

## Good Psychiatric Management for Borderline Personality Disorder

### Objectives

Diagnose borderline personality disorder correctly, including differentiating from mood disorders and explaining the diagnosis to a patient

Articulate principles for management of safety issues in patients with borderline personality disorder

Describe the course and outcome of BPD and the impact of BPD on mood disorders and vice-versa

Explain key principles and evidence in the pharmacological treatment of BPD

Understand the role of split treatments and family involvement in the treatment of BPD

### Abstract

This course will teach psychiatrists the basics of what they need to know to become capable, and comfortable, in treating patients with borderline personality disorder. The good psychiatric management taught in the course has been compared in a randomized study with dialectical behavioral therapy and performed equally well. Its contents have been developed as a handbook. The course begins with a focus on interpersonal hypersensitivity as a unifying feature of the disorder. Through interactive cases, video illustrations of principles, 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. Appropriate family involvement and key psychoeducational principles for families are included. Previous course participants have noted improvement in self-perceived skills in the treatment of BPD as they grow more confident in applying key principles in treatment.

### Agenda

0:00 Introduction

0:10 1. Background/Overall Principles

Section 1. Empirical support

Section 2. Interpersonal Hypersensitivity

a) origins

b) clinical implications

Section 3. Overall Principles (anger management video)

0:45 Q&A

0:50 2. Getting Started

Section 4. Making the diagnosis (diagnostic disclosure video)

a) stigma, value

b) psychoeducation

Section 5. Getting Started

a) alliance building (how to facilitate, assess)

**Commented [p1]:** Course title is brief and direct, with a clear expected outcome, to encourage attendees to sign up for the course in advance.

**Commented [p2]:** Objectives describe the primary tangible outcomes of the session and what attendees can expect to learn.

**Commented [p3]:** Abstract notes the level of expertise required of participants: Does this course cover the basics or advanced material?

b) establishing a frame (goals, availability between sessions)

1:55 Q&A

2:00 Coffee Break

2:15 3. Managing Suicidality & Self-Harm

Section 6

- a) Assessing dangerousness/safety
- b) Managing threats (safety video) (is contracting for safety useful?)
- c) Responding to acts (use of hospitals, other levels of care)
- d) Liability considerations

2:45 Q&A

2:50 4. Pharmacotherapy & Comorbidity

Section 7

- a) General principles (caution, collaboration)
- b) Selecting medications (a new algorithm)
- c) Comorbidities (identifying which disorder is the primary target)
- d) common problems (depression, bipolar disorder, SUD)

3:30 Q&A

3:35 5. Other

Section 8

- a) Split Treatments
- b) Multimodel options (family video)
- c) Why do this work?

3:50 Q&A

**Commented [p4]:** Always end the session with audience Q&A