

Working with Borderline Psychopathology



new
insights
and
therapeutic
approaches

A seminar series

Presenters:

Dr Marco Chiesa, Dr Judy Gammelgaard,
Dr Nuri Gene-Cos, Dr Jean Knox,
Dr Dianne Lefevre, Jack Nathan, Franklyn Sills,
Ruthie Smith, and Dr Felicity de Zulueta

Borderline Dynamics

Introduction

The concept of the borderline personality has undergone significant review in recent years, and is now widely understood to be a constellation of symptoms and behaviours that are the expression of an early attachment disorder. Those who receive the diagnosis of BPD map closely onto those known to have experienced abusive and neglectful early backgrounds. We now have far greater understanding on how such childhoods severely restrict social, relational and emotional development although questions remain about why some people this structure rather than another constellation of defences.

How do we work psychotherapeutically with people for whom early developmental deficits have resulted in severe emotional dysregulation and a dysfunctional personality structure? Amplified emotional responses to others, self-harming approaches to affect regulation, and difficulty in reciprocal empathy - all those expressions of the underlying structure that we have come to call borderline - also lead to complexity in the very psychotherapeutic relationship intended to help.

To support practitioners with the challenges of this work, this seminar series brings together a group of our most experienced colleagues in the field to present their views on how a person with a borderline vulnerability or BPD diagnosis can gain from psychotherapy. The most contemporary and effective approaches will be explored, introducing new theory and practice that will support your own effective psychotherapy work.

Discussion about aetiology, assessment and diagnosis will be covered, as well as:

- The characteristics of borderline psychological structures: disorganisation of mind, dysfunctional psychological defenses, poor reality testing, and dysregulation of affect, instability in relationships
- The complexities of assessment and diagnosis – for example distinguishing BPD from complex PTSD or from psychosis
- How psychological therapies may be helpful in re-organising defenses and integrating splits
- Applications of effective treatment modalities: relational, psychoanalytic, attachment-based, mentalisation, CBT and psychiatry
- Complexities in the psychotherapeutic relationship, boundary issues, transference and countertransference dynamics
- A review of effective treatment approaches and research findings

This seminar series is a partial repeat of the highly acclaimed Confer summer school held in 2011.

Programme

Tuesday 17 January 2012

Dr Nuri Gene-Cos

Assessment, aetiology and diagnosis: treading a careful path through trauma and neurobiology

This presentation will consider the importance of both aetiology and neurobiology in diagnosing and understanding the psychiatric patient who is presenting with severely disorganised moods and behaviour. Using case material we will consider how we can apply an understanding of the neurological organisation of the emotional operating systems in conjunction with an assessment of the patient's unique history to provide the most effective psychiatric/psychotherapy combined treatment.

Tuesday 24 January 2012

Dr Jean Knox

The role of shame in borderline patients

By its very nature, trauma or abuse objectify the victim, creating an unbearable sense of shame for the sufferer. This shame contributes to the pattern of behaviour and relationship in which the patient oscillates repeatedly between a kind of adhesive attachment to the therapist and a violent rejection in which the relationship with the therapist is smashed up or obliterated. Labelling this as BPD can be another way to objectify the patient with a diagnosis. The implications of these issues for our clinical practice will be explored in this presentation.

Tuesday 31 January 2012

Dr Felicity de Zulueta

Complex Post Traumatic Stress Disorder and attachment: possible links with borderline personality disorder

In 1999 Dr de Zulueta wrote a review on the subject of borderline personality disorder (BPD) as seen from an attachment perspective. Ten years later, having worked with patients suffering from complex Post Traumatic Stress Disorder, she is struck by the similarities and links between their symptoms and those of patients diagnosed as suffering from a BPD. This presentation focuses on the psychobiological basis of their pathology in terms of attachment research and what clinical implications this may have in terms of their diagnosis and treatment.

Tuesday 7 February 2012

Dr Dianne Lefevre

Thinking together: what determines the development of a borderline condition rather than a psychotic condition?

Looking at infancy and early childhood we will first question what makes someone develop a borderline, rather psychotic psychological structure. Dianne Lefevre will propose that in

psychosis anything that causes unbearable interpersonal pain slips over into the psychotic personality, while in borderline that pain is handled via the mechanism of projective identification of unwanted features of the personality or objects onto others. She will argue that the characteristics of the borderline personality, that include narcissistic repudiation of the other as well as more primitive impulses arising from pre-genital aggression, can be traced to very early problems. However, precisely what leads to one or other structure is difficult to determine. Regardless of precise aetiology, the need to develop an observing self is essential. Therapeutic considerations will be discussed.

