

Recommended reading list for family members/ significant others:

- **Borderline Personality Disorder Survival Guide: Everything You Need to Know About Living with BPD (2007)** by Alexander L. Chapman. New Harbinger Publications Inc. Oakland California
- **Borderline Personality Disorder Demystified: An Essential Guide to Understanding and Living with BPD (2004)** by Robert Friedel
Avon Publishing Group, New York
- **Borderline and Beyond 3rd edition (2007)** by Laura Paxton
White Tiger Dream Press, North Carolina
- **Overcoming Borderline Personality Disorder: A Family Guide for Healing and Change (2010)** by Valarie Porr. Oxford University Press, New York
- **Stop Walking on Eggshells 2nd edition (2010)** by Paul T. Mason and Randi Kreger. New Harbinger Publication Inc. Oakland California
- **The High Conflict Couple: A Dialectical Behaviour Therapy Guide to Finding Peace, Intimacy and Validation (2006)** by Alan E. Fruzzetti
New Harbinger Publications Inc. Oakland California
- **Understanding and Treating Borderline Personality Disorder: A Guide for Professionals and Families (2005)** by John G. Gunderson and Perry D. Hoffman. American Psychiatric Publishing

Family Connections DVD/ Online Teaching Resource:

- A DVD and online teaching resource titled '*Open Your Mind Before You Open Your Mouth*' has been developed within the North Lee AMHS service in association with the programme originator, to further refine and enhance the learning of skills for family members/ significant others and to facilitate the sharing of their learning with extended family and friends. This resource is available and offered to all participants involved in the Family Connections Programme.

Recommended web links for family members/ significant others:

- **National Education Alliance for Borderline Personality Disorder**
www.borderlinepersonalitydisorder.com
- **Borderline Personality Disorder Resource Centre**
www.bpdresourcecenter.org