

Psychotherapeutic Skills Summer School



Working with

Borderline Psychopathology

new concepts and treatment approaches

with Dr Gwen Adshead, Dr Marco Chiesa,
Dr Judy Gammelgaard, Dr Richard Geist (by video-
link), Dr Nuri Gene-Cos, Professor Brett Kahr,
Professor Otto Kernberg (by video-link),
Dr Jean Knox, Jack Nathan, Franklyn Sills,
Ruthie Smith, and Dr Felicity de Zulueta

Tuesday 28 June to Saturday 2 July 2011
London

Borderline Dynamics

Information

Venue	Phillips Room, Institute of Physics 76 Portland Place, London W1B 1NT
Dates	Tues 28 June - Sat 2 July 2011
Times	Registration from 9.30 Start at 10.0 End at 17.0
Booking	Please book online at www.confer.uk.com
Directions	http://www.76portlandplace.com Nearest tube: Oxford Circus
Refreshments	Refreshments of tea/coffee/herbal and a cooked lunch are included in your fee
Fees	Fees SELF-FUNDED Single day : £130 +VAT All 5 days: £550 +VAT ORGANISATIONALLY FUNDED Single day : £200 +VAT All 5 days: £690 +VAT or deposit of £275 and balance of £275 by 1 June 2011
CPD	30 Hours (6 hours per day) Certificates will be provided at the event
Booking conditions	We regret that refunds cannot be given in any circumstances unless you cancel your place in writing before 1 June 2011, in which case we will give you a 50% refund

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Introduction

The concept of the borderline personality has undergone significant review in recent years, and is now widely understood to be a constellation of symptoms and behaviours that are the expression of an early attachment disorder: those who receive the diagnosis of BPD map closely onto those known to have experienced abusive and neglectful early backgrounds. We now have far greater understanding on how such childhoods severely restrict social, relational and emotional development. Models of developmental psychopathology furthermore suggest that disorganised childhood attachment experiences alter the growth of regulatory structures in the early developing brain, thus neuro-biologically impairing the capacity to self-regulate, measure threat, manage feelings and to control impulses.

Because borderline psychopathology is triggered by interpersonal dynamics that induce disproportionate and unregulated fight/flight/freeze threat-responses this makes the therapy relationship itself a threatening arena. A disconnection from the subjectivity of others, lack of a capacity to engage the ego in managing challenges and amplified reactions lead to difficulty in the very relationship intended to help. Tragically, the very need and desire for connection often results in the most disturbing and destructive behaviour, often around boundaries.

This 5-day seminar school brings together some of the most eminent psychotherapists to consider how a person with a borderline vulnerability can gain from psychotherapy. The most contemporary and effective approaches will be explored, introducing new theory and practice that will support your own effective psychotherapy work with this group of people.

Programme

TUESDAY 28 JUNE 2011

09.30 Registration and coffee

**10.00 Dr Judy Gammelgaard
The Concept of Borderline**

We will begin with a short historical presentation of the concept of borderline, focusing on the approach taken by psychiatry and psychoanalysis respectively. We will then go on to discuss the two main aetiological models that explain the borderline experience: the mother-child interactional model and the trauma model respectively.

11.30 Coffee

12.00 Dr Judy Gammelgaard II

We will explore a phenomenological description of borderline, distinguishing between what I call the logic of despair and the logic of indifference. Finally, I shall introduce a theoretical discussion of the defence mechanisms used by borderline patients - primarily the defence of repudiation (foreclosure).

13.00 Lunch

**14.00 Dr Otto Kernberg (by video link)
Etiology, diagnosis & treatment of borderline patients: An Overview**

15.30 Tea

16.0 Small Group Discussion: What does borderline mean?

17.00 End

WEDNESDAY 29 JUNE 2011

09.30 Registration and coffee

**10.00 Franklyn Sills
The Borderline Conundrum: from early ideas to present-thinking**

What is known as the Borderline Personality covers a wide sphere of personality tendencies and forms. Its most striking aspects are those of suspicion, instability in relating and poor affect regulation. In this presentation, Franklyn will discuss some of the pioneers in the acknowledgment and exploration of this unstable personality form. He will look at ideas from Ronald Fairbairn, Donald Winnicott and Frank Lake, emphasising the territories of the early relational experience, object relation theory, pre- and perinatal psychology and the early care-giving environment.

11.30 Coffee

12.0 Franklyn Sills II

13.00 Lunch

14.00 Dr Jean Knox
The role of shame in borderline patients

By its very nature, trauma or abuse objectify the victim, creating an unbearable sense of shame for the sufferer. This shame contributes to the pattern of behaviour and relationship in which the patient oscillates repeatedly between a kind of adhesive attachment to the therapist and a violent rejection, in which the relationship with the therapist is smashed up or obliterated. Labelling this as BPD can be another way to objectify the patient with a diagnosis. The implications of these issues for our clinical practice will be explored in this presentation.

