**Opening:** Borderline Personality Disorder must be defined or explained first by what is known as Cluster B personalities. A Cluster B personality is a personality that is known to be dramatic, emotional, and erratic. After understanding this it is easier to breakdown the definition of Borderline Personality Disorder, because it will be better understood. Impulsive and unstable behaviors in regards to one’s relationship with themselves, their self-image, and moods are what help to define Borderline Personality Disorder. What will be discussed is that of Hypnosis in regards to why it should or should not be used as a treatment option for Borderline Personality Disorder.

**Pro:** Hypnosis can reduce symptoms of anxiety by inducing a more tranquil state that is associated with the induction technique. Additionally, hypnosis has been shown to augment patient’s resilience when dealing with stressful situations and decreasing avoidance behavior” (West, 2014, Indications). Hypnosis is used to lower stress and anxiety so a person with BPD can function adequately in daily life. Although a person with BPD will always have difficult times with worsening symptoms, the severity of the symptoms can be treated effectively using hypnosis. Hypnosis is not only used to lower anxiety, but is also used to induce sleep. Hypnosis is a safe, non-medicated alternative to sleeping medications and unlike sleeping pills, it directly treats the underlying condition causing insomnia. Hypnosis uses techniques to calm the patient, lower nerve, anxiety, or stress, and allows for a more restful sleep throughout the night. Hypnosis can also improve self-image issues and substance-abuse which are typical with BPD. Hypnosis techniques leave a person feeling better about themselves by providing post-therapeutic suggestions to the patient.

**Con:** In order for hypnotherapy to work person must first believe the treatment to be credible and then be willing to put it the time necessary for treatments to take effect, if it works at all. The suggested amount of time for hypnosis to work effectively is at a minimum 12 -24 sessions (Clark 2017). In addition to the hypnotherapy treatments, a person must learn the difficult task of self hypnosis to continue treatment at home. The most effective and sought out treatment to date for people suffering from Borderline Personality Disorder (BPD) is to see a professional psychotherapist, specifically Cognitive Behavioral Therapist (CBT). CBT helps by identifying and altering the core beliefs or behaviors the patient has about them that is causing the problems that they are experiencing. Some goals of CBT are to help you focus on your ability to function; learn to manage emotions, reduce your impulsiveness and to work on improving relationships (Silk, 2015). It’s had proven results for BPD and numerous other mental health disorders for decades. “If it ain’t broke, don’t fix it!”

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