

Strategy	Description
Establish therapeutic relationships	Build trust through empathetic communication, active listening, and consistent, nonjudgmental support. Validate the client's feelings and experiences while expressing empathy to promote a sense of understanding and support.
Educate on the disorder	Provide education about the specific personality disorder, its symptoms, and effective coping strategies to enhance the client's understanding and self-awareness.
Set clear and consistent boundaries	Clearly define and maintain therapeutic boundaries to establish a sense of safety and predictability for both the client and the nursing staff.
Crisis intervention and safety planning	Develop and implement crisis intervention plans, including safety plans and coping strategies to address and manage emotional crises.
Emotional skill-building	Offer skill-building sessions to enhance coping mechanisms, emotion regulation, and interpersonal skills through techniques, such as DBT or CBT.
Medication management	Administer and monitor medications, such as mood stabilizers or anxiety reducers, as prescribed, to manage specific symptoms.
Structured routine	Provide a structured routine to create a sense of order and predictability, which can contribute to a feeling of safety and stability for the client.
Collaboration with multidisciplinary team	Collaborate with psychiatrists, advanced practice providers, psychologists, social workers, and other health-care professionals to ensure a comprehensive and holistic approach to care.
Reality orientation	Provide gentle redirection and clarification to help maintain a shared reality, especially for clients who may experience distortions in perception.
Social skills training	Offer social skills training to enhance interpersonal effectiveness through role-playing exercises, communication skills training, and problem-solving scenarios.
Encourage self-reflection	Facilitate self-reflection to help clients gain insight into their thoughts and behaviors, promoting personal growth and self-awareness.
Encourage healthy lifestyle practices	Promote activities that contribute to overall well-being, such as regular exercise, proper nutrition, and adequate sleep.
Encourage participation in support groups	Facilitate participation in support groups or group therapy to provide opportunities for peer support and sharing coping strategies.

**Table 18.2** Strategies for Helping Clients with Personality Disorders Regulate Emotions