

Evidence Based Approaches to Borderline Personality Disorder: Integrated Management and Treatment Strategies that Work in the Real World

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Learning Objectives:

- Master essential characteristics of BPD and recognize critical features of BPD disrupting treatment in various levels of care.
- Refine Diagnostic Skills and Develop language to educate your clients about their diagnosis.
- Understand key differential diagnosis considerations.
- Learn the role co-occurring disorders play in treatment failures.
- Identify 8 Motivations for parasuicidal/self-injurious behaviour and appropriate interventions for each.
- Evaluate the efficacy of various modalities including DBT, CBT and Schema Therapy and implement the most effective strategies from each.
- Develop a multimodal approach to BPD that involves short-term symptom management skills as well as long-term treatment strategies.

Program Outline

Introductory Remarks

Etiology

Genetic Concordance Rates

Environmental

Neurobiology and treatment implications

Making a personality Disorder Diagnosis

The BPD Diagnosis

The Clinical Interview

DSM 5 Criteria in the Client friendly language

Parasuicide, Chronic suicide and acute suicide

Co-occurring conditions

Common misdiagnosis

Overview of Evidence Based Approaches

Outcome Data

Treatment Models

Dialectical Behavioural Therapy

Cognitive Behavioural Therapy for BPD

Schema Focused Therapy

General Treatment Principles

The treatment agreement

Navigating the Therapeutic Relationship

Managing Clinician's Internal Reactions

Short-Term Management Strategies

Dealing with "Manipulation"

Effectively managing

- Communication skills
- Grounding techniques
- Emotion regulation skills
- Soothing and Distraction
- Environmental Interventions
- Phone Coaching

DBT/CBT Strategies

Validation

Manage Episodes skillfully

Effectively communicate in the midst of the storm

Emotion Regulation Strategies

"Shoulds" and Radical Acceptance

Challenge Personalization to decrease frequency of "hurt" or rejection-based feelings

Facilitate better use of problem solving/coping skills

Treat chronic Suicidality

Identity development/Continuum work

Interpersonal Effectiveness Exercise

Chain Analysis

Schema Modification Strategies

Historical Analysis of Development of Schema

Evidence Logs

Internalization Exercises

Conclusion