

The Irish Forum for Psychoanalytic Psychotherapy (IFPP) Presents

Working Psychotherapeutically with People with Borderline Personality

A One-Day Clinical Conference

*With contributions from professionals working in the areas of psychoanalytic
psychotherapy, clinical psychology, psychiatry and neuroscience*

Richard BLENNERHASSETT

John FODEN

Julie A. KELLY

MaryRose KIERNAN

Evelyn McCABE

Ian S. MILLER

Paul MOORE

Ann MURPHY

Toni O'BRIEN JOHNSON

John O'CONNOR

Mary PYLE

Saturday 20 April 2013 at 9.15 am-5.30 pm

Ashling Hotel, Parkgate Street, Dublin 8

For further information and to register contact Ann Daly: amdps@indigo.ie

Early registration is advised as places are limited

This conference has been awarded 6 CPD points by the Psychoanalytic Section of the
Irish Council for Psychotherapy (ICP) and the Irish College of Psychiatrists

<http://www.ifpp.org>



CONFERENCE DESCRIPTION

This one-day clinical conference on working psychotherapeutically with people with borderline personality focuses on longer-term approaches informed by psychoanalysis to working with this client group: contemporary Kleinian psychoanalytic psychotherapy, transference-focused psychotherapy (TFP) and mentalization-based therapy (MBT). Speakers and discussants reflect upon the challenges facing psychoanalytically-informed treatments within contexts where shorter-term, sometimes fixed-term, approaches tend to be the treatment of choice. In this, the conference sets up a space for productive dialogue between psychoanalytic psychotherapy and other psychotherapies, psychiatry, psychology and neuroscience around the difficulties facing this client group and the challenges encountered by people who work clinically with clients who present in this way. In effect, the conference showcases longer-term, psychoanalytically-informed and process-based treatment models as an alternative to shorter-term, symptom-reduction-based approaches. The conference also explores the psychiatric designation 'borderline personality disorder' and how and whether such a diagnostic category is clinically useful. The conference, furthermore, includes contributions from the fields of neuroscience and neuropsychology for thinking about aetiology, diagnosis and treatment. This event develops on from and builds upon the 'Working with Borderline States: A Clinical Conference with Otto Kernberg', convened in 2010.

CPD POINTS

6 Continuing Professional Development (CPD) points have been awarded by the Psychoanalytic Section of the Irish Council for Psychotherapy (ICP) and the Irish College of Psychiatrists.

CONFERENCE SCHEDULE

<u>8.30 am</u>	<i>Registration</i>
<u>9.15 am</u>	<i>Welcome and opening remarks</i>
<u>9.30 am</u>	John O'Connor: Borderline Personality, chaired by Toni O'Brien Johnson
<u>10.10 am</u>	John O'Connor in discussion
<u>10.30 am</u>	Julie A. Kelly: A Neurological Perspective, chaired by Paul Moore
<u>11.10 am</u>	Julie A. Kelly in discussion
<u>11.30 am</u>	<i>Tea and coffee break</i>



<u>12.00 pm</u>	Ann Murphy: Contemporary Kleinian Psychoanalytic Psychotherapy, chaired by Mary Pyle
<u>12.40 am</u>	Ann Murphy in discussion
<u>1.00 pm</u>	Evelyn McCabe: Mentalization-Based Therapy, chaired by Richard Blennerhassett
<u>1.40 pm</u>	Evelyn McCabe in discussion
<u>2.00 pm</u>	<i>Lunch</i>
<u>3.00 pm</u>	John Foden: Transference-Focused Psychotherapy, chaired by MaryRose Kiernan
<u>3.40 pm</u>	John Foden in discussion
<u>4.00 pm</u>	<i>Tea and coffee break</i>
<u>4.30 pm</u>	Clinical discussion between speakers and delegates, chaired by Ian S. Miller
<u>5.30 pm</u>	<i>Thanks and close of conference</i>

