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TURNING EACH BORDERLINE PERSONALITY DISORDER PATIENT INTO CLINICAL RESEARCH PROJECT THROUGH LIFETRACK

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Objective: To demonstrate how each BPD patient in therapy can be turned into an on-going research project by tracking progress (or lack thereof) of each patient through daily self-rating on 41 parameters. The author has treated 224 BPD patients, showing that characteristic BPD symptoms (such as high spikes of anxiety, anger, physical symptoms, depression, and psychosis) can be predictably eliminated by transforming personality through 'Breakthrough Intimacy' - closeness between committed couples far greater than their previous maximum experience, usually without drugs and often within 6 months.

Method: Lifetrack therapy works with the patient and his/her partner in three-way teamwork, bringing them far closer than ever before, guided by their own daily self-rating on 41 parameters that allow accurate graphic tracking via Internet of subtle changes in their personalities and dynamic mental status during each therapy session. The therapist actively helps the couple to think, feel, and act in such ways that their closeness will increase, provoking and overcoming waves of symptom spikes (defense) until they disappear by exhaustion, as the couples undergo personality transformations.

Results: 42% of 224 patients (with or without partners) treated with borderline personality disorder reached a level of adjustment beyond their previous maximum level. Patients with partners (134) did 10 times better (66.4% vs 5.6%) than singles (90). 34% reached Stage-4 (complete transformation far beyond symptom elimination).

Conclusion: BPD should be treated with patients' partners whenever possible, bringing them far closer than their previous maximum experience, guided by their own daily self-rating graphs.