15.30 Tea

16.00 Small group discussions led by Dr Jean Knox

17.00 End

THURSDAY 30 JUNE 2011

09.30 Registration and coffee

10.00 Dr Judy Gammelgaard
Engage the therapeutic frame with the borderline analysand

From its inception, psychoanalysis has sought to affect a cure through the therapeutic relationship between analyst and analysand. In this session we will look at what happens when the established framework of the psychoanalytic process is challenged by those with borderline personalities, and how we might understand the analysand who is unable to engage with therapy and how we might bring them to a point where they are able to do so.

11.30 Coffee

12.00 Ruthie Smith
Clearing core traumas to facilitate integration of the BPD's patient's split off aspects

The fragmentation characteristic of BPD poses challenges for containment and integration. Working from an attachment based perspective, using the Jungian notion of archetypal energies can be a fruitful way of helping to integrate split off aspects of the person, engaging the client in a different relationship with

their psyche and its processes. We will explore new approaches for treating the personal archetypal energies of The Victim, The Abuser, The Judge, The Witch, The Saboteur, the Perpetrator and many more of the difficult aspects commonly found in people suffering from BPD in a non-shaming way. Through such treatment it is possible to 'clear' the traumatic patterns and personality grids which constitute BPD. By working simultaneously with the person and their parts (the archetypal energies and internalised object relations) and clearing core traumas which have distorted the person's development, the ego is strengthened through integrating these energies/aspects of the self, thereby reducing the BPD's tendencies to be triggered by PTSD into dis-regulated states of mind.

13.30 Lunch

14.30 Dr Nuri Gene-Cos

Assessment, aetiology and diagnosis: treading a careful path through trauma and neurobiology

This presentation will consider the importance of both aetiology and neurobiology in diagnosing and understanding the psychiatric patient who is presenting with severely disorganised moods and behaviour. Using case material we will consider how we can apply an understanding of the neurological organisation of the emotional operating systems in conjunction with an assessment of the patient's unique history to provide the most effective psychiatric/psychotherapy combined treatment for BPD.

15.30 Tea

17.00 End

FRIDAY 1 JULY 2011

09.30 Registration and coffee

10.0 Dr Gwen Adshead

Through the glass, darkly: therapies for borderline organisation and violence to self and others

Borderline structures refer to a disorganisation of mind, characterised by dysfunctional psychological defences, poor reality-testing, and dysregulation of affect and arousal homeostasis. Subjectively, the patient experiences rapid oscillations of attachment emotions - especially love, hate, shame and fear - and cannot maintain an integrated sense of self over time. This type of personality disorganisation is associated with violence to the body in the form of self-harm, and (rarely) violence to others. In this presentation, I will explore how psychological therapies may be helpful in re-organising defences and homeostasis, especially therapeutic techniques that promote mentalisation - the capacity to keep mind in mind.

11.30 Coffee

12.00 Dr Felicity de Zulueta

**Complex Post Traumatic Stress Disorder and Attachment:
possible links with borderline personality disorder**

In 1999 Dr de Zulueta wrote a review on the subject of borderline personality disorder (BPD) as seen from an attachment perspective. Ten years later, having worked with patients suffering from complex Post Traumatic Stress Disorder, she is struck by the similarities and links between their symptoms and those of patients diagnosed as suffering from a BPD. This presentation focuses on the psychobiological basis of their pathology in terms of attachment research and what clinical implications this may have in terms of their diagnosis and treatment.

13.00 Lunch

14.00 Dr Felicity de Zulueta II

15.00 Tea

15.30 Dr Richard Geist (by video link)

The Session on an Edgenality disorder

Using a verbatim session with a patient who had been previously diagnosed as borderline/psychotic, we will discuss how relational self psychologists attempt to engage in healing therapeutic dialogues with these often difficult patients. From a self psychological perspective, borderline patients are often fragmentation-prone and rageful until they are able to develop a sustaining empathic connection with their therapists. What is most difficult for those doing therapy with such people is their boundary challenging behaviour, but I will illustrate how this is always in the service of health rather than pathology. We will look at how differentiating between safety and boundaries facilitates self development, the role of heightened affective moments in strengthening the self, the interactions that catalyze affective regulatory structures in the patient while concurrently strengthening and reorganizing the therapist's self organization.

