



Occupational Challenges of Mothers with Borderline Personality Disorder

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Motherhood

- Great joys /Big challenges
- No guidelines
- Requires knowledge, physical, cognitive, affective and relational capabilities



Role of parents/mothers



The Whats

- Meet biological needs
- Provide optimal environment
- Protect
- Model and teach social and emotional skills

The Hows

- Lovingly
- Patiently
- Consistently

Borderline personality disorder (BPD)

- Severe mental disorder
- Intense and unstable relationships
- Hypersensitivity to rejection
- Difficulty regulating emotions
- Impulsive behaviours
 - Substance abuse, suicidal behaviours, self-injury



Mothers with BPD



- **Less able to recognize their child's emotions** (Elliot et al., 2014)
- **Less sensitive to their needs** (Laulik, Chou, Browne, & Allam, 2013)
- **More hostile** (Macfie, Kurdziel, Mahan, & Kors, 2017, Newman, Stevenson, Bergman, & Boyce, 2007)
- **Less likely to provide autonomy support** (Macfie, Kurdziel, Mahan, & Kors, 2017)

Mothers with BPD

- Increase risk of abuse and neglect
- Youth protection services (YPS)
 - 34% of mothers with BPD (Laporte et al. 2018)
 - ½ in YPS as kids
- Little knowledge
 - Affected occupations
 - Process interfering with mothering



Questions

- What are the most challenging occupations for mothers with BPD in YPS?
- What are the processes interfering with their engagement in mothering occupations?



Method

- Descriptive interpretative study
 - 40 interviews with mothers
 - 5 interviews with professionals
 - 3 YPS case workers
 - 2 Occupational therapists



Occupational Challenges



Child personal care

Feeding

Sleep

Health

Hygiene

Dressing

Child Development

Maintain secure and stable environment

Promote Playing

- Motor dev't
- Cognitive dev't
- Affective dev't

Supervise school

Dressing



Indicators

- Child dressed improperly for the season or activity
- Child dressed inappropriately according to his age

Underlying problems

- Setting limits to the child
- Appreciating correctly child's autonomy

Deficits

- Fear of abandonment
- Mood dependent decisions
- Child dev't literacy
- Attention control

Health



Indicators

- Non-recognition of situations requiring medical consultation
- Failure to respect appointments
- Irregular administration of medication

Underlying problems

- Appreciating gravity of the situation
- Planning
- Respecting engagement and schedules

Deficits

- Lack of literacy
- Mood dependent decisions
- Poor mindfulness of the child's need

School supervision



Indicators

- Poor school attendance
- Undone school work
 - Poor collaboration with teachers

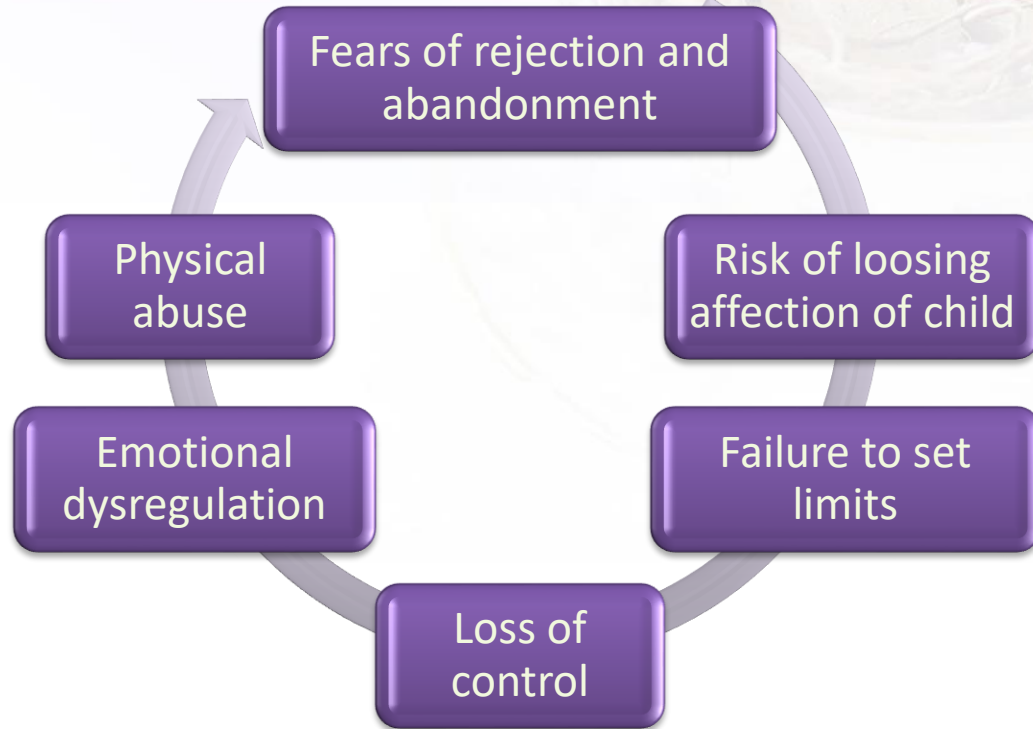
Underlying problems

- Difficulties to get up in the morning
- Difficulty setting routine and limits

Deficits

- Mood dependent decisions
- Emotions regulation
- Chaotic relationships

Processes



I thought that buying everything to my children, letting them go to bed at the time they wanted, eating whenever they were hungry... I thought that was the right way to be loved by them.



