

Psychoanalytic Education Center of the Carolinas

A division of the North Carolina Psychoanalytic Society

Psychoanalytic Perspectives on Borderline Personality: Theory & Technique

Instructors: Burton Hutto, MD and Steven D. Bennett, PhD

Course Syllabus: Fall and Winter, 2008-2009

1. Week One: Definitions
 - a. Gunderson, chapter 1. The Borderline Diagnosis. pp. 1-28.
 - b. Clarkin et. al., chapter 1. The Nature of Borderline Personality Organization.

2. Week Two: Triage
 - a. Gunderson, chapter 2. Differential Diagnosis: Overlaps, Subtleties, and Treatment Implications. pp. 37-60.
 - b. Gunderson, chapter 3. Overview of Treatment. pp. 65-85.

3. Week Three: Treatment Management Overview
 - a. Gunderson, chapter 10. Individual Psychotherapies: Getting Started. pp. 225-250.
 - b. Gabbard & Wilkinson, chapter 2. Optimal Distance.

4. Week Four: Phenomenology of Clinical Encounters
 - a. Gabbard & Wilkinson, chapter 1. Overview of Countertransference Issues.
 - b. Gabbard & Wilkinson, chapter 3. Victims, Rescuers and Abusers.

5. Week Five: Phenomenology of Clinical Encounters
 - a. Gabbard & Wilkinson, chapter 4. Holding, Containment, Thinking One's Thoughts.
 - b. Gabbard & Wilkinson, chapter 5. Reactions to Rage and Hatred.

6. Week Six: Overview of TFP
 - a. Historical overview of psychoanalytic developments leading up to Kernberg's approach
 - b. Clarkin et. al, chapter 2. Treatment of Borderline Pathology: Strategies of Transference-Focused Psychotherapy [TFP].

7. Week Seven: Techniques of TFP
 - a. Clarkin et. al, chapter 3. Techniques of TFP.

8. Week Eight: Tactics of TFP
 - a. Clarkin et. al, chapter 4. Tactics of TFP. Contract and structural dynamics. Hierarchy of thematic material.

9. Week Nine: Early and Mid Phases of TFP
 - a. Clarkin et. al, chapter 7. Early Treatment Phase: Impulse Containment.
 - b. Clarkin et. al, chapter 8. Midphase of Treatment: Deepening Understanding.

10. Week Ten: Advanced Phase of TFP
 - a. Clarkin et. al, chapter 9. Advanced Phase of Treatment.

11. Week 11: Cognitive Approaches
 - a. Gunderson, chapter 11. Cognitive-Behavioral Therapies: Dialectical Behavior Therapy and Cognitive Therapies. pp. 253-274.
 - b. A research article comparing TFP to DBT

12. Week 12: Introduction to Mentalization
 - a. "The Roles of Mental Representations and Mental Processes in Therapeutic Action." Psychoanalytic Study of the Child, 1993, 48:9-48. Fonagy, Moran, Edgumbe, Kennedy, and Target.
 - b. 1996 research article on Anna Freud archives and BPD

13. Week 13: Mentalization-based Treatment of BPD: I.
 - a. "Playing With Reality: III. The Persistence Of Dual Psychic Reality In Borderline Patients." International Journal of Psychoanalysis, 2000, 81(5):853-873. Fonagy and Target.
 - b. "Thinking about Thinking: Some Clinical and Theoretical Considerations in the Treatment of a Borderline Patient." International Journal of Psychoanalysis, 1991, 72:639-656. Peter Fonagy. (A Case Report)

14. Week 14: Mentalization-based Treatment of BPD: II
 - a. Jurist et. al., chapter 5, "Mentalization-based Treatment of Borderline Personality Disorder," by Fonagy and Bateman. pp. 139-161.

15. Week 15: Attachment and Mentalization
 - a. "Measuring the Ghost in the Nursery: An Empirical Study of the Relation Between Parents' Mental Representations of Childhood Experiences and their Infants' Security of Attachment." Journal of the American Psychoanalytic Association, 1993, 41:957-989. Fonagy, Steele, Moran, Steele, and Higgitt.
 - b. "The Developmental Roots of Borderline Personality Disorder in Early Attachment Relationships: A Theory and Some Evidence." Psychoanalytic Inquiry, 2003, 23(3):412-459. Fonagy, Target, Gergely, Allen, and Bateman.

16. Week 16: TFP comparing MBT, DBT, and other therapies
 - a. Jurist et. al.. chapter 6, "Mentalization and Attachment in Borderline Patients in Transference Focused Psychotherapy," by Kernberg, Diamond, Yeomans, Clarkin, and Levy. pp. 167- 196.
 - b. "Transference focused psychotherapy: Overview and update," International Journal of Psychoanalysis, 2008, 89:601-620. Kernberg, Yeomans, Clarkin, and Levy.

17. Week 17: BPD and Trauma
 - a. Jurist et. al, chapter 1, "Attachment, Trauma, and Psychoanalysis," by Fonagy and Target. pp. 15-42.
 - b. Gunderson, J. and Sabo, A. The Phenomenological and Conceptual Interface Between Borderline Personality Disorder and PTSD. American Journal of Psychiatry, 150, pp. 19-27.

18. Week 18: Integration of TFP, MBT, and other theoretical perspectives
 - a. Jurist et. al, chapter 8, "Changes in the Representation of Self and Significant Others in the Treatment Process, Links between Representation, Internalization, and Mentalization," by Fonagy and Target. pp. 225-254.
 - b. "Putative mechanisms of action in the psychotherapy treatment of borderline personality disorder." Journal of Clinical Psychology. 2006, 62:481-501. Clarkin JF, Levy KN editors.
 - c. "Do all roads lead to Rome? Findings on borderline personality disorder (editorial). American Journal of Psychiatry. 2007. 164: 853-855. Gabbard G.

19. Week 19: Dissociation and Mentalization
 - a. Jurist et. al, chapter 15, "Mentalize This! Dissociation, Enactment, and Clinical Process." by Fonagy and Target. pp. 414-433.
 - b. Perhaps another reading on enactments.

20. Week 20: Review and Expansion of Selected Topics/Chapters.

Booklist

JF Clarkin, FE Yeomans, and OF Kernberg. Psychotherapy for Borderline Personality: Focusing on Object Relations. American Psychiatric Publishing, 2006.

GO Gabbard and SM Wilkinson. Management of Countertransference with Borderline Patients. Aronson, 2000.

JG Gunderson. Borderline Personality Disorder, A Clinical Guide (second edition). American Psychiatric Publishing, 2008.

EL Jurist, A Slade, and S Bergner. Mind to Mind: Infant Research, Neuroscience, and Psychoanalysis. Other Press, 2008.

Selected articles from various psychoanalytic and psychiatric journals. See Syllabus.

Optional Readings

Herman, J. (1992). Trauma and Recovery. New York: Basic Books.

Kandel, E. (1999) Biology and the Future of Psychoanalysis: A New Intellectual Framework for Psychiatry Revisited, Journal of American Psychoanalytic Association.

Kayson, S. (1993). Girl, Interrupted.

Little, M. (1993). Transference Neurosis and Transference Psychosis. New Jersey: Jason.