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
Jeff Riggenbach, 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. Riggenbach 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

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*