

Effective Clinical Management for Borderline Personality Disorder

Friday, January 22, 2016 Program Agenda	
7:00 a.m.	Registration and Breakfast
8:00 a.m.	Background/Overall Principles <i>John G. Gunderson, M.D.</i> <ol style="list-style-type: none"> 1) Empirical Support 2) Interpersonal Hypersensitivity <ol style="list-style-type: none"> a) Origins b) Clinical implications 3) Q&A
8:45 a.m.	The GPM Approach to Treatment <i>Brian A. Palmer, M.D.</i> <ol style="list-style-type: none"> 1) Basic approach (accountability and agency, being active/non-reactive) 2) How BPD changes 3) Case discussion
9:45 a.m.	Break
10:00 a.m.	Getting Started <i>John G. Gunderson, M.D.</i> <ol style="list-style-type: none"> 1) Making the diagnosis <ol style="list-style-type: none"> a) Stigma, value b) Psychoeducation c) Course and outcome 2) Alliance building (how to facilitate, assess) 3) Establishing a frame (goals, availability between sessions) 4) Q&A
11:00 a.m.	Managing Suicidality and Self-Harm <i>Brian A. Palmer, M.D.</i> <ol style="list-style-type: none"> 1) Assessing dangerousness/safety 2) Managing threats (is contracting for safety useful?) 3) Responding to acts (use of hospitals, other levels of care) 4) Liability considerations 5) Q&A
Noon – 1:00 p.m.	Lunch
1:00 p.m. – 2:00 p.m.	Review of Key Strategies, Pitfalls, Approaches Brian A. Palmer, M.D. and John G. Gunderson, M.D.
2:00 p.m. – 3:00 p.m.	Case #1 with Audience Response System
3:00 p.m. – 4:00 p.m.	Pharmacotherapy and Comorbidity <i>Brian A. Palmer, M.D.</i> <ol style="list-style-type: none"> 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

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7:00 a.m.	Registration and Breakfast
8:00 a.m.	Review of Day 1 Content <i>John G. Gunderson, M.D. and Brian A. Palmer, M.D.</i>
8:30 a.m.	Case #2 with Audience Response System
9:45 a.m.	Break
10:00 a.m.	Multimodel Treatments <i>John G. Gunderson, M.D.</i> 1) Split treatments 2) Use of groups 3) Family therapy 4) Q&A
11:00 a.m.	Applying GPM Principles to Your Practice Review and Conclusions <i>John G. Gunderson, M.D. and Brian A. Palmer, M.D.</i> 1) Review of the day; key points to take home 2) Why do this work? 3) Q&A
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