

## P02-250 - HOW TO TRANSFORM BORDERLINE PERSONALITY THROUGH LIFETRACK COUPLE THERAPY

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Borderline personality (disorder) can be understood as the consequence of 'successful' if desperate adaptation to overwhelming adversity in childhood, characterized by unsuccessful or conflicted attachment to difficult parents.

Accordingly, Lifetrack therapy attempts to give the patient his/her first successful closeness (attachment) with his/her committed partner through therapy, transforming borderline personality itself.

Working with the patient and his/her partner Lifetrack therapist concentrates on bringing the couple closer than ever before guided by Lifetrack daily self-rating program on 41 parameters that allows accurate and comprehensive tracking of dynamic mental status and subtle daily changes in personality.

As the case example of Jane illustrates, advancing intimacy provokes spikes of symptoms (and setbacks) characteristic of borderline personality. However, daily self-rating graphs makes it possible for the therapist to demonstrate to the couple that advancing intimacy provokes setbacks (symptom spikes) but recovery from setbacks can allow intimacy to reach peaks higher than before the setbacks

- caused by exhaustion of defense/symptoms. This insight greatly empowers the patient couples and the therapist to continue to advance in intimacy provoking and overcoming defense (symptom spikes) until it becomes exhausted and disappear.

Transformation of BPD typically go through 4 distinct stages, with stage 4 representing complete transformation. Of the 134 BPD patients treated with partners, 34% reached stage 4. Of 234 BPD patients treated with Lifetrack therapy, 66.4% (134) of patients treated with partners exceeded their previous maximum level of adjustment. When couples persisted beyond the first month of therapy, 70.7% (123) exceeded their previous maximum level.