Tuesday 6 March 2012

Dr Judy Gammelgaard

Engaging the therapeutic frame with the borderline analysand

From its inception, psychoanalysis has sought to affect a cure through the therapeutic relationship between analyst and analysand. In this session we will look at what happens when the established framework of the psychoanalytic process is challenged by those with borderline personalities, and how we might understand the analysand who is unable to engage with therapy. We will consider how we might bring them to a point where they are able to do so.

Tuesday 13 March 2012

Dr Marco Chiesa

Effectiveness in the treatment of borderline personality disorder: a critical review of the evidence-base

In this presentation Marco Chiesa will review the evidence for effectiveness of a number of modalities of treatment for borderline personality disorder. He will concentrate on studies that evaluated psychodynamically-informed approaches (mentalisation-based treatment, transference focused psychotherapy, group psychotherapy and multi-modal approaches) as well as cognitive-based models (schema-focus therapy, dialectic behaviour therapy and cognitive-analytic therapy). A critical evaluation of what constitutes accepted evidence of effectiveness will be also discussed.

Tuesday 20 March 2012

Ruthie Smith

Clearing core traumas to facilitate integration of the BPD's patient's split off aspects

Clearing core traumas to facilitate integration of the BPD's patient's split off aspectsThe fragmentation characteristic of BPD poses challenges for containment and integration. Working from an attachment based perspective using the Jungian notion of archetypal energies can be fruitful in helping to integrate split off aspects of the shadow, engaging the client in a constructive relationship with their psyche and its processes. AIT, an energy

psychotherapy developed by Asha Clinton offers a way of treating challenging aspects of the personality in a non-shaming way. By working simultaneously with the person and their parts (such as The Victim, The Abuser, The Judge, The Witch, The Saboteur, and other 'difficult' archetypal energies/ internalised object relations), the distortions in the person's development, compulsive patterns and intractable 'personality grids' can soften and dissolve. Through clearing core trauma, these archetypal energies/aspects of the self can be integrated, thereby strengthening the ego and reducing the BPD's tendencies to be triggered by PTSD into dis-regulated 'states' of mind.

Tuesday 27 March 2012

Franklyn Sills

The borderline conundrum: from early ideas to present-thinking

What is known as the Borderline Personality covers a wide sphere of personality tendencies and forms. Its most striking aspects are those of suspicion, instability in relating and poor affect regulation. In this presentation, Franklyn will discuss some of the pioneers in the acknowledgment and exploration of this unstable personality form. He will look at ideas from Ronald Fairbairn, Donald Winnicott and Frank Lake, emphasising the territories of the early relational experience, object relation theory, pre- and perinatal psychology and the early care-giving environment.

Tuesday 3 April 2012

Jack Nathan

The use of benign authority with borderline patients: the need for attunement and limit setting

Jack Nathan will firstly explore the nature of borderline patients' viscerally disturbing experiences. We will then consider what makes them different from the 'normal-neurotic' via the way this difference is embodied by the psychotherapist, for whom the countertransference reactions cause profound disturbances that resonate with those of the patient. Because losing one's therapeutic equilibrium is axiomatic, I will detail the way in which benign authority, through attunement and limit setting, can support the therapist, especially when confronted by their own idiosyncratic limitations.

Speakers

Dr Marco Chiesa

Dr Marco Chiesa MD, FRCPsych has been Consultant Psychiatrist in Psychotherapy at the Cassel Hospital, Richmond since 1991. He is Director of the outpatient Adult Personality Disorder Service and the Research Unit at the Cassel Hospital where he carried out a number of research projects in the field of treatment outcome for personality disorder and psychodynamic psychotherapy. He is Honorary Senior Lecturer at University College London and is a Fellow of the London Institute of Psychoanalysis. His main interest is the treatment and management of patients with personality disorder and patients with psychiatric syndromes with associated personality disorder.

Dr Judy Gammelgaard

Judy Gammelgaard PhD is a training analyst and a member of the Danish Psychoanalytic Society and of the International Psychoanalytical Association. She is Professor and Head of the Centre of Psychoanalysis at the Department of Psychology, University of Copenhagen and lectures widely throughout Scandinavia. Her book *Betweenity: A Discussion of the Concept of Borderline* was published in 2010 (Routledge).

