Borderline Personality Disorder Treatment. Psychotherapy, Medications, Hospitalization, and Self-Help. By Kristalyn Salters-Pedneault, P. Another treatment option is partial hospitalization or day treatment. These are programs that are more intensive than traditional outpatient psychotherapy but do not require you to stay overnight. You may be enrolled in a partial hospital or day program if you may be headed toward a crisis, or if you have just been discharged from inpatient hospitalization and need a period of more intensive treatment to make sure the crisis does not reemerge. Self Help. Self-help strategies for BPD are an essential part of any treatment program. Of course, these should be used to supplement care from a qualifi Addicts with borderline personality disorder often develop addictions because their negative emotional responses far outweigh their desires or wills to avoid drug use. In general, DBT helps rehab patients address this problem by acknowledging their strong emotions – but teaching them the skills they need to overcome them. Accepting the Problem. Dialectical behavior therapy is typically split into individual and group sessions during Florida inpatient treatment. In weekly one-on-one meetings, therapists focus on specific single issues which have been problematic for their patients since their last visits. They discuss possible solutions, and they maintain communication throughout the following week via phone calls and additional short meetings. What is the clinical effectiveness of inpatient treatment of adult patients with borderline personality disorder? What are the guidelines and criteria for admission and inpatient treatment of adult patients with borderline personality disorder? Tags. borderline personality disorder, hospitals, adult, hospitalization, nursing staff, hospital units, patient admission, patient readmission, mental health, inpatients, Hospital, clinic, inpatient, surgicenter. Files. Inpatient Treatment for Borderline Personality Disorder: A Review of Clinical Effectiveness and Guidelines. Rapid Response. Summary wi