Chapter 16: Personality Disorders

**Video Title:** Marsha Linehan—The Personal Story of DBT
**Video URL:** <https://www.bpdvideo.com/videos/marsha-linehan-personal-story-dialectical-behavior-therapy-rental>
**Run Time:** 4:50
**Source:** BPD Video
**Close Caption Available:** No

Summary of Video:

Dr. Marsha Linehan developed dialectical behavior therapy (DBT), which is now the gold-standard treatment for borderline personality disorder and has been shown to be effective with a range of other disorders as well. In 2011, Dr. Linehan opened-up about her own experience with borderline personality disorder and how her anguish inspired her to develop and research interventions to treat people like herself. The link above leads to a website where you can purchase the full-length video of the speech in which Dr. Linehan first time told her story publicly. For this assignment, read the summary on the website and watch the free trailer for the full-length feature. ***You do not need to purchase the full-length video***. As you read the summary and watch the trailer, please answer the following questions:

1. What promise/vow did Dr. Linehan make to herself at age 18? What came out of that vow? Where did she make that vow?

2. How does Dr. Linehan describe her experience as a patient at the Institute of Living? How do you think these experiences shaped her?

3. What encouraged Dr. Linehan to share publicly about her own diagnosis? What impact do you think her disclosure has had on people with borderline personality disorder?