

# BPD Treatment Checklist: Questions to Ask

## Finding a Therapist

- Does the therapist have **experience treating BPD**?
- What treatment approach do they use (DBT, Schema Therapy, MBT, TFP)? Why?
- Have they had **formal training or certification** in treating BPD?
- How do they structure treatment—individual, group, or both?
- How long does treatment typically last?
- Will family or significant others be involved in treatment?
- Do I feel that this therapist truly **cares about me** and my struggles?
- Do they seem to **understand me** and listen without judgment?
- Could I be open and honest with them about deeply personal issues?
- Do I feel **safe, heard, and respected** in sessions?

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## Finding a Facility

### Credentials

- Is the facility licensed and in good standing?
- Is it specifically licensed to treat people with BPD?
- How long has it been treating BPD?

- What therapies are offered (DBT, Schema Therapy, MBT, TFP)?
- How was the staff trained, and by whom?

## **Staff & Programs**

- What is the client-to-staff ratio?
- How many staff members, and what are their qualifications?
- How many clients are in the program?
- What types of therapy are offered (individual, group, family, medication)?
- How often is therapy provided each week?
- How long is the average stay?
- Is family involvement encouraged or required?
- Are there local or on-site **support groups**?
- How is discharge planned and coordinated with aftercare?
- What happens if someone signs themselves out early?

## **Rules & Expectations**

- Is there a handbook explaining program rules and expectations?
- What are the policies on attendance, absences, or visiting hours?

## **Finances**

- What is the total cost? Are there flat fees or extra charges?
- How often is billing done, and what are the payment terms?
- What insurance/funding is accepted (Medicaid, Medicare, private insurance)?
- Is a financial counselor available to explain charges?

- Could treatment affect SSI or other benefits?
- Are there financial resources available for patients with challenges?