

# Transference-Focused Psychotherapy (TFP) for Borderline and Narcissistic Personality Disorders

A Two-Day Workshop | November 4-5, 2016 | Frank Yeomans, MD, PhD

The treatment of borderline patients is one of the most challenging areas in mental health. Many clinicians are intimidated by the prospect, are pessimistic about the outcome, and consider stabilization of symptoms the best possible outcome. However, research data and clinical experience allow for a more optimistic outlook. We can now offer patients the chance to achieve not only symptom change but also improvement in the areas of work/vocation and love/intimate relations that, in the best of cases, helps patients move from the chronic limitations imposed by BPD to the normal satisfaction of life goals.

Change in the quality of a patient's life requires the combined engagement of the patient's affect systems (e.g., attachment, seeking, fear, rage, grief/panic, play bonding) and his or her cognitive/reflective capacities. Transference-Focused Psychotherapy (TFP) is an evidence-based treatment for borderline and other severe personality disorders that engages the patient at this double level.

The early contracting phase of the therapy sets the conditions both for the containment of intense affects in the therapy sessions and also establishes expectations concerning the patient's involvement in life activities, usually some level of work or study. This involvement catalyzes affects that are brought into the therapy sessions.

The focus on affect activation is combined with exploration of the patient's perceptions that are associated with the affects. This is done most effectively through understanding the patient's experience of the therapy (the unconscious transference of internal mental images onto the relation with the therapist). The therapist helps the patient tolerate and understand the experience of intense affects - and the conflicts among them - as they emerge in the therapeutic relationship. In this setting the patient can better understand the "gut reactions" that have led to chaos in his or her life.

Our research has shown that therapy can help diminish the activation of parts of the limbic system and increase activation of the prefrontal cortex. This change at the level of brain activation is correlated both with symptom change and also with change in psychological functioning such as reflective function, internal model of attachment, and coherence of the patient's narrative.

This course will teach the theory of TFP in the form of an overview of object relations theory, which provides a way to understand the psychological structure of the borderline patient. It will go on to summarize the strategies, tactics, and techniques of the therapy and will include video demonstration sessions.

**Cost: Free – Sponsored by University of Colorado SOM**

**Location: Anschutz Medical Campus, ED1 P26-3500**

**Yeomans brief bio:** Dr. Frank Yeomans is Clinical Associate Professor of Psychiatry at the Weill Medical College of Cornell University, Director of Training at the Personality Disorders Institute of Weill-Cornell, Lecturer in Psychiatry at the Columbia University College of Physicians and Surgeons Center for Psychoanalytic Training and Research, and Director of the Personality Studies Institute in Manhattan. He graduated from Harvard College and went on to obtain his M.D. from the Yale University School of Medicine and complete his training in psychiatry at the Payne Whitney Clinic of the New York Presbyterian Hospital-Weill Medical College.

**Chardavoyne brief bio:** Dr. John Chardavoyne is a Clinical Instructor in Psychiatry at the University of Colorado Denver. He currently has a private practice and is the Director of the Outpatient Program at the Eating Disorder Center of Denver. He completed a fellowship in Dialectical Behavior Therapy at the Yale University Department of Psychiatry in 2011. Since 2012 he has undergone supervision by Dr. Frank Yeomans in Transference-Focused Psychotherapy.

**Feinstein brief bio:** Robert Feinstein, M.D., Professor of Psychiatry, formerly serving as Senior Associate Dean for Education at the University of Colorado, School of Medicine. He is currently the Vice Chairman of Clinical Affairs, Quality & Safety. He is also the Outpatient Practice Director and Director of the Residency Psychotherapy Scholar Track in the Department of Psychiatry. He is a psychoanalyst who trained with Dr. Otto Kernberg for five years at Columbia University Center for Psychoanalytic Training and Research. He is also responsible for oversight of all ambulatory services at the University of Colorado Hospital and Mental Health Services for Health Professionals and Students on the AMC Campus as well as the Department of Psychiatry Outpatient Practice Director.

**Register Online:**

[MedSchool.ucdenver.edu/TFPWorkshop](http://MedSchool.ucdenver.edu/TFPWorkshop)

**Parking and Campus Details:**

<http://www.ucdenver.edu/about/departments/FacilitiesManagement/Documents/AMC.pdf>

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## **Day 1: 8:00 - 8:30 - Registration and Introduction**

### **8:30 - 10:00**

How do we understand personality?

A diagnostic system based on psychological structure

### **10:00 - 10:15 - break**

### **10:15 - 12:00**

A model of psychological structure: Object relations theory

What is transference?

How does the object relations model of personality call for working with the transference?

Alternate models of treatment for borderline personality disorders

Overview of TFP: Strategies

### **12:00 - 1:00 - Lunch**

### **1:00 - 2:30**

Assessment: The structural interview

Treatment tactics

The beginning of therapy: The treatment contract

### **2:30 - 2:45 - break**

### **2:45 - 3:45**

Video of treatment contract

### **3:45 - 4:00 - break**

### **4:00 - 5:00**

Additional treatment tactics - Selecting the Focus of Attention and Intervention

Q and A

## **Day 2: 9:00 - 10:30**

Treatment techniques

Transference Analysis

Technical Neutrality

### **10:30 - 10:45 - break**

### **10:45 - 12:00**

Countertransference

Interpretation

### **12:00 - 1:00 - lunch**

### **1:00 - 2:30**

Video of a session

Evolution of transference and of the therapy

### **2:30 - 2:45 - break**

### **2:45 - 3:45**

Meeting the challenges of the Narcissistic Personality Disorder (NPD) patient

### **3:45 - 4:00 - break**

### **4:00 - 5:00**

Case example of NPD case

Q and A