

# Integrated Evidence-Based Approaches to Working with Clients with Borderline PD

Prepared for:

TATRA Allied Health Training  
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## CBT for Personality Disorders

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## Understanding PDs

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## Etiology

Genetic Predisposition

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Environmental Risk Factors

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Personality Disorder

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## Personality Development

\* Trait - An innate, enduring pattern of perceiving, relating to, and thinking about one's self, others, and the world

\* Habit - An acquired or learned pattern of thinking and behavior

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## Personality Development

\* Temperament - Innate, genetic, or constitutional aspects of one's personality

\* Character - Learned, psychosocial influence on personality

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## Problems with Current PD Conceptualization

1. Line between pathology and normalcy is more difficult to delineate
2. Considerable overlap in diagnostic categories

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## PD Characteristics

PD Trait	Assessment Principle or Strategy
Ego-Syntonic	Emphasis on Signs vs Symptoms

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## PD Characteristics

PD Trait	Assessment Principle or Strategy
External Locus of Control	Non-Responsible Language

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## PD Characteristics

PD Trait	Assessment Principle or Strategy
Pervasive	Patterns in Different Areas of Life

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## PD Characteristics

PD Trait	Assessment Principle or Strategy
Enduring	Video Mode vs. Pic

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## PD Characteristics

PD Trait	Assessment Principle or Strategy
Inflexible	Monitor Across Contexts

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### Borderline PD

#### BPD Profile



- \* Agenda: To keep from being left
- \* Primary Descriptive Trait: "Intense"
- \* Prevalence rates:
  - 3-6% of General Population
  - 10% Outpatient
  - 20% Inpatient
- \* Gender Distribution: More Common in Women
- \* Heritability: Estimated .49 - .65
- \* Prognosis: Good

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### Borderline PD

#### BPD Profile



- \* Common Schemas: Abandonment, Defectiveness, Approval Seeking, Vulnerable, Insufficient Self-Control
- \* Cognitive Profile
  - "I am worthless (bad)"
  - "Others are flawless"
  - "Others will never understand me"
  - "Others are evil"
  - "The world is unfair"
- \* Behavioral Targets: Self-injurious behaviors, substance use, promiscuous sex, spending, lashing out, shutting down

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### Borderline PD

A pervasive pattern of instability of interpersonal relationships, self-image and affects and marked impulsivity, beginning in early adulthood and present in a variety of contexts, as indicated by five (5) or more of the following:

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## BPD: Diagnostic Criteria

- 1) Frantic efforts to avoid real or imagined abandonment
- 2) A pattern of unstable and intense interpersonal relationships characterized by alternating between extremes of idealization and devaluation
- 3) Identity Disturbance – markedly and persistently unstable self-image or sense of self

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## BPD: Diagnostic Criteria

- 4) Impulsivity in at least two areas that are potentially self-damaging
- 5) Recurrent suicidal behavior, gestures, threats, and self-mutilating behavior

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## BPD: Diagnostic Criteria

**\* Three components of criteria 5**

- Parasuicide (SIB)
- Chronic Suicide
- Acute Suicide

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## BPD: Diagnostic Criteria

- Parasuicide: intentional self-harm with no intent of lethality

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## BPD: Diagnostic Criteria

### Why patients with BPD self-injure

- a. To make anguish known to others
- b. Revenge on a partner
- c. To force someone else to demonstrate a caring act
- d. Anxiety reduction

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## BPD: Diagnostic Criteria

### Why patients with BPD self-injure

- e. To end an argument
- f. Punish perceived "bad self"
- g. Method of reorganization
- h. Numbness

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## BPD: Diagnostic Criteria

- \* Chronic Suicide: repetitive thoughts of killing self
- \* Acute Suicide: plan, intent, means to end ones life

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## BPD: Diagnostic Criteria

- 6) Affective Instability
- 7) Emptiness
- 8) Inappropriate or Intense Anger
- 9) Transient Stress Related Paranoid Ideation or Dissociative Symptoms

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Morning Break

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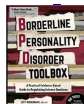
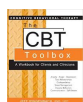


## Let's Connect!

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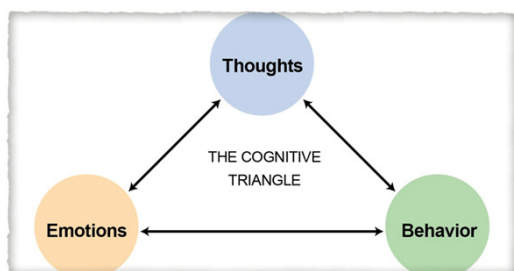
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## Cognitive Behavior Therapy (CBT)



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## Cognitive Behavior Therapy (CBT)

- \* Aaron T. Beck, 1960, University of Pennsylvania
- \* Principle that thoughts influence feelings

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## Cognitive Behavior Therapy (CBT)

