

Borderline Personality Disorder: Assessment, Diagnosis, and Evidence-Based Strategies that Work!

Individuals with borderline personality disorder have long been considered the most challenging clients presenting in the clinical setting. Many professionals continue to view them as untreatable. Emerging research suggests this is simply not the case. DBT has paved the way in pioneering new attitudes and outcomes when working with this population. Most practitioners are trained in dialectical behavior therapy. However, DBT is only one of several empirically supported treatments for BPD. Thus psychologists are now able to bring a more complex, integrative approach to bear on this once heavily stigmatized diagnosis. This 6 hour training will give you an in-depth understanding of BPD, help you make and have a conversation about the diagnosis in a way that minimizes client resistance and enhances motivation, and offer practical, evidence-based treatment strategies that actually work. Leave this advanced training with a comprehensive knowledge of a condition that was once considered untreatable and a broad repertoire of tools to add to your toolbox to assess, diagnosis, and compassionately treat this population and help them discover their own life worth living.

Target Audience
Psychologists Social Workers Counselors
Therapists Psychiatrists Nurses
Course level: Intermediate

Learning Objectives
At the end of this seminar, participants will be able to:
1. Describe the 9 diagnostic criteria for BPD, addressing key differential diagnosis concerns, and discuss how to convey the diagnosis to clients and family members in a way that decreases defensiveness and increases engagement.
2. Identify 8 motivations for non-suicidal self-injury and use strategies for appropriate intervention in response to each
3. Identify and analyze the 18 maladaptive schemas that drive destructive behaviors in BPD.
4. Prepare case conceptualization maps that enhance collaboration and drive your treatment planning, agenda setting, and documentation.
5. Apply an integrated CBT/DBT/Schema therapy model to clients with BPD and implement

Seminar Schedule
Begin 10AM EST and end 5:15 PM, with 15 minute breaks at 11:30 and 3:30, and a 45 minute lunch break at 1:15 PM

Outline

- Begin 10 AM ET
- Assessment and Diagnosis
 - To Diagnose or Not to Diagnose?
 - 3 Subtypes of BPD
 - Having "the talk:" - Explaining the diagnosis to Clients in a way that Break 11:30-11:45 AM ET
- Elicits Buy-in
 - Differential Diagnosis: Bipolar and PTSD
 - 8 Motivations for Engaging in Non-Suicidal Self-Injury
- Case Conceptualization
 - Individualized Roadmaps to Recovery
 - Conceptualization Drives Treatment Planning
 - Conceptualization Drives Documentation
- Lunch 1:15-2 PM ET
- BPD Treatment Considerations
 - Framing, Contracting, and Treatment Set Up
 - Treatment versus symptom management
 - Individual therapy and group treatment
- Symptom - Targeted Strategies
 - Managing splitting
 - Moderating dichotomous thinking
 - Stabilizing relationships
- Break 3_30-3_45 PM ET
- Treatment
 - Complex CB chain analysis
 - Integrated DBT/schema Modification work
- Relapse Prevention & Ending Well
 - Identifying red flags for relapse
 - Episode management
 - The road to recovery

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Continuing Education Credit
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The Presenter

Jeff Riggensch, PhD is a best-selling and award winning author who has earned a reputation as an international expert in cognitive approaches to treating personality disorders. Over the past 20 years he has developed and overseen CBT-based treatment programs for Mood disorders, anxiety disorders, addictive behavior disorders and Personality Disorders at two different psychiatric hospitals and clinics serving over 3,000 clients at multiple levels of care. Dr. Riggensch trained at the Beck Institute of Cognitive Therapy and Research in Philadelphia, is a Diplomate of the Academy of Cognitive Therapy, and is a certified cognitive therapist. He has trained over 20,000 professionals worldwide including audiences in all 50 United States, The UK, Canada, Mexico, South Africa, Australia and New Zealand.

Dr. Riggensch is the author of seven publications including his award winning *The BPD Toolbox: A Practical Evidence-Based Guide to Regulating Emotions* and his newly released self help book *Disarming High Conflict Personalities: Dealing with the 8 Most Difficult People in Your Life Before You Burnout*.

Jeff is known for bridging the gap between academia, research findings, and day-to-day clinical practice, and his work has earned him the reputation for being "the practical tools guy." His seminars on CBT, DBT, and Schema-Focused Cognitive Therapy routinely receive the highest evaluations from conference participants in terms of clinical utility as well as entertainment value.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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