

Working with Clients with Borderline Personality Disorder: How to Recognize BPD and Respond to Your Most Complex Clients

LEARNING OBJECTIVES:

- Recognize BPD and distinguish the syndrome from other mental health disorders
- Understand the long-term course of BPD and prognostic features which affect treatment outcome.
- Understand the Neuroscience of BPD
- Consider neurobiological and psychological developmental theories of BPD.
- Develop the personal qualities that allow for compassionate and successful interactions with the borderline client.
- Learn how to work with and support the significant others of the borderline client.
- Understand explicit communication techniques for addressing specific behaviors in BPD.
- Review standardized medication and psychotherapeutic approaches to treatment.
- Learn how to be more effective in working with clients with BPD on assisting them to achieve their goals.
- Learn how to stay on track and be clear of the boundaries whilst working with this client group.

PROGRAM

How we define BPD

- Anecdotal—"manipulative behavior" or skills deficiency
- DSM
- Clients define themselves through words and art work

Examples of BPD in history and media

Prevalence

Cultural influences—an evolving borderline society

Relation to other disorders

- Co-morbidity
- Misdiagnosis
- Camouflage

Differential Diagnosis

Case examples

Prognosis/Outcome studies

Etiology

- Genetic markers
- Neuroscience: When the amygdala and prefrontal cortex don't get along!
- Developmental theories

Communication Strategies that will help with the therapeutic goals.

Strategies for dealing with common behaviors in BPD:

- utilizing structured communication techniques in addressing externalized rage and internalized suicidal and self-injurious behavior

- using “predicting” paradigms to defuse self- destructive impulsivity and to confront splitting behaviour
- resolving “damned if you do, and damned if you don’t” obstacles in relationship disturbances
- soothing abandonment fears with “transitional objects”
- maintaining consistency and therapeutic boundaries while exhibiting caring concern
- validating the “feeling bad about feeling bad” helplessness of borderline emptiness
- confronting “faking it” fears and “chameleon” mood changes
- confronting splitting, while validating identity
- present your own challenging client scenarios for discussion

Your Secondary Client:

- Working with Children of a Borderline Parent
- Is that moody, impulsive, confused individual a borderline kid or just a teenager?
- Helping Partners of Your Borderline Client

Treatment Modalities: how they are similar and how they are different in addressing typical borderline scenarios

- Qualities of a successful practitioner
- Do medications help borderline clients?
- Psychotherapeutic approaches
 - Indications for individual, group, or family interventions
- Specialized therapy programs

Cognitive and Behavioural Treatments

CBT (Cognitive Behavioural Therapy)

DBT (Dialectical Behavioural Therapy)

STEPPS (Systematic Training for Emotional Predictability and Problem Solving)

SFT (Schema-Focused Therapy)

Psychodynamic Treatments

MBT (Mentalization-Based Therapy)

TFP (Transference-Focused Psychotherapy)