



## **Course: borderline personality disorder: overcoming clinical challenges using dialectical behaviour therapy**

**Address:** <https://asadis.net/en/course/borderline-personality-disorder-and-crisis-management/>

**Duration:** 2h30

**Type of course:** continuing education

**Location:** online course

**Individual price:** \$100.00

### **Overview:**

Borderline personality disorders often come with emotional, interpersonal, behavioral and self dysregulation which often manifest through crisis behaviors. To help alleviate the suffering associated with this complex condition, Dialectical Behaviour Therapy has proven highly effective.

This workshop, led by Dr. Uliaszek, a psychologist and researcher specialized in the field of BPD, will provide essential treatment guidelines to support your clients on their journey toward improved crisis management and healing.

First, the symptoms and dysregulation in BPD are reviewed to provide some understanding of the heterogenous presentation of the disorder.

Second, BPD myths, stigma, and treatment difficulties are discussed to provide context and validation surrounding why some clinicians may be hesitant to work with those with BPD, as well as why crisis behaviors may be more primed to occur in those with BPD.

Third, two specific sets of BPD crisis behaviors are brought to focus: safety crises (suicide and non-suicidal self-injury) and relational crises (alliance ruptures and boundary violations). The functionality of these behaviors are described.

Fourth, dialectical behavior therapy (DBT) is introduced as a multi-model, cognitive-behavioral therapy-based intervention particularly apt at conceptualizing crisis behaviors in BPD. DBT skills group components are

reviewed.

Finally, this workshop describes specific strategies for integrating components of DBT into any practice where crisis behaviors are occurring.

**Learning objectives:**

1. Identify symptoms of borderline personality disorder (BPD) and associated stigmas
2. Review the functionality of different crisis behaviors in BPD
3. Understand the different modalities of dialectical behavior therapy (DBT) and differences with cognitive-behavioral therapy
4. Implement DBT strategies to address crisis management with clients

**Learning material:**

A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

**Audience:** This course is intended for mental health professionals.

**The expert, Dr. Amanda Uliaszek**

Amanda A. Uliaszek, Ph.D., C.Psych is an Associate Professor at the University of Toronto. She has been the director of the STEPP Lab (Study and Treatment of Emotion Dysregulation and Personality Pathology Laboratory) since 2011, where she undertakes an active and prolific research program focused on borderline personality disorder (BPD) and dialectical behavior therapy (DBT). Current research projects focus on the development and an initial trial of BPD-BOOST, an anti-stigma intervention for those with BPD and an evaluation of Family Connections, a DBT-based peer-led intervention for family members of those experiencing suicide and BPD. Dr. Uliaszek is trained in cognitive-behavioral and dialectical behavior treatments for adolescents and adults and is a registered clinical psychologist in Ontario.

**Syllabus**

PowerPoint

Introduction

What is borderline personality disorder?

What does BPD look like

Areas of Dysregulation

Emotional Dysregulation

Hesitation in Working with those with BPD

Difficulties, Problems, Fears and Frustrations

Multiple Types of Stigma

Why is Stigma Important

Crisis Behaviors

What Constitutes a Crisis

Suicide Behavior

Non-Suicidal Self-Injury Behavior

Relational Crisis

Alliance Rupture and Boundary Violation

Dialectical Behavior Therapy

What is DBT

Modalities and Skills Group

Crisis Intervention Strategies

A Crisis in Session

Step 1 to 3

Step 4 to 5

Cultivating the Therapeutic Alliance

Boundaries Violation

Conclusion

Bibliography