

Treatment of Borderline Personality Disorder

Program Description

This daylong session will focus on practical issues in the treatment of clients with borderline personality disorder. DBT has become a well-known evidence-based practice for working with people with borderline personality disorder. However, it is only one of multiple approaches for working with this population. Recent research has highlighted the commonalities in treatment approaches for this disorder across various theoretical frameworks, including CBT, DBT, psychodynamic, and good psychiatric management (GPM). This workshop will discuss the unique contributions and commonalities across seemingly divergent approaches, as well as how to address trauma issues as part of any treatment approach.

Learning Objectives:

Upon completion of this workshop, participants should be able to:

1. Understand the psychodynamic, trauma treatment, cognitive-behavioral, and dialectical behavioral explanations of this disorder.
2. Explain the importance of the therapeutic alliance and understand how to solidify their alliance with borderline personality disorder clients.
3. Identify ways to avoid becoming embroiled in power struggles with borderline personality disorder clients.
4. Manage hidden biases when working with clients with borderline personality disorder
5. Understand how to address trauma issues as part of any treatment approach.
6. Identify similarities among various theoretical approaches and incorporate them into their current treatment approaches.

Target Audience

Mental health and substance abuse professionals or any other human service professional interested in this topic.

Contact Hours

6.0 hours

Program Agenda

- 9:00- 10:15 – Overview of the diagnosis
- 10:15 – 10:30 – *break*
- 10:30 – 12:30 – Review of various approaches to treatment
- 12:30-1:30 – *lunch*
- 1:30 – 3:00 – Review of treatment approaches cont.
- 3:00 – 3:15 – *break*
- 3:15 – 4:30- Discussion of cases and role play

Faculty

Marilyn Ghezzi, MSW, LCSW, is a clinical assistant professor at the University of North Carolina at Chapel Hill School of Social Work. Before joining the faculty in 2008, Ghezzi worked for 20 years as a clinical social worker in the public mental health system. She uses her practice experience and mental health expertise to enrich her teaching in the MSW program in courses that cover an array of mental health topics, including mental health theory and practice, group work, brief treatment, dialectical behavior therapy, and differential diagnosis. Ghezzi is also involved in research as a co-investigator on the Mental Health Specialty Probation study. Ghezzi has won numerous awards for her teaching, including recognition as the “Most Outstanding Faculty Member” by the social work graduating classes of 2013, 2014, 2017 and 2019. In addition, Ghezzi was awarded the 2017 Distinguished Teaching Award for Post-Baccalaureate Instruction—an honor given to only four professors each year who are selected from the entire UNC-Chapel Hill system.