

# ***Effective Clinical Management for Borderline Personality Disorder***

## ***January 9, 2015***

7:00 a.m.	Registration
8:00 a.m.	<p>Background/Overall Principles John G. Gunderson, M.D.</p> <ol style="list-style-type: none"> <li>1) Empirical Support <b>(Section 1)</b></li> <li>2) Interpersonal Hypersensitivity <b>(Section 2)</b> <ol style="list-style-type: none"> <li>a) Origins</li> <li>b) Clinical implications</li> </ol> </li> <li>3) Basic approach (accountability and agency, being active/non-reactive) <b>(Section 3)</b></li> <li>4) How BPD changes</li> <li>5) Q&amp;A</li> </ol>
9:00 a.m.	<p>Getting Started Brian A. Palmer, M.D.</p> <ol style="list-style-type: none"> <li>1) Making the diagnosis <b>(Section 4)</b> <ol style="list-style-type: none"> <li>a) Stigma, value</li> <li>b) Psychoeducation</li> <li>c) Course and outcome</li> </ol> </li> <li>2) Alliance building (how to facilitate, assess) <b>(Section 5)</b></li> <li>3) Establishing a frame (goals, availability between sessions)</li> <li>4) Q&amp;A</li> </ol>
9:45 a.m.	Break
10:05 a.m.	Case #1 (covering Sections I-III) with Audience Response System
11:15 a.m.	<p>Managing Suicidality and Self-Harm <b>(Section 7)</b> John G. Gunderson, M.D.</p> <ol style="list-style-type: none"> <li>1) Assessing dangerousness/safety</li> <li>2) Managing threats (is contracting for safety useful?)</li> <li>3) Responding to acts (use of hospitals, other levels of care)</li> <li>4) Liability considerations</li> <li>5) Q&amp;A</li> </ol>
Noon – 1 p.m.	Lunch

1:00 p.m.	Case #2 (covering Sections IV & V) with Audience Response System
2:00 p.m.	Pharmacotherapy and Comorbidity <b>(Section 9)</b> Brian A. Palmer, M.D.  1) General principles (caution, collaboration) 2) Selecting medications (a new algorithm) 3) Comorbidities (identifying which disorder is the primary target) 4) Common problems (depression, bipolar disorder, PTSD) 5) Q&A
2:45 p.m.	Break
3:05 p.m.	Multimodel Treatments <b>(Section 10)</b> John G. Gunderson, M.D.  1) Split treatments 2) Use of groups 3) Family therapy 4) Q&A
3:50 p.m. – 4:30 p.m.	Review and Conclusions <b>(Section 11)</b> John G. Gunderson, M.D. Brian A. Palmer, M.D.  1) Review of the day; key points to take home 2) Why do this work? 3) Q&A
4:30 p.m.	Adjourn