Dr Nuri Gene Cos

Nuri Gene Cos is a Consultant Psychiatrist and Director of the Traumatic Stress Service, The Maudsley Hospital, London, where she specialises in neuropsychiatry and individual therapy work for people with stress disorders (including Post Traumatic Stress Disorder). She has a special interest in developmental trauma, violence, accident and war and works with victims who have brain injuries as well as psychological conditions. Her doctoral research focused on the psychophysiology in anxiety disorders and she has published several papers in relation to neuropsychiatric issues, bilingualism in relation to psychiatric symptomatology and PTSD.

Dr Jean Knox

Dr Jean Knox is a psychiatrist and Jungian analyst. She is a Training Analyst of the Society of Analytical Psychology, a Senior Member and Training Therapist of the British Association of Psychotherapists and Consultant Editor of the Journal of Analytical Psychology. She has written and taught extensively on the relevance of attachment theory and developmental neuroscience to psychotherapy theory and practice. Her book *Archetype, Attachment, Analysis: Jungian Psychology and the Emergent Mind* was published in 2003. Her book *Self-Agency in Psychotherapy: Attachment, Autonomy and Intimacy* was published in December 2010, in the WW Norton Interpersonal Neurobiology series. She is currently involved in a qualitative research project to explore how agency is expressed by both therapist and patient in transcripts of psychotherapy sessions.

Dr Dianne Lefevre

Dr Dianne Campbell Lefevre, MB ChB FRCP FRCPsych, worked for 40 years with patients with mental illness including intensive work with people with psychoses. She worked initially as a physician and later as a Consultant Psychiatrist and a Consultant Psychiatrist in Psychotherapy. She ran an MSc course in the Psychodynamics of the Psychoses for 6 years. She is interested in the multiple factors contributing to the genesis, course and effective management of mental illness and in particular in the psychoses and their relationship to PTSD, OCD, BPD and DID.

Jack Nathan

Jack Nathan is a psychoanalytic psychotherapist and Consultant Adult Psychotherapist at the Maudsley Hospital Psychotherapy and Self-Harm Out-Patients Service. He is particularly interested in how to work with this patient group, which was once openly referred to as 'the patients psychiatrists dislike' - what countertransference difficulties they arouse and the meaning attached to their self-destructive behaviours. He is author of numerous papers as well as the book *Self-harm: a strategy for survival and nodal point of change* (2006) and co-authored with Dr. Duncan Mclean, *Treatment of Personality: Limit Setting and the use of Benign Authority* (2007).

Franklyn Sills

Having originally studied medical sciences, Franklyn Sills has a long history of training and clinical practice in both psychotherapy and craniosacral therapy. Co-founder in 1987 of the Karuna Institute, he lectures on Buddhist psychology, object relations, shock, trauma, pre-natal and birth psychology. His recent studies include the neurophysiology of stress and trauma. His published books include *The Polarity Process*, *Craniosacral Biodynamics*, and most recently, *Being and Becoming, Psychodynamics, Buddhism and the Origins of Selfhood*. Franklyn teaches internationally in America, Germany and Switzerland.

Ruthie Smith

Ruthie Smith, an Attachment Based Psychoanalytic Psychotherapist, worked for a number of years as a Principal Individual Psychotherapist in the NHS, and prior to that, at the Women's Therapy Centre. She teaches and lectures on various psychotherapy training programmes, including at The Bowlby Centre. She also teaches A.I.T. (Advanced Integrative Therapy), a therapeutic technology which rectifies neurobiological imbalances caused by trauma. She works in private practice with individuals and couples, and has set up The Flame Centre, which offers psychotherapy, trauma treatment and personal and spiritual development.

Dr Felicity de Zulueta

Dr Felicity de Zulueta is Emeritus Consultant Psychiatrist in Psychotherapy at the South London and Maudsley NHS Trust and Honorary Senior Lecturer in Traumatic Studies at Kings College London as well as being a Group Analyst. She developed and headed the Traumatic Stress Service in the Maudsley Hospital, which specialises in the treatment of people suffering from Complex Post Traumatic Stress Disorder including borderline personality and dissociative disorders. She has published papers on the subject of Bilingualism and PTSD, BPD and dissociative disorders from an attachment perspective and is author of the book *From pain to Violence; the traumatic roots of destructiveness* (2nd updated edition published by John Wiley and Sons, March 2006). She works as a freelance consultant psychotherapist with a training in psychoanalytic psychotherapy, systemic family therapy, group analysis, EMDR and Lifespan Integration.