

Workshop Proposal

Title: Borderline Personality Disorder and EMDR

Borderline Personality Disorder (BPD) presents great challenges for clinicians. Patients with this diagnosis are known for being impulsive, reactive and highly sensitive. They often present with high risk behaviors, suicidal ideation and a history of or risk of suicide attempts. Countertransference issues need to be considered in the management of this population. Affect phobias in both patients and therapist can be crucial in selecting and applying treatment strategies EMDR therapy with BPD.

This workshop offers an integration of AIP, attachment-related states of mind, and the theory of structural dissociation of the personality (TSDP) to the case conceptualization of BPD. It will also highlight the importance of learning to recognize the role of defenses related to the various phobias in TSDP and to presenting how to address these with EMDR. Another new aspect is the potential role of affect phobia in the therapist. Borderline patients can generate strong countertransference issues in clinicians, and EMDR can mobilize strong affect in patients. Therefore, it is important for clinicians to be alert to and to be able to recognize defensive responses to affect phobias both in themselves and their BPD patients.

Sometimes it can be difficult for EMDR trained clinicians to establish the connecting thread between the patient's symptoms (including the frequent difficulties they present in the therapeutic relationship) and the early environments in which they grew up, characterized by a high rate of attachment disruptions and severe traumatic events. Throughout videos we will demonstrate how to go from current symptoms to core targets for EMDR reprocessing and when instead to address defenses.

Day 1

9:00 – 11:00

1. Brief review of BPD and trauma literature.
 - a. Understanding DSM criteria from a trauma perspective.
 - b. Translating DSM criteria into possible targets

11:00 – 11:30 Break

11:30 – 13:30

2. Borderline Personality Disorder and the Theory of Structural Dissociation of the Personality.
 - a. BPD from the lens of TSDP
 - b. Clinical examples

13:30 – 15:00 Lunch

15:00-17:00

3. Phase 1 in Borderline Personality Disorder and Complex trauma. Specific instruments designed for EMDR.
 - a. Family Experiences in Childhood scale
 - b. Self-Care Patterns Scale

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- c. Frequent problems that arise in Phase 1.

17:00 – 17:30 Break

17:30 – 18:30 Case examples

Day 2

9:00 – 11:00

4. Phase 2 in Borderline Personality Disorder.
 - a. Frequent difficulties and solutions.
 - b. Specific strategies and case examples.
 - c. Emotional dysregulation
 - d. Defense mechanisms

11:0 – 11:30 Break

11:30 – 12:30

5. Identifying and managing frequent relational dynamics in the therapeutic relationship with the Borderline Patient.
 - a. Relational Problems Questionnaire.
 - b. Video fragments to analyze our own possible triggers

12:30 – 13:30

6. Phases 3-7 in Borderline Personality Disorder.
 - a. Basic and advanced aspects to take into account in this clinical population.
 - b. Positive and negative cognitions in BPD
 - c. Particularities when installing the VOC

13:30 – 15:00 Lunch

15:00 – 16:00

7. Phases 3- 7 in Borderline Personality Disorder
 - a. Identifying core BPD targets.
 - b. From symptom to target
 - c. Case examples

16:00 – 17:00

8. Modifying EMDR procedures for BPD

17:00 – 17:30 Break

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17:30 – 19:00

9. Case conceptualization and consultation