

ABSTRACT

Borderline Personality Disorder is an under reported and often misunderstood 'label'; historically it has been perceived that psychotherapeutic interventions would be ineffective in improving function or symptom relief, and this is reflected in the literature review. However, this is challenged by more contemporary relationally based theorists such as Kohut, Warner and Erskine who advocate a holistic and developmentally attuned approach, to enhance the therapeutic response, and improving the prognosis. Recent advances in neuropsychology, notably the work of Allan Schore and Dan Siegel have added weight to support this.

This dissertation includes a case study methodology, supported by a developing rationale for practice, which reflects my humanistic and integrative approach to working with a client diagnosed with a borderline personality disorder. A psychiatrist's diagnosis came during therapy rather than at the outset, which then helped offer themes, and assisted in the formulation of a working hypothesis. This facilitated the client developing an inner state of security, stability, and self-cohesion, by gradually moving towards a more fluid and unstable position, which paradoxically is providing greater stability and resilience in an unpredictable world - '*Discovering Stability Through Instability*'.

