People with borderline personality disorder (BPD) frequently experience crises, resulting in episodes of self-harm. To date, no randomised controlled trials of crisis interventions for this population have been published.

In this seminar, Dr. Borschmann will be discussing his PhD study which aimed to examine the feasibility of recruiting and retaining a sample of adults with BPD to a trial investigating the potential efficacy of using a joint crisis plan to reduce self-harming behaviour.