



Practice Confrontations

BORDERLINE PERSONALITY DISORDER

Juicy clue: decide first what defense is being used, then confront the defense.

Case #1:

Client acts-out with alcohol; her life is continual chaos, with her children and her husband. Not all the chaos is alcohol-related.

Case #2:

Client keeps going to visit a man at his apartment. Man is not interested in her, devalues her and uses her to ventilate his self-pity for himself and his life. He is an ex-rock-and-roll musician gone-to-seed. Both are AA members.

Case #3:

Client wants to be held in therapist's arms so she can "feel" her feelings. Client has history of sexual abuse and is currently not having sexual relations with her husband of six months.

Case #4:

Client acts helpless and hopeless. Asks therapist for advice on what therapist thinks about her husband – meanwhile casting him in very negative light; as someone who makes her feel insecure and helpless.

Case #5:

Client is admitted into an intensive outpatient drug/alcohol program and makes about to phone calls to therapist after each group gets her husband to call the Director for her also. "I just need someone to talk to!" When she does get to talk to someone, her conversation is clinging and somewhat desperate, but no different than usual.

Case #6:

Client gets angry with therapist who won't hold her in her arms; cries a lot and loudly and next session gets angry: "I'm going to leave therapy; I told you what I need and can't get it from you."

Case #7:

Client quits using drugs/alcohol, complains they are feeling worse and wants to be evaluated for medication.