SPEAKERS AND DISCUSSANTS

Dr Richard Blennerhassett was appointed as Clinical Director at St John of God Hospital in November 2012. A graduate of University College Dublin, he completed a postgraduate general medical training before entering psychiatry. His initial training was at the St John of God Hospital in Dublin. He completed his postgraduate training in Dublin and then Newcastle-upon-Tyne where he was appointed as Consultant Psychiatrist at the Royal Victoria Infirmary. He returned to Dublin in 1997 where he was appointed as Clinical Director of the St Ita's Psychiatric Service and Senior Lecturer in Psychiatry with the Royal College of Surgeons in Ireland. Throughout his career, he has had a keen interest in the integration of psychotherapy within psychiatry and especially the work of Carl Jung. He completed the first training in dialectical behaviour therapy in Ireland at St John of God Hospital in 2001. He developed a DBT programme within the St. Ita's Service. He was a major contributor to the acclaimed documentary *The Asylum* in 2005. He is an invited Lecturer at the International School of Analytical Psychology (ISAP) in Zurich. Mindfulness and its therapeutic potential in mental health is a recent area of clinical interest.

Mr John Foden is a psychoanalytic psychotherapist and a member of the Irish Forum for Psychoanalytic Psychotherapy (IFPP), living and working in Galway. John has worked in Health Services Executive (HSE) for twenty-seven years and is currently a/director of the National Counselling Service in HSE West. John has a particular interest in the area of childhood trauma, particularly child sexual abuse and has



worked with survivors and offenders of abuse. John also has an interest in working with borderline personality disorder, and the provision and development of resources for these patients within the health services.

Dr Julie A. Kelly has longstanding interests in the science of the brain. She has a formal background in biochemistry and neuroscience (PhD, University of Manchester Medical School) and for many years has carried out research in the field of neuroscience, both in Ireland and the USA. Since basing her research at Trinity College Dublin (TCD) in 1995, she has been Principal Investigator (PI) on numerous projects supported by major funding agencies. As a Research Associate Professor in the Academic Unit of Neurology in School of Medicine, TCD, she is currently undertaking research focused on understanding the neurobiological functions of the naturally-occurring neuropeptide thyrotropin-releasing hormone (TRH) and the development of TRH-based therapeutics for neurological disorders. She has also developed a keen interest in the workings of the human mind. She holds an MPhil in Psychoanalytic Studies (TCD), as well as a BA in Counselling and Psychometric testing and Diploma in Counselling and Psychotherapy. In relation to this, she is an accredited member of on the National Association for Pastoral Counselling and Psychotherapy of Ireland (NAPCP); she is also on the Board of NAPCP and the NAPCP representative on the Irish Psychological Therapies Forum. She has a particular interest in the connections between neuroscience and psychotherapy. She currently teaches a unit on the MSc in Psychoanalytic Psychotherapy at TCD that considers the relationships between psychoanalytic concepts and neuroscience, with particular reference to models of the mind, factors influencing the development of the mind, and the practice of psychotherapy.

Ms MaryRose Kiernan has worked for many years as a clinical psychoanalytic psychotherapist and group therapist for the National Counselling Service (NCS), HSE. She has a MSc in Clinical Psychoanalytic Psychotherapy from University College Dublin, St Vincent's University Hospital. Her ongoing professional training is an MSc in Group Analysis in the Department of Medicine at University College Dublin and the Centre for Psychotherapy at St Vincent's University Hospital. MaryRose has lectured at Trinity College Dublin and in the Dublin Institute of Technology. MaryRose Kiernan is a Registered Practitioner of the Association for Psychoanalysis and Psychotherapy in Ireland (APPI), a Practitioner Member of the College of Psychoanalysts in Ireland (CPI) and an Associate Member of the Irish Institute of Group Analysis (IGAS).

Dr Evelyn McCabe is a Consultant Psychiatrist in General Adult Psychiatry with a special interest in psychotherapy. She has recently been appointed to Mayo Mental Health Services. Prior to her recent appointment she worked at the Department of Psychiatry, Galway University Hospital where she developed and delivered a psychotherapy initiative including a Mentalization-Based Therapy Treatment programme for patients with repeated self-harm, Borderline Personality Disorder and complex treatment resistant patients with co-existing major psychiatric disorder



and personality disorder. Evelyn has also previously worked with the Mental Health Commission, in Student Psychiatry (GMIT and NUIG) and in private practice. She is a psychoanalytic psychotherapist and has worked and taught in this area for many years. She trained in Mentalization-Based Therapy at the Anna Freud Centre with Professor Anthony Bateman and Professor Peter Fonagy. She is a Mentalization-Based Therapy Supervisor and Mentalizing Skills trainer. She is a member of an international supervision group in Mentalization-Based Therapy under the supervision of Dr Robin Kissell MD, Director, Borderline Personality Initiative, Semel Institute, UCLA and a member of the European Society for the Study of Personality Disorder.