My daughter, she was constantly seeking for my attention, so at one point, I needed to relieve myself... I found myself taking drugs, because it was my moment, it was just for me!



Processes



Intolerance to negative emotions

Avoidance

Mood dependant behaviors and decisions

Lack of consistency, previsibility and routine

Neglect

Conclusion

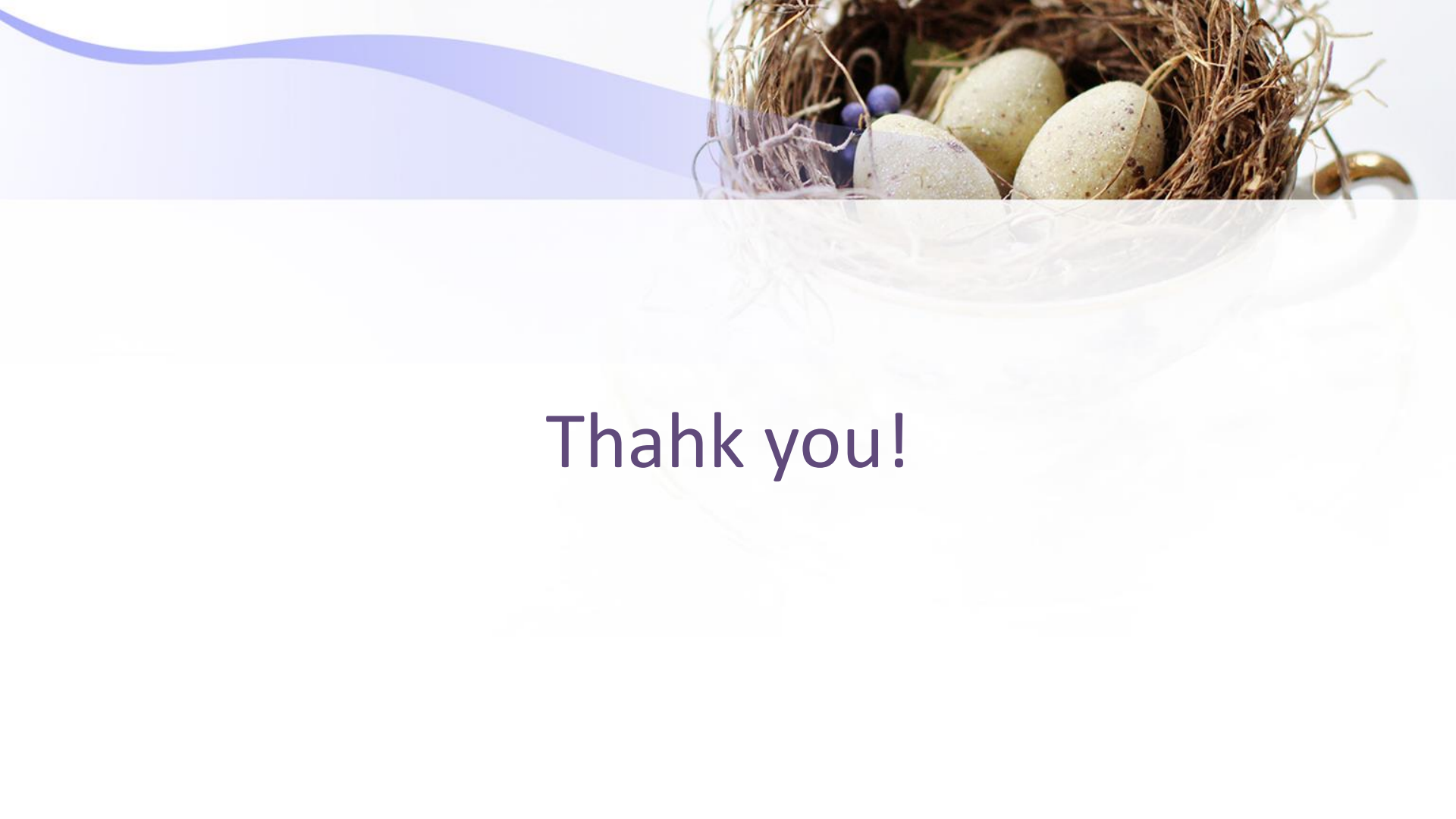
- Most occupations are a challenge for mothers with BPD followed by YPS
- Fears of abandonment and difficulties inhibiting urges associated with negative emotions impact many of them
 - These mothers need to increase:
 - Distress tolerance, mindful parenting, emotion regulation



Conclusion

- These results challenge occupational therapists
 - Mandate of YPS is the child protection
 - Little is offered to mothers
 - OT's not involved in YPS
 - Develop program
 - Contribute to prevention of abuse and neglect





Thank you!