



Mayo Clinic School of Continuous Professional Development

Effective Clinical Management of Borderline Personality Disorder



April 19, 2017

UCLA Faculty Center
Los Angeles, California

Course Directors:

Brian A. Palmer, M.D., M.P.H., Mayo Clinic

John G. Gunderson, M.D., McLean Hospital and Harvard Medical School

Robin L. Kissell, M.D., David Geffen School of Medicine - UCLA

REGISTER NOW!

Registration and additional course information can be found
on our course website: ce.mayo.edu/bpd2017

COURSE DESCRIPTION

This course will teach psychiatrists and other clinicians what they need to know to become capable and comfortable in treating patients with borderline personality disorder (BPD). The course begins with a focus on interpersonal hypersensitivity as a unifying feature of the disorder. Through interactive cases and ample time for questions and answers, participants will develop skills in diagnosing BPD, understanding its course and outcome, starting a treatment, applying principles of psychopharmacology, and effectively collaborating in multi-provider treatments. Basic information about the impact of BPD on other psychiatric and medical disorders (and vice versa) will help participants more effectively formulate care and treatment of patients with BPD and other disorders.

LEARNING OBJECTIVES

Upon conclusion of this program, participants should be able to:

- Diagnose borderline personality disorder correctly, including differentiation from mood disorders.
- Articulate principles of treatment for borderline personality disorder, including management of safety issues.

Attendance at this Mayo Clinic course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

INTENDED AUDIENCE

This course is intended for psychiatrists, internists, family physicians, psychologists, physician assistants, nurse practitioners and social workers.

CREDIT

Mayo Clinic College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Mayo Clinic College of Medicine designates this live activity for a maximum of 6.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

APA

The Department of Psychiatry and Psychology at Mayo Clinic, Rochester



is approved by the American Psychological Association to sponsor continuing education credits for psychologists. The Department of Psychiatry and Psychology at Mayo Clinic, Rochester maintains responsibility for this program and its content.

AOA

The American Osteopathic Association designates this program for a maximum of 6.75 AOA Category 2-A CME credits.

Other Health Care Professionals

A certificate of attendance will be provided to other health care professionals for requesting credits in accordance with state nursing boards, specialty societies, or other professional associations.

DATE AND LOCATION

The Effective Clinical Management of Borderline Personality Disorder course will be held April 19, 2017. The course will be located at the UCLA Faculty Center, 480 Charles Young Drive, Los Angeles, California.

REGISTRATION

Visit ce.mayo.edu/bpd2017 to register online. The registration fee includes tuition, comprehensive course syllabus (electronic), continental breakfast, lunch and break refreshments. Although it is not Mayo Clinic School of Continuous Professional Development (CPD) policy to limit the number of registrants for a course, conference room facilities may necessitate closing of enrollment; therefore, early registration is advised.

Registration Fees:	
Physicians/ scientists	\$250 USD
Advanced care practitioners, counselors, social workers	\$100 USD

For additional information, contact:
Mayo Clinic School of Continuous Professional Development
Plummer 2-60
200 First Street SW
Rochester, MN 55905
Website: ce.mayo.edu
E-mail: cme@mayo.edu
Phone number:
800-323-2688 (U.S.) or
507-284-2509 (outside the U.S.)



CANCELLATION POLICY

If you cancel your participation in this course, your registration fee, less a \$75 administrative fee, will be refunded when written notification is received by Mayo Clinic School of CPD before April 5, 2017 (cme@mayo.edu). No refunds will be made on or after April 5, 2017. Canceled registrations are non-transferable.

Mayo Clinic School of CPD reserves the right to cancel or postpone any course due to unforeseen circumstances. In the unlikely event Mayo Clinic School of CPD must cancel or postpone this course, Mayo Clinic School of CPD will refund the registration fee, but is not responsible for any related costs, charges, or expenses to participants, including fees assessed by airline/ travel/lodging agencies.

TRAVEL AND LODGING

There are many lodging options near the UCLA Faculty Center. For more information about Los Angeles, and where to stay, visit <http://www.discoverlosangeles.com>

Los Angeles International (LAX) Airport is approximately 11 miles from the UCLA Faculty Center. Taxis and rental cars are readily available at the airport.

Travel and lodging arrangements are the sole responsibility of the individual registrant.

Mayo Clinic School of CPD is not responsible for expenses incurred by an individual who is not confirmed and for whom space is not available at the meeting. Costs incurred by the registrant such as airline or hotel fees or penalties are the responsibility of the registrant.

FACULTY

Mayo Faculty

Brian A. Palmer, M.D., M.P.H.

Vice Chair, Education

*Department of Psychiatry &
Psychology*

Guest Faculty

John G. Gunderson, M.D.

*Professor of Psychiatry, Harvard
Medical School*

*Director, McLean Hospital's
Borderline Center*

Robin L. Kissell M.D.

*Associate Professor, Psychiatry
David Geffen School of Medicine -
UCLA*

FACULTY DISCLOSURE

As a provider accredited by ACCME, Mayo Clinic College of Medicine (Mayo Clinic School of Continuous Professional Development) must ensure balance, independence, objectivity and scientific rigor in its educational activities. Course director(s), planning committee, faculty, and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any

commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty also will disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of this information will be published in the course materials so those participants in the activity may formulate their own judgments regarding the presentation.

NATIONAL PHYSICIAN PAYMENT TRANSPARENCY PROGRAM

Mayo Clinic College of Medicine complies with the requirements of the National Physician Payment Transparency Program OPEN PAYMENTS (Physician Payments Sunshine Act).



Effective Clinical Management of Borderline Personality Disorder

7:00 a.m. Registration

8:00 a.m. Background/Overall Principles

Brian A. Palmer, M.D., M.P.H.

- 1) Empirical Support
- 2) Interpersonal Hypersensitivity
 - a) Origins
 - b) Clinical implications
- 3) Basic approach (accountability and agency, being active/non-reactive)
- 4) How BPD changes
- 5) Q&A

9:00 a.m. Getting Started

Robin L. Kissell, M.D.

- 1) Making the diagnosis
 - 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

9:45 a.m. Break

10:05 a.m. Case #1

11:15 a.m. Managing Suicidality and Self-Harm

John G. Gunderson, M.D.

- 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

12:00

Lunch

1:00 p.m. Case #2

2:00 p.m. Pharmacotherapy and Comorbidity

Robin L. Kissell, 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

Brian A. Palmer, M.D., M.P.H.

- 1) Split treatments
- 2) Use of groups
- 3) Family therapy
- 4) Q&A

3:50 p.m. Review and Conclusions

John G. Gunderson, M.D., Robin L. Kissell, M.D., and Brian A. Palmer, M.D., M.P.H.

- 1) Review of the day; key points to take home
- 2) Why do this work?
- 3) Q&A

4:30 p.m. Adjourn

MAYO 200 First Street SW
CLINIC Rochester, MN 55905



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Los Angeles, California

*If you already received a copy of this brochure, please give
this brochure to an interested colleague.*

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