

Two day training workshop in
An Evidence-based Treatment for Borderline
Personality Disorder
18-19 of April 2024

Led by: Frank E. Yeomans, Clinical Associate Professor of Psychiatry, Weill Cornell Medical College; Director of Training, Personality Disorders Institute, New York Presbyterian Hospital; Research faculty, Columbia University Center for Psychoanalytic Training and Research; President of the International Society for Transference Focused Psychotherapy

Venue: American College of Greece in Athens

This two-day workshop constitutes the first substantial training in Transference-focused Psychotherapy (TFP) in Greece. TFP is specifically adapted to treat narcissistic, borderline and other personality disorders and is mentioned in the NICE guidelines for Personality Disorder as worthy of further research, given its existing evidence base. Dr. Frank E. Yeomans is a leading practitioner, researcher, teacher and supervisor in the field of TFP. He has written extensively about this model with co-authors Otto Kernberg and John Clarkin and has taught in many countries throughout the world.

Borderline personality disorder are prevalent and can be among the most difficult clinical problems to treat. Borderline patients tend to cling to a system of thought that interferes with establishing relations and successfully integrating into the world. Furthermore, these patients can engender powerful countertransference feelings of being incompetent, angry, disparaged, and dismissed, or, at the other extreme, massively and unnervingly idealized. This course will present a framework for conceptualizing, identifying, and treating individuals diagnosed with borderline personality disorder (BPD).

Adding to the difficulties in diagnosing and treating personality disorders is the fact that they can manifest themselves in multiple presentations depending on the level of personality organization, subtype, or activated mental state. In this course we will review the levels of borderline organization, according to the view of Dr. Otto Kernberg.

It will include formal teaching about the model, videos and discussion. Alongside learning about TFP participants should deepen their understanding of working therapeutically with people who have a borderline personality disorder. The training will be useful for a wide range of professionals, e.g. psychotherapists, psychologists, psychiatrists, mental health nurses and mental health social workers.

This event is hosted by the School of Graduate and Professional Education of the American College of Greece. For specific questions about the content of the workshop please e-mail Nikolaos Takis, Ph.D., Associate Professor of Psychology and Director of the Counseling Center of the American College of Greece, Ph.D. on ntakis@acg.edu.

Transference-Focused Psychotherapy for Borderline and Other Personality Disorders

Frank Yeomans, M.D., Ph.D.

2-day training module:

Day 1 – Morning

9:30-11:30: How do we understand personality? A model of psychological structure: Object relations theory

11.30-11:45: Coffee Break

11:45-13:15: A diagnostic system for personality disorders based on psychological structure

13:15-14:30: Lunch Break

– Afternoon

14:30-16:00: The transference

Why this model of personality calls for working with the transference

Alternate models of treatment for borderline personality disorders

16:00-16:15: Coffee Break

16:15-17:30: Overview of TFP: Strategies

Evaluation: The structural interview

Video of the structural interview

Day 2 – Morning

9:30-11:30: Treatment tactics

11.30-11:45: Coffee Break

11:45-13:15: The beginning of therapy: The treatment contract

Video of treatment contract

13:15-14:30: Lunch Break

– Afternoon

14:30-16:00: Additional treatment tactics -

Selecting the Focus of Attention and Intervention

16:00-16:15: Coffee Break

16:15-17:30: Treatment techniques – Interpretation

Video of session