

P-923 - GOING BEYOND THE PATHOLOGY/SYMPTOM ORIENTED TREATMENTS OF BORDERLINE PERSONALITY DISORDER

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Objective: In contrast to prevailing pathology/symptom targeted treatments, Lifetrack therapy targets underlying Borderline Personality directly, through 'Breakthrough Intimacy' - closeness between committed couples far greater than their previous maximum experiences, without drugs, and often within 6 months - transforming borderline personality into a positively well-adjusted personality.

Method: Lifetrack therapy works with couples (the patient, his/her partner in life) bringing them far closer than their previous maximum level, guided by their own daily self-rating on 41 parameters, that allow accurate graphic tracking via Internet of subtle changes in their personalities during each therapy session. This approach frees the therapist from transference (counter-transference) issues, which is the principal obstacle in treatment of borderline personality disorder. Working in three-way teamwork, the therapist actively helps the couple to achieve closeness far greater than their previous maximum level, overcoming waves of defense (spikes of anxiety, anger, physical-symptoms, depression, and psychosis) until it disappear by exhaustion, usually without medications, as couples undergo personality transformation.

Results: The patients typically go through four distinct stages in the process of personality transformation, with stage-IV representing complete transformation. Of the 224 BPD diagnosis confirmed patients, 34% reached stage-IV, 16% reached stage-III, and 14% reached stage-II at the time of termination. 15% improved without going through typical four stages. However, 11% remained in stage-I and 16% remained in stage-0 at the time of termination. Patients with partners did 10 times better than singles (in improvement beyond their previous maximum adjustment levels according to their self assessment).