

Family Connections



Family Connections (FC) is a manualised 12 week (2 hrs/week) group program explicitly for family/friends of people with an emotional dysregulation disorder or borderline personality disorder and is based on DBT theory and skills. DBT is the treatment that has the largest number of evidence-based studies of effectiveness for treating people with borderline personality disorder. The target group is family/friends of people with borderline personality disorder and the primary goal is to improve the wellbeing of family members and their relationship with their BPD loved one. It is also hoped that improved family wellbeing will promote the wellbeing of the person with borderline personality disorder. FC programs have two leaders who may be either professionals or family members. The FC program provides psychoeducation, skills training and support, and participants receive an FC workbook.

FC was developed by Perry Hoffman and Alan Fruzzetti and family members and is run under the auspices of NEA.BPD, the largest international BPD advocacy organisation. FC has 3 pre-post studies of effectiveness with significant reductions in family member distress, depression, grief, burden, hopelessness and an increase in mastery and empowerment. The leaders provide FC without charge to participants with participants being asked to cover small running costs (photocopying, venue, catering where applicable).

FC has been very popular and is run in 16 countries, with over 1,000 people currently on the waiting list.

What participants say

"I don't feel so alone any more"

"I know better what to do in a crisis"

"We feel we are making progress as a family"

"The sharing and problem solving really helps me deal with the grief"

"It's good to finally have found a support network"