

FC24-07

IDENTITY EXPLORATION OF BORDERLINE PERSONALITY DISORDER

D. Mac Farlane

Young Peoples Centre, Belfast Trust, Belfast, UK

Introduction: Adolescents with confused identity are a highly challenging client group. They respond to their adverse psychosocial environment with a variety of life-threatening behaviours.

Identity Exploration (IDEX) is a new approach which can be readily integrated into treatment modalities such as IPT (interpersonal), CAT (cognitive-analytic), DBT (dialectical) and SFT (solution-focussed) which are used for such cases.

Objectives: To identify identity states, their clinical manifestations and presentations by type.

To provide clinical illustrations of each type, highlight where treatment interventions are possible within this paradigm, and report outcomes.

Aims: To set out the details of a twelve week group treatment programme. Elements of the programme are - knowing the origins of problems; getting to know self; enhancement of self-concept and self-esteem; discovering self confidence; being satisfied; dealing with rejection and disappointment; taking time out; cooperating and sharing; being kind to self.

Methods: Completion of IDEX instrument; qualitative assessment, using the Alston grid, to differentiate comorbid conditions which include ADD, juvenile bipolar disorder, reactive attachment disorder, developmental traumatic disorder and complex PTSD; process notes of group therapy sessions; CORE evaluation of outcomes.

Results: The summary scores for the main parameters - empathetic identification, identity diffusion, conflicted identification and contidentification - together with how they relate to the four identity states - Achieved, Foreclosed, Diffused and Moratorium - and outcomes will all be reported.

Conclusion: Identity Exploration is an easily administered tool which requires minimal training and which can be integrated into whichever treatment modality a therapist is trained in.