treatment/dp/1590562364/ref=sr_1_1?s=books&ie=UTF8&qid=1500389822&sr=1-1&keywords=the+parallel+process+by+krissy+pozatek

For Couples with issues:

- "High-Conflict Couple" by Alan Fruzzetti, PhD: https://www.amazon.com/High-Conflict-Couple-Dialectical-Behavior-Validation-ebook/dp/B0054M06I0/ref=sr_1_1?s=books&ie=UTF8&qid=1500389961&sr=1-1&keywords=high+conflict+couple

For People with Mood Disorders

- "Change Your Brain Change Your Life" by Daniel Amen, MD (an alternative book but it was recommended and interesting): https://www.amazon.com/Change-Your-Brain-Revised-Expanded-ebook/dp/B01208WMYQ/ref=sr_1_1?s=books&ie=UTF8&qid=1500390537&sr=1-1&keywords=change+your+brain+change+your+life

For people with BPD: (but I found them to be helpful also to understand my loved one)

- "Mindfulness for Borderline Personality Disorder" by Blaise Aguirre, MD and Gillian Galen, PsyD: https://www.amazon.com/Mindfulness-Borderline-Personality-Disorder-Dialectical-ebook/dp/B00CFV8UP4/ref=sr_1_1?s=books&ie=UTF8&qid=1500392575&sr=1-1&keywords=mindfulness+for+borderline+personality+disorder
- "Coping with BPD" by Blaise Aguirre, MD and Gillian Galen, PsyD: https://www.amazon.com/Coping-BPD-Symptoms-Borderline-Personality/dp/1626252181/ref=sr_1_1?s=books&ie=UTF8&qid=1500392783&sr=1-1&keywords=coping+with+bpd
- "Borderline Personality Disorder Demystified" by Robert O. Friedel, MD: <https://www.amazon.com/Borderline-Personality-Disorder-Demystified-Revised->

[ebook/dp/B071FZT7Y7/ref=sr_1_1?s=books&ie=UTF8&qid=1500392817&sr=1-1&keywords=borderline+personality+disorder+demystified](https://www.amazon.com/dp/B071FZT7Y7/ref=sr_1_1?s=books&ie=UTF8&qid=1500392817&sr=1-1&keywords=borderline+personality+disorder+demystified)

- "The Buddha and The Borderline" by Kiera Van Gelder (*some people loved it, others hated it, I didn't read this one*): https://www.amazon.com/Buddha-Borderline-Recovery-Personality-Dialectical-ebook/dp/B003Y8Z3E8/ref=sr_1_1?s=books&ie=UTF8&qid=1500393188&sr=1-1&keywords=the+buddha+and+the+borderline

For people with BPD and their families:

- "Beyond Borderline: True Stories of Recovery from Borderline Personality Disorder" by John Gunderson, MD and Perry Hoffman, PhD: https://www.amazon.com/Beyond-Borderline-Recovery-Personality-Disorder-ebook/dp/B01CFGRFH2/ref=sr_1_9?s=books&ie=UTF8&qid=1500392910&sr=1-9&keywords=borderline+personality+disorder

For families with a loved one with BPD:

- "I Hate You Don't Leave Me" by Jerold Kreisman, MD and Hal Straus: https://www.amazon.com/Hate-You-Dont-Leave-Understanding-Personality-ebook/dp/B0046ECFIG/ref=sr_1_1?s=books&ie=UTF8&qid=1500393330&sr=1-1&keywords=i+hate+you+don%27t+leave+me
- "Stop Walking on Eggshells" by Paul Mason, MS and Randi Kreuger: https://www.amazon.com/Stop-Walking-Eggshells-Borderline-Personality-ebook/dp/B004DNXGfq/ref=sr_1_1?s=books&ie=UTF8&qid=1500392910&sr=1-1&keywords=borderline+personality+disorder
- "The Essential Family Guide to Borderline Personality Disorder" by Randi Kreuger: https://www.amazon.com/Essential-Family-Borderline-Personality-Disorder-ebook/dp/B00BS03LO8/ref=sr_1_1?s=books&ie=UTF8&qid=1500393511&sr=1-1&keywords=the+essential+family+guide+to+borderline+personality+disorder
- "Loving Someone with Borderline Personality Disorder" by Shari Manning, PhD: https://www.amazon.com/Someone-Borderline-Personality-Disorder-Control/dp/1593856075/ref=sr_1_1?s=books&ie=UTF8&qid=1500393651&sr=1-1&keywords=loving+someone+with+borderline+personality+disorder
- "Overcoming Borderline Personality Disorder, A Family Guide for Healing and Change" by Valerie Porr, MA: https://www.amazon.com/Overcoming-Borderline-Personality-Disorder-Healing/dp/0195379586/ref=sr_1_1?s=books&ie=UTF8&qid=1500394001&sr=1-1&keywords=overcoming+borderline+personality+disorder

DBT Skills Workbook:

- "DBT Skills Training, Handouts and Worksheets" by Marsha Linehan, PhD, ABPP: https://www.amazon.com/Skills-Training-Handouts-Worksheets-Second/dp/1572307811/ref=sr_1_1?s=books&ie=UTF8&qid=1500394174&sr=1-1&keywords=dbt+skills+training+handouts+and+worksheets+second+edition

NAMI's Family to Family course

- <https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Family-to-Family>

NEABPD's Family Connections course (scroll past the leader training and read the information about the course)

- <http://www.borderlinepersonalitydisorder.com/family-connections/>

Someone on Facebook I follow:

- <https://www.facebook.com/DBTpath/>

Weekly E-Newsletter for families that I receive from Amanda Smith, LCSW (\$25/month. I always find it helpful!)**

- <http://www.hopeforbpd.com/family-help-for-borderline-personality-disorder/>

**Amanda is in recovery from BPD herself, is a trained DBT therapist (sees patients in Texas), and she consults with families remotely about finding care and treatment in their local areas. She also sends out daily DBT skills reminder emails to those who sign up for them (for another \$25 fee). They are more for people with BPD and other challenges, but she has said professionals and family members sign up for them, too. Neither I nor my loved one has ever signed up for them, but I can only imagine they are wonderful and helpful. The daily emails link is: <http://www.hopeforbpd.com/dbt-therapy-online/>