

# Randi Kreger

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## Functional summary

International expert on effect of borderline and narcissistic personality disorder behavior on friends, family members and clinicians

## Summary of qualifications

1995 – Present, Borderline Personality Disorder Expert and Advocate

### Author

- Coauthor of *Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder* (second edition 2010, New Harbinger). *SWOE* has been an Amazon "Mover and Shaker" several times. *SWOE* has been translated into French, Dutch, German, Japanese, Korean, Spanish, Chinese, and Croatian
- Author, *The Stop Walking on Eggshells Workbook: Practical Strategies for Living with Someone who has Borderline Personality Disorder* (2002, New Harbinger) a follow up workbook to *SWOE*. Exercises by Paul Shirley, MSW.
- Author, *The Essential Family Guide for Borderline Personality Disorder: Tools and Techniques to Stop Walking on Eggshells*, (2008, Hazelden Publishing)
- With Bill Eddy, coauthor, *Splitting: Protecting Yourself When Divorcing a Borderline or Narcissist* (2011, New Harbinger)
- Coauthor, *Hope for Parents: Helping Your Borderline Son or Daughter Without Sacrificing Your Family Or Yourself* (1999, Eggshells Press)
- Coauthor: *Love and Loathing: Protecting Your Mental Health and Legal Rights When Your Partner Has Borderline Personality Disorder* (2000, Eggshells Press)

### Publisher, Eggshells Press

Eggshells Press publishes a variety of CDs, booklets, and books about borderline and narcissistic personality disorder. They are available for sale only on [BPDCentral.com](http://BPDCentral.com).

### Website Owner/ Online Community Leader

- Owner, BPDCentral at [www.BPDCentral.com](http://www.BPDCentral.com), probably the best-known site on BPD on the Internet. John Gunderson, M.D. recommended the site in his book, *Borderline Personality Disorder: A Clinical Guide* (2001, American Psychiatric Publishing).
- Own and manage the 20,000-member Welcome to Oz family community for people who care about someone with a personality disorder. It boasts 15 separate groups for parents, children, siblings, Christians, gay and lesbian, and many others. The primary list, Welcome to Oz, has been in existence since December of 1995.
- Editor of the electronic newsletter Border-Lines.

- Professional member of the BPDFamily *Facing the Facts* message board. Received a BPD achievement award from this organization.

### **Public Speaker and Consultant**

Given presentations and provided consultation about BPD for a variety of consumers and medical professionals, including the following:

- *Family Perspectives on BPD: The Basics and Beyond*, Carter Center in Atlanta, National Education Alliance for Borderline Personality Disorder: *Secrets of Setting Limits*, November 4, 2011. Available for viewing on NEABPD.org
- *National Alliance for the Mentally Ill*, book signing, 2009
- Seiwa Shoten Publishers in Japan, lead a half day and full day conference in Tokyo for family members (Fall, 2008)
- *Family Perspectives on Borderline Personality Disorder*: New York, NY, October 19-20, 2002. Sponsored by the Borderline Personality Disorder Research Foundation, the Center for the Study of Issues in Public Mental Health, the New England Personality Disorders Association, and the Personality Disorders Foundation. One of 30 speakers
- *New Directions in Borderline Personality Disorder II*, National Institutes of Health, May 30-June 1, 2002
- Testified in a deposition in lawsuit filed by Martha Stewart against the National Enquirer, 1998
- Illinois Association of Rehabilitation Facilities, Springfield, Ill. Oct. 2000. Workshop for professional rehabilitation staff
- *The Impact of Borderline Personality Disorder*: one seminar for clinicians; one for consumers, Milwaukee County Mental Health Division, November 1998, Shirley Kostich organizer, director of communications and special projects
- North Carolina Center for Adoption Education, 1998, Keynote speaker and workshop facilitator, North Carolina. For both clinicians and family members.
- Advocates for Recovery, Milwaukee, WI. Seminar for volunteer peer counselors for Milwaukee Health Association of Milwaukee County. 1998
- All Saints Healthcare System, Racine, November 1998. One seminar for clinicians; one for consumers
- Jewish Family Services, In-service for clinicians; late 1997

### **Media Spokesperson**

Quoted as a BPD expert in a variety of consumer and professional publications, including the *Saturday Evening Post*, *The Chicago Tribune*, the American Psychological Association's *Monitor*, *Northshore Lifestyles*, *Update* (NAMI publication) the *National Enquirer* and others. Appeared on countless radio talk shows throughout the USA and a television show on the Christian Broadcasting Network (CBN).