Events  Thoughts  Feelings  Actions   
Results

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## Cognitive Behavior Therapy - Core Beliefs

- \* Core Beliefs/Schemas
- \* Beck identified beliefs in 3 different areas
  1. Beliefs about self
  2. Beliefs about others
  3. Beliefs about the world

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## Cognitive Behavior Therapy - Tenets

- \* Term "schema" Coined in 1926 by Piaget - "Structures that integrate meaning into events"
- \* Beck - "Cognitive structures that organize experience and behavior"
- \* Landau & Goldfried - "mental filters that guide the processing of information"

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## Cognitive Behavior Therapy - Tenets: Identifying Core Beliefs

### • Example Beliefs About Self

- I am a failure
- I am worthless
- I am vulnerable
- I am helpless
- I am a burden
- I am defective
- I am unlovable

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## Cognitive Behavior Therapy - Tenets: Identifying Core Beliefs

### • Example Beliefs About Others

- Others are mean
- Others are uncaring
- Others are self-absorbed
- Others aren't deserving of my time
- Others are to be taken advantage of
- Others are unreliable
- Others are untrustworthy

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## Cognitive Behavior Therapy - Tenets: Identifying Core Beliefs

### • Example Beliefs About the World

- The world is exciting
- The world is boring
- The world is scary
- The world is evil
- The world is a lost cause
- I am defective
- The world is dangerous

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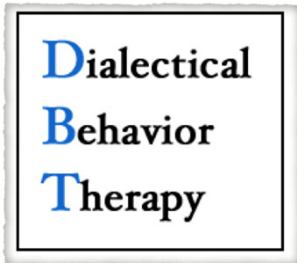
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## Dialectical Behavior Therapy (DBT)



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## Dialectical Behavior Therapy

- \* Developed by Marsha Linehan in the 1970s
- \* Looking for a method to treat chronically suicidal
- \* Found traditional CBT to be too invalidating
- \* Added validation to empirically supported CBT
- \* Concept of Dialectics

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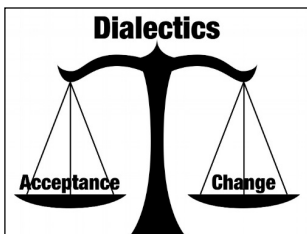
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## Dialectical Behavior Therapy



"Juxtaposes contradictory ideas and seeks to resolve a conflict; a method of examining opposing ideas in order to find truth"

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### Dialectical Behavior Therapy: Core Modules

- \* Mindfulness Skills
- \* Emotion Regulation Skills
- \* Distress Tolerance Skills
- \* Interpersonal Effectiveness Skills

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### Schema Focused Therapy (SFT)



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### Schema Focused Therapy (SFT)

- \* Broad, comprehensive theme or pattern
- \* Comprised of memories, cognitions, emotions, bodily sensations
- \* Developed in childhood, elaborated in adulthood
- \* 18 Schamas in 5 different domains

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### Schema Focused Therapy (SFT)

\* Domain #1: Disconnection and Rejection

- Abandonment
- Mistrust
- Defectiveness
- Emotional Deprivation
- Social Isolation

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### Schema Focused Therapy (SFT)

\* Domain #2: Impaired Autonomy & Performance

- Dependence
- Vulnerability
- Enmeshment
- Failure

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### Schema Focused Therapy (SFT)

\* Domain #3: Impaired Limits

- Entitlement/Grandiosity
- Insufficient Self-Control

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## Schema Focused Therapy (SFT)

- \* Domain # 4: Others Directness
  - Subjugation
  - Self-Sacrifice
  - Approval Seeking

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## Schema Focused Therapy (SFT)

- \* Domain #5: Overvigilance
  - Negativity
  - Emotional Inhibition
  - Unrelenting Standards
  - Punitiveness

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## Characteristics of Schemas

- \* Active vs Dormant
- \* Compelling
- \* Pervasive vs Discrete

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## Schema Reinforcement Process

- \* Maintenance
- \* Avoidance
- \* Overcompensation

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## Symptom-Targeted Interventions

- \* Identify and Label Distortions
- \* Challenging Thoughts
- \* Validate
- \* Acceptance
- \* Grounding

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## Identifying and Labelling Cognitive Distortions

**1. Rationalization.** In an attempt to protect yourself from hurt feelings, you create excuses for events in life that don't go your way or for poor choices you make. We might call these *permission-giving statements* that give ourselves or someone else permission to do something that is in some way unhealthy.

**2. Overgeneralization.** You categorize different people, places, and entities based on your own experiences with each particular thing. For example, if you have been treated poorly by men in the past, "all men are mean," or if your first wife cheated on you, "all women are unfaithful." By overgeneralizing, you miss out on experiences that don't fit your particular stereotype. This is the distortion on which all of those "isms" (e.g., racism, sexism) are based.

