



## **Course: integrative treatment of borderline personality disorders**

**Address:** <https://asadis.net/en/course/borderline-personality-disorders-integrative-treatment/>

**Duration:** 3h30

**Type of course:** continuing education

**Location:** online course

**Individual price:** \$128.00

### **Overview:**

Borderline Personality Disorder (BPD) remains one of the most complex and demanding conditions to treat, often requiring a high level of clinical creativity, adaptability, and emotional engagement. Over the past years, Dialectical Behavior Therapy (DBT) has led the way in transforming both the understanding and treatment outcomes for individuals with BPD. Yet, DBT is just one of several evidence-based approaches available.

To enhance treatment efficiency and better tailor interventions to individual needs, clinicians can now adopt a multifaceted, integrative approach—blending DBT with Cognitive Behavioral Therapy techniques and Schema-Focused Therapy. This fusion enables a nuanced and flexible therapeutic response.

This training offers a comprehensive exploration of BPD, equipping participants with the skills to discuss the diagnosis in ways that reduce client resistance and boost motivation. It also delivers practical, evidence-based strategies for use in clinical practice.

By the end of the training, attendees will have developed a deep understanding of BPD and gained a robust toolkit for effective assessment, diagnosis, and compassionate treatment—empowering clients to build more stable, meaningful lives.

### **Learning objectives:**

1. Master the diagnostic criteria for BPD, and address key differential diagnosis concerns

2. Identify 8 motivations for non-suicidal self-injury and use strategies for intervention for each one
3. Identify and analyze the 18 maladaptive schemas that drive destructive behaviors in BPD.
4. Apply an integrated CBT/DBT/Schema therapy model to clients with BPD

**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 training is intended for mental health professionals.

**The expert, Dr. Jeff Rigenbach**

Jeff Rigenbach, Ph.D. is a three-time best-selling and award winning author, speaker, and trainer who uses his 20 years of clinical experience to inform his workshops on assessment and treatment of “challenging” cases. As part of his training with The Beck Institute of Cognitive Therapy and Research in Philadelphia, Jeff developed and directed personality disorder treatment programs in two different psychiatric hospitals. Over the course of 15 years, he and his staff treated over 500 patients with personality disorders. Additionally, he has run cognitive-behavioural based treatment programs for depression, anxiety, OCD and IOP programs for behavioural health as well as addictive behaviour disorders. Dr. Rigenbach has trained audiences in all 50 United States, the UK, Canada, Mexico, Australia, and South Africa. He is known for bridging the gap between academia, research findings and day-to-day application of practical strategies with everyday clients, and his sessions routinely receive the highest evaluations in terms of quality of information as well as entertainment value from conference participants.

**Syllabus**

PowerPoint

Etiology and Diagnosis

Introduction

History of the program

Workshop Agenda

Etiology

BPD profile

Reasons accurate Dx is important

Treatment Approaches and Strategies

BPD diagnosis criteria part1

BPD diagnosis criteria part2

BPD diagnosis criteria part3

BPD diagnosis criteria part4

Borderline PD differential diagnosis

The treatment agreement

Individual and group treatment

The roadmap to recovery

Conceptualization drives documentation

BPD Symptom targeted strategies

Dialectical behavior therapy

Cognitive behavior therapy

Schema Focused Therapy

Navigating the Complexities of BPD Treatment

Relationship circles

Identifying and labeling cognitive distortions

Emotion education

Distress tolerance skills

Interpersonal effectiveness skills

Individual therapy

Case study

Relapse prevention

Conclusion

Bibliography