16.00 Small group discussions led by Dr Jean Knox

17.00 End

SATURDAY 2 JULY 2011

09.30 Registration and coffee

10.0 Dr Marco Chiesa

Effectiveness in the treatment of borderline personality disorder: a critical review of the evidence-base

In this presentation I will review the evidence for effectiveness of a number of modalities of treatment for borderline personality disorder. I will concentrate on studies that evaluated psychodynamically-informed approaches (mentalisation-based treatment, transference focused psychotherapy, group psychotherapy and multi-modal approaches) as well as cognitive-based models (schema-focus therapy, dialectic behaviour therapy and cognitive-analytic therapy). A critical evaluation of what constitutes accepted evidence of effectiveness will be also discussed.

11.30 Coffee

12.0 Jack Nathan

The use of benign authority with Borderline Patients: the need for attunement and limit setting

I will initially explore the nature of borderline patients' viscerally disturbing experiences. We will then consider what makes them different from the 'normal-neurotic' via the way this difference is embodied by the psychotherapist, for whom the countertransference reactions cause profound disturbances that resonate with those of the patient. Because losing one's therapeutic equilibrium is axiomatic, I will detail the way in which benign authority, through attunement and limit setting, can support the therapist, especially when confronted by their own idiosyncratic limitations.

13.00 Lunch

14.00 Jack Nathan II

15.00 Tea

15.30 **Professor Brett Kahr leads a discussion and review of the entire conference**

In the final session, participants will have an opportunity to draw together those aspects of the summer school which may be of greatest relevance to their work, and to consider new approaches to the conceptualisation and treatment of borderline personality disorder.

17.00 End

Speakers



Dr Gwen Adshead

Dr Gwen Adshead has been a Consultant Psychotherapist at Broadmoor Hospital since 1998. She is a practising group psychotherapist and a Member of the Institute of Group Analysis. Dr Adshead has published over 100 papers on Post Traumatic Stress Disorder, Forensic Psychotherapy, and Ethics in Forensic Psychiatry in peer reviewed journals and chapters of books. Her current research interests include moral reasoning in psychopathy and the attachment characteristics of maltreating mothers. She is founder member of the International Association of Forensic Psychotherapy and has been a member of two Royal College of Psychiatry working parties, and three Department of health sub-committees. She was Chairman of the Ethics Committee of the Royal College of Psychiatrists for 5 years. Dr Adshead is registered with the Law Society as an Expert Witness and approved under Section 12 of the Mental Health Act as having special experience in the diagnosis and treatment of mental disorder.

Dr Marco Chiesa

Dr Marco Chiesa MD, FRCPsych has been Consultant Psychiatrist in Psychotherapy at the Cassel Hospital, Richmond since 1991. He is Director of the outpatient Adult Personality Disorder Service and the Research Unit at the Cassel Hospital where he carried out a number of research projects in the field of treatment outcome for personality disorder and psychodynamic psychotherapy. He is Hon. Senior Lecturer at University College London and is a Fellow of the London Institute of Psychoanalysis. His main interest is the treatment and management of patients with personality disorder and patients with psychiatric syndromes with associated personality disorder.

Dr Judy Gammelgaard

Judy Gammelgaard PhD is a training analyst and a member of the Danish Psychoanalytic Society and of the International Psychoanalytical Association. She is Professor and Head of the Centre of Psychoanalysis at the Department of Psychology, University of Copenhagen and lectures widely throughout Scandinavia. Her book *Betweenity: A Discussion of the Concept of Borderline* was published in 2010 (Routledge).

Dr Richard Geist

Richard Geist PhD received his undergraduate degree and his doctorate in Psychology from Harvard University and for 30 years was Clinical Instructor, Department of Psychiatry (Psychology), Harvard Medical School. He is a Founding Member, supervising analyst and on the faculty of The Massachusetts Institute for Psychoanalysis. In addition he is a council member of the International Association for Psychoanalytic Self Psychology. He has been a senior supervising psychologist at Children's Hospital, Massachusetts General Hospital, and Mass Mental Health Center in Boston. Dick maintains a private practice in psychoanalysis and psychotherapy in Newton, Massachusetts where he sees Children, adolescents, adults, and couples.

Dr Nuri Gene Cos

Nuri Gene Cos is a Consultant Psychiatrist and Director of the Traumatic Stress Service, The Maudsley Hospital, London, where she specialises in neuropsychiatry and individual therapy work for people with stress disorders (including Post Traumatic Stress Disorder). She has a special interest in developmental trauma, violence, accident and war and works with victims who have brain injuries as well as psychological conditions. Her doctoral research focused on the psychophysiology in anxiety disorders and she has published several papers in relation to neuropsychiatric issues, bilingualism in relation to psychiatric symptomatology and PTSD.