Dr Ian S. Miller has a Dublin practice in psychotherapy and consultation, which signals a change in location and urban culture from New York City where he conducted a psychoanalytic practice for over twenty-five years. His professional training includes a Masters and PhD in clinical psychology from Temple University in Philadelphia, as well as postdoctoral certifications in psychodynamic psychotherapy and psychoanalysis from the New York University Postdoctoral Program, and the Organization Program of the William Alanson White Institute. He is a member of the Irish Forum for Psychoanalytic Psychotherapy (IFPP). He has written widely in the area of applied psychoanalysis. His forthcoming book, written together with Professor Kay Souter of Deakin University in Melbourne, Australia, *Beckett, Bion: The (Im)patient Voice in Psychotherapy and Literature*, is expected to be published in the Spring of 2013, by Karnac Books, in London.

Mr Paul Moore is a psychologist, psychoanalyst and psychotherapist working in private practice in Dublin, Kilkenny and Carlow. He is a lecturer in psychology at Carlow Institute of Technology; teaches psychology at St. Kieran's College, Maynooth Outreach Campus, Kilkenny; and lectures on the MPhil in Psychoanalytic Studies and the MSc. Psychoanalytic Psychotherapy at Trinity College Dublin. His main area of interest is the intersection of neuroscience and clinical psychoanalytic practice, known as neuropsychanalysis, with a particular interest in the dreaming mind/brain. He also has an interest in neuroscientific and psychoanalytic approaches to autistic spectrum disorder. He is currently undertaking research in association with Headway Ireland and Professor Oliver Turnbull of the School of Psychology at Bangor University as part of his PhD studies and a wider research programme to develop effective psychological therapies for people with an acquired brain injury. This research is also attempting to identify the neural correlates of mental processes which occur in psychotherapy, and in particular psychoanalytic (psychodynamic) psychotherapy.

Ms Ann Murphy is a clinical psychologist, psychoanalytic psychotherapist and visual artist. A Clinical Lecturer in Psychiatry at Trinity College, Dublin, she was a founder and Director of the MSc in Psychoanalytic Psychotherapy (TCD), where she continues as a lecturer, training analyst and clinical supervisor. She also lectures at St Vincent's



University Hospital, and delivers Continuing Professional Development training in Dublin and at other venues throughout Ireland. She has a private practice in Dublin.

Dr Toni O'Brien Johnson trained as a psychoanalyst at the C.G. Jung Institute in Zurich, and has a private practice in Dun Laoghaire. She worked in Switzerland for 30 years, both as a psychoanalyst and teaching literature at the Universities of Lausanne, Geneva and Basel at various times. Her first professional training was in nursing. Since her return to Ireland, she is particularly interested in the place of culture in making meaning.

Dr John O'Connor is currently Course Director of the MSc in Psychoanalytic Psychotherapy at Trinity College Dublin, as well as Course Director of the MPhil in Psychoanalytic Studies and a Member of the Executive Team of the Doctoral Programme in Clinical Psychology. In his role as Principal Clinical Psychologist (Specialist) in the area of adult mental health with the HSE, he has worked within a broad-based psychoanalytic framework.

Mrs Mary Pyle is a psychoanalytic psychotherapist in private practice in Dublin. She is a founder member of the Irish Forum for Psychoanalytic Psychotherapy (IFPP). She was involved in the setting up of the MSc in Psychoanalytic Psychotherapy at Trinity College Dublin, where she is a lecturer, training analyst and clinical supervisor. She is the Clinical Director of the Clinical Training Course of the Irish Institute of Psychoanalytic Psychotherapy (IIPP).

