Understanding and Responding to Borderline Personality Disorder: Treatment and Management Techniques that Work.

1-Day Interactive and Practice-Based Workshop

Individuals with Personality Disorders are among the most challenging to work with of all people with mental health issues. They may be impulsive, unstable, non-compliant, manipulative and self-harming. Far too often such people are managed by under resourced services without the support or guidance of the mental health system. This situation results in poor case management, inadequate resolutions and repeated crises causing cost blowouts and stretching resources even more. The aim of this seminar is to provide insight into the complex world of Personality Disorders and to equip the participants with practical strategies for responding effectively to the complex and often perplexing behaviours displayed by Personality Disordered clients. A special focus will be on working with clients with Borderline Personality Disorder (BPD) as they remain one of the most complex types of clients for most human service professionals. Perceived as exasperating and “impossible,” clients with BPD often confuse, frighten and frustrate the workers. It does not need to be this way as there are new, innovative and empirically validated methods with proven effectiveness for managing and treating the behaviours of this often bewildering client population.

This workshop will foster understanding of the specific challenges associated with caring for individuals with Borderline Personality Disorder. Practical and powerful methods for effectively engaging clients with BPD will be presented. It is an interactive and fun workshop. Case studies, group tasks and movie illustrations will be used to make this not only a valuable learning experience but also an enjoyable one. The content will include a definition of personality disorders and their types, how they develop, the underlying causes behind each and, most importantly, strategies for managing them. The emphasis will be on recognising subconscious schemas driving

Program

1. Defining personality disorders. Types of PDs and the spectrum of behaviours.
2. What causes personality disorders? Is it genetic or is it caused by trauma?
3. Common traits in all personality disorders. Overlaps and mixed clinical presentations.
4. Neuroscience and Borderline Personality Disorders. Do clients with personality disorders have different brains?
5. How do personality disorders develop? Why some people develop them and others do not?
   a. How the techniques based on Schema-Focused therapy can be used in management of personality disordered behaviours
   b. 15 Schemas described and discussed. Each description includes:
      • Core beliefs
      • Origins of the beliefs
      • Clinical presentations and behaviours that can be observed in practice
7. Linking the origins of the behaviours to the problematic behaviour. 13 case studies. Group work.
8. The use of the Schema-focused approach to build empathy and increase client’s insight.
9. How can the Schema-focused approach be used to engage a resistant PD client?
10. How can the Schema-focused approach assist in validating the client’s experience?
11. How the system makes the client worse and what can you do in order to prevent it?
12. Twelve universal strategies for managing clients with personality disorders including BPD.
13. The principles of assisting clients with personality disorders
14. Treatment modalities that are effective with personality disorders. All you need to know in order to facilitate a good referral.
15. What can be implemented in a non-therapeutic environment? What should not be attempted within the limitations of the role and purpose of an organisation?
16. What works and what does not work.
17. Can you become a DBT therapist even if you have not done Marsha Linehan’s training?
19. Techniques to set the boundaries.
20. How to help clients with BPD take responsibility for making positive changes. The set communication strategy. Group practice.
22. More on Borderline Personality Disorder
   a. Spectrum of behaviours, para-suicidal, high risk and self-injurious behaviours.
   b. Responding to suicidal, para-suicidal, high risk and self-injurious behaviours.
      • How to differentiate between these behaviours
      • Assessment of suicidality, para-suicidality and self-harm. Group exercise.
      • How to dismantle self-injurious behaviours.
      • What can you teach your BPD client in order to assist in mood regulation.
      • CBT techniques to shift disturbing thoughts and rumination.
      • CBT techniques to shift uncomfortable feelings.
      • What about the fear of abandonment?
      • Addressing treatment threatening behaviours. Strategies to manage non-compliance.
      • Addressing escape behaviours
      • Strategies to manage splitting