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: $96.00

Overview:
Crisis behaviors in borderline personality disorder often serve essential regulatory functions, yet they can threaten safety and strain therapeutic relationships. This paradox places clinicians in a position that requires both validation and active intervention, acceptance and change. The emotional intensity of this work can activate countertransference responses that, left unexamined, may inadvertently reinforce the very patterns that need addressing.

This course provides evidence-based strategies from Dialectical Behavior Therapy to navigate these clinical complexities. You will examine how stigma and invalidation create self-fulfilling cycles that increase crisis risk, and develop practical approaches for managing safety crises and alliance ruptures within session, grounded in radical behaviorism and mindfulness principles.

Throughout this training, you will:

• Integrate the biosocial model and four domains of dysregulation into your clinical formulations
• Implement a five-step crisis intervention protocol using validation and distress tolerance techniques
• Apply chain analysis to assess function and develop collaborative safety plans
• Strengthen alliance repair skills when boundaries are tested or ruptures occur

The course emphasizes practical integration rather than requiring full DBT implementation. You will use DBT skills modules as flexible tools that can be adapted across treatment modalities and settings — whether in private practice, hospital, or community mental health contexts. The focus is on refining your capacity to

remain emotionally grounded during high-intensity moments while maintaining therapeutic precision.

By the end of this training, you will approach crisis behaviors with greater clinical confidence and reduced reactivity. You will have concrete methods for addressing suicidality, self-injury, and relational crises in real time — allowing you to sustain therapeutic presence and effectiveness even when sessions become unpredictable or emotionally demanding.

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 is an Associate Professor at the University of Toronto and Director of the STEPP Lab (Study and Treatment of Emotion Dysregulation and Personality Pathology Laboratory), where she leads internationally recognized research on borderline personality disorder and dialectical behavior therapy outcomes.

As a registered clinical psychologist in Ontario with specialized training in cognitive-behavioral and dialectical behavior treatments, Dr. Uliaszek bridges research innovation and frontline clinical practice. Her work focuses on the biosocial model of BPD, emotion dysregulation mechanisms, and evidence-based interventions that reduce suicide risk while improving therapeutic outcomes.

Dr. Uliaszek's clinical expertise addresses the real-world challenges clinicians face when treating BPD, including managing safety crises within session, repairing alliance ruptures in real time, and maintaining therapeutic effectiveness during high-intensity moments. She has developed practical crisis intervention protocols that can be integrated across treatment modalities and clinical settings without requiring full DBT program implementation.

Her current research portfolio includes developing BPD-BOOST, an anti-stigma intervention for individuals with BPD, and evaluating Family Connections, a DBT-based peer-led program for family members affected by suicide and BPD. Since establishing the STEPP Lab in 2011, she has maintained an active research program examining how stigma, invalidation, and therapeutic alliance dynamics impact treatment effectiveness for personality pathology.

Dr. Uliaszek emphasizes adaptable, evidence-based DBT strategies that clinicians can apply immediately in private practice, hospital, and community mental health contexts, helping practitioners maintain clinical confidence and reduce reactivity when sessions become unpredictable or emotionally demanding.

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 Importants
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

Evaluation:

To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.
In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.
These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to

diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*