**3. All-or-nothing thinking.** This refers to a tendency to see things in black and white categories with no consideration for gray. You see yourself, others, and often the whole world in only positive or negative extremes rather than considering that each may instead have both positive and negative aspects. For example, if your performance falls short of perfect, you see yourself as a total failure. If you catch yourself using extreme language (best ever, worst, love, hate, always, never), this is a red flag that you may be engaging in all-or-nothing thinking. Extreme thinking leads to intense feelings and an inability to see a "middle ground" perspective or feel proportionate moods.

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# Cognitive Distortions

**4. Discounting the positive.** You reject positive experiences by insisting that they "don't count" for some reason or another. In this way, you can maintain a negative belief that is contradicted by your everyday experiences. The terms *mental filter* and *selective abstraction* basically describe the same process.

**5. Fortune telling.** You anticipate that things will turn out badly and feel convinced that your prediction is already an established fact based on your experiences from the past. Predicting a negative outcome before any outcome occurs leads to anxiety.

**6. Mind reading.** Rather than predicting future events, engaging in this distortion involves predicting that you know what someone else is thinking when in reality you don't. This distortion commonly occurs in communication problems between romantic partners.

**7. Should statements.** You place false or unrealistic expectations on yourself or others, thereby setting yourself up to feel angry, guilty, or disappointed. Words and phrases such as *ought to*, *must*, *has to*, *needs to*, and *supposed to* are indicative of "should" thinking.

**8. Emotional reasoning.** You assume that your negative feelings reflect the way things really are. "I feel it, therefore it must be true."

**9. Magnification.** You exaggerate the importance of things, blowing them way out of proportion. Often, this takes the form of fortune telling and/or mind reading to an extreme. This way of thinking may also be referred to as *catastrophizing* or *amplifying*.

**10. Personalization.** You see yourself as the cause of some external negative event for which, in fact, you were not primarily responsible. You make something about you that is not about you and get your feelings hurt.

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# Cognitive Interventions: Dealing with Your "Internal Roommate"

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# Symptom-Targeted Interventions

- \* Identify and Label Distortions
- \* **Challenging Thoughts** (do clinical setting challenges & low level worker responses - practice validate and challenge - add gap examples to work with)
- \* Validate
- \* Acceptance
- \* Put Away the Crystal Ball
- \* Grounding
- \* Soothing and Distraction

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## BPD-Specific Thoughts

- \* "Because he has the means, he should help me more - He is the worst human being to have ever walked the earth!"
- \* "I know she is going to leave me - she isn't responding to my calls!"
- \* "I cant believe I did that - I hate myself - I deserve to be punished"

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## BPD Validation Formula

1. Emotion/Belief-Based Validation Statement
2. Message You Want to Convey
3. Best-Intention Statement

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## Grounding Exercise

- 5** Things you can See
- 4** Things you can Touch
- 3** Things you can Hear
- 2** Things you can Smell
- 1** Thing you can Taste

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## Symptom-Targeted Interventions

- \* Self-Care
- \* Breathe
- \* Circle Work
- \* Ask for help
- \* Accept Accountability
- \* Set a Boundary

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## Decreasing Vulnerability for Negative Emotions Through Self-Care

PHYSICAL	EMOTIONAL	RELATIONAL	SPIRITUAL

My plan for the week:

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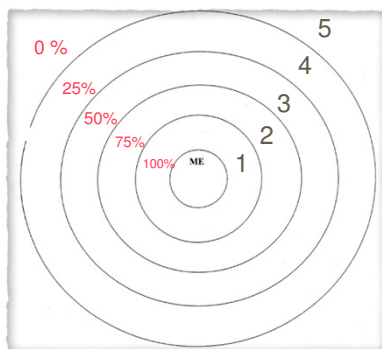
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## BPD Relationship Circles

Intimacy  
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"Into - Me - See"



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Afternoon Break

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**Integrated Advanced Cognitive and Schema Modification Interventions**

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**Integrated DBT/SFT Case Study**

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**Interpersonal Effectiveness: Objective Effectiveness**

**D**escribe  
**E**xpress  
**A**sk  
**R**einforce

**M**indfully Focused  
**A**ppear Confident  
**N**egotiate

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**Interpersonal Effectiveness: Relationship Effectiveness**

**G**entle  
**I**nterested  
**V**alidate  
**E**asy Manner

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**Interpersonal Effectiveness: Self-Respect Effectiveness**

**F**air  
**A**pologies (NO)  
**S**tick  
**T**ruthful

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**Interpersonal Effectiveness Exercise**  
Key Cognitions/Schemas

Key Cognitions

Key Schemas

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Evidence Logs

Schema Flashcards

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**Historical Analysis of the  
Development of a Schema**

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**Belief Development  
Components of the Belief  
Schema Flashcards**

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