Professor Brett Kahr

Professor Brett Kahr is Senior Clinical Research Fellow in Psychotherapy and Mental Health at the Centre for Child Mental Health in London, and Honorary Visiting Professor in the School of Arts at Roehampton University. He is an adult psychoanalytic psychotherapist and couple psychoanalytic psychotherapist, and serves as the Chair of the British Society of Couple Psychotherapists and Counsellors at the Tavistock Centre for Couple Relationships, Tavistock Institute of Medical Psychology. He is the author of six books including a book on "Exhibitionism", and editor of a book on "Forensic Psychotherapy and Psychopathology". He edits the Forensic Psychotherapy Monograph Series for Karnac Books, and co-edits its History of Psychoanalysis Series. He is currently completing a book of essays on psychoanalysis, trauma, and schizophrenia.

Professor Otto Kernberg

Otto Kernberg is a psychoanalyst and professor of psychiatry at Weill Cornell Medical College. He is most widely known for his psychoanalytic theories on borderline personality organization and narcissistic pathology. In addition, his work has been central in integrating post war ego psychology (which was primarily developed in the United States and the United Kingdom) with Kleinian and other object relations perspectives (which was developed primarily in the United Kingdom and South America). His integrative writings were central to the development of modern object relations, a theory of mind that is perhaps the theory most widely accepted among modern psychoanalysts. Otto Kernberg designed an intensive form of psychoanalytic psychotherapy known as Transference-Focused Psychotherapy (TFP), which is meant to be more suitable for Borderline Personality Organisation (BPO) patients. BPO patients are described as experiencing so-called 'splits' in their affect and thinking, and the intended aim of the treatment is focused on the integration of split off parts of self and object representations. His many publications include the books *Borderline Conditions and Pathological Narcissism* (2000), and *Aggressivity, Narcissism, and Self-Destructiveness in the Psychotherapeutic Relationship: New Developments in the Psychopathology and Psychotherapy of Severe Personality Disorders* (2004).



Dr Jean Knox

Dr Jean Knox is a psychiatrist and psychotherapist in private practice in Oxford, England. She is a Training Analyst of the Society of Analytical Psychology, a Senior Member and Training Therapist of the British Association of Psychotherapists, Consultant Editor of the Journal of Analytical Psychology and Honorary Senior Lecturer at the University of Kent. She has written and taught extensively on the relevance of attachment theory and developmental neuroscience to psychotherapy theory and practice. Her book *Archetype, Attachment, Analysis: Jungian Psychology and the Emergent Mind* was published in 2003. Her book *Self-Agency in Psychotherapy: Attachment, Autonomy and Intimacy* was published in December 2010, in the WW Norton Interpersonal Neurobiology series.

Jack Nathan

Jack Nathan is a psychoanalytic psychotherapist and Consultant Adult Psychotherapist at the Maudsley Hospital Psychotherapy and Self-Harm Out-Patients Service. He is particularly interested in how to work with this patient group, which was once openly referred to as 'the patients psychiatrists dislike' - what countertransference difficulties they arouse and the meaning attached to their self-destructive behaviours. He is author of numerous papers as well as the book *Self-harm: a strategy for survival and nodal point of change* (2006) and co-authored with Dr. Duncan Mclean, *Treatment of Personality: Limit Setting and the use of Benign Authority* (2007).

Franklyn Sills

Having originally studied medical sciences, Franklyn Sills has a long history of training and clinical practice in both psychotherapy and craniosacral therapy. Co-founder in 1987 of the Karuna Institute, he lectures on Buddhist psychology, object relations, shock, trauma, pre-natal and birth psychology. His recent studies include the neurophysiology of stress and trauma. His published books include *The Polarity Process*, *Craniosacral Biodynamics*, and most recently, *Being and Becoming, Psychodynamics, Buddhism and the Origins of Selfhood*. Franklyn teaches internationally in America, Germany and Switzerland.

Ruthie Smith

Ruthie Smith is an Attachment Based Psychoanalytic Psychotherapist. Ruthie worked for a number of years as a Principal Individual Psychotherapist in the NHS, and prior to that, at the Women's Therapy Centre. She teaches on a number of psychotherapy training programmes including at the John Bowlby Centre, and also teaches A.I.T. (Advanced Integrative Therapy), a therapeutic technology which rectifies neurobiological imbalances caused by trauma. She works in private practice and is currently setting up a trauma centre.

Dr Felicity de Zulueta

Felicity de Zulueta is a consultant psychiatrist in psychotherapy heading the Traumatic Stress Service in the Maudsley Hospital, London and is an Honorary Senior Clinical Lecturer in Traumatic Studies at the Institute of Psychiatry. Dr de Zulueta is also a Group Analyst and a Systemic Family Therapist whose main interests lie in the study of attachment, psychological trauma as well as bilingualism. She is author of *From Pain to Violence, the Traumatic Roots of Destructiveness* (revised edition 2010) and many chapters on the subject. She is also a founding member of the International Attachment Network.