

PHENOMENOLOGY OF THE SELF, TIME, SPACE AND RELATION WITH OTHERS IN BORDERLINE PERSONALITY DISORDER: PRELIMINARY RESULTS

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Background and Aims

Considering the exploration of how patients experience their lived worlds an essential tool for a better understanding and conceptualization of Borderline Personality Disorder (BPD) we aim to examine their experience of oneself, time, space and relation with Others.

Materials and Methods

Adding to a selective review of the literature we will access this patient's lived experience by using the Examination of Anomalous Self Experiences (EASE) and the Examination of Anomalous World Experiences (EAWEx) interviews and/ or their self-report equivalents - the Inventory of Psychotic-like Anomalous Self Experiences (IPASE) and the Examination of Anomalous World Experiences – Self Report (EAWEx-SR) in its portuguese versions.

Results

SELF

- Tend to feel an inability to formulate a coherent self concept, building an incomplete and instable identity, reactive and of contrasts, translatable in an inner void
- Ambivalence and inner tension from which no action seems to emerge
- Increased intentionality and vitality by periods
- More noetic elements of experience
- Paucity in corporality

OTHERS

- To others is ascribed a notion of uncertainty, instability and inauthenticity
- And yet one of essentiality - there is an urge for the other's recognition, even at cost of the identity sense
- Frustrating and passive synchronicity
- The Other is seen as dichotomic – limiting but helpful to structure

TIME

- Fast
- Constant now
- No retention and protention capacities
- Loss of temporality segregation

SPACE

- Disorganized, incoherent and confusing
or
- Without meaning, directions or way out

Preliminary results and Conclusion

To date a pilot study was performed in which 5 BPD patients were asked to fill IPASE and EAWEx-SR questionnaires to address the pertinence of the study. From the data collected high scores relating to anomalous self experiences were observed. Although to a lesser extent, there were also anomalous experiences reported by all patients in their living of time, space and relation with others.

We believe a phenomenological approach to the lived self and world of BPD patients could allow a better characterization of this yet heterogeneous and blurred category.

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