DESCRIPTIONS OF TALKS

John O'Connor, 'Borderline Personality'

John will discuss the overall concept of borderline personality and set the scene for later papers in framing borderline personality disturbances within a psychoanalytic frame. He will draw attention to some of the controversies around the various diagnostic categories that have appeared over time. This talk will consider the development of our understanding of these presentations from the early consideration of the borders between neurotic and psychotic states to the more recent designation of borderline states in relation to personality disorders (relating to persistent patterns of relation to internal and external objects). The talk will also consider the kinds of problems that frequently arise when borderline clients are encountered in mental health services and the struggle that can take place to provide something meaningful, useful and helpful. This talk also considers the systemic countertransference acted out with the borderline patient and the risks of attempting to provide an intervention without an understanding of the unconscious processes that are being enacted within the relationship on both sides, with risks of collusions, malignant re-enactments and dramatisations.



Ann Murphy, 'From Enactment to Representation'

The dominance of splitting based defences in patients with borderline personality organisation leads to particular psychotherapeutic challenges. These patients characteristically show a poor capacity to reflect on their internal states, a discontinuity of experience, and absence of a sense of self as a historical subject in time, and a preference for non-verbal modes of expression, all of which render therapeutic progress arduous and precarious. What light can contemporary Kleinian thinking shed on these difficulties, and what is the role of containment, interpretation, external support, and/or modifications of technique in negotiating them?

Evelyn McCabe, 'Mentalization-Based Therapy'

Mentalization-Based Therapy was developed by Professor Peter Fonagy and Professor Anthony Bateman, initially for the treatment of Borderline Personality Disorder for which it is evidence based. Its use has been extended to a wide range of disorders. It is derived from psychoanalytic theory: from Sigmund Freud, through Melanie Klein, Wilfred Bion and Donald Winnicott. It is firmly rooted in Attachment Theory. Mentalizing lies at the very core of our humanity, it refers to our ability to attend to mental states in ourselves and others as we attempt to understand our own actions and those of others on the basis of intentional mental states. Mentalizing is fundamental to all forms of psychotherapy and the success of any treatment will depend on the mentalizing capacity of both the patient and the therapist. However, patients with severe Borderline Personality Disorder whose mentalizing capacities are significantly and consistently impaired through dominance of splitting defences, activation of dysfunctional attachment relationships and emotional dysregulation will have difficulty making use of treatment. In such patients a particular focus on building mentalizing capacities will be crucial.

John Foden, 'Transference-Focused Psychotherapy'

Borderline personality occupies a space between the neurotic and psychotic areas of functioning. The 'borderline personality constitutes an organisation rather than state of mind'. In 1985 Otto Kernberg stated that these patients require a specific therapeutic approach which is neither classically psychoanalytic nor orientated towards supportive psychotherapy. Transference-Focused Psychotherapy (TFP) originated with Kernberg's work in the Menninger Foundation where they researched treatment strategies and attempted to identify the optimal treatment for Borderline Personality Disorder (BPD) patients. TFP involves the creation of long-term treatment objectives and subsequent treatment strategies, tactics and techniques which have been manualised, and evaluated. Patients presenting with Borderline Personality are often experienced as demanding and difficult by the health services. Does TFP offer a treatment strategy which may enable practitioners to offer these patients a responsive and effective treatment?



Julie A. Kelly, 'Borderline Personality Disorder: A Neurological Perspective'

From a neurobiological perspective, the aetiology of Borderline Personality Disorder (BPD) remains uncertain. Nevertheless, the work of Professor Otto Kernberg and colleagues, as well as other researchers, has recently provided remarkable insights into neurobiological factors that may underlie BPD. As with other neurological disorders, BPD most likely emerges from complex interactions between genes and the environment. Dr Kelly's presentation will focus on reviewing exciting research that is taking place in this arena – linking neuroscience and psychoanalytic understanding of BPD, and bringing in a variety of topics such as, early life influences, the psychosocial environment, the mirror neuron system, affect regulation, epigenetics, neural networks, attachment and neurotransmitters.

RECOMMENDED READINGS

Speakers have recommended the following readings which are available electronically upon payment of the registration fee:

1. Ronald Britton, 'Subjectivity, Objectivity, and Triangular Space', *Psychoanalytic Quarterly* 73 (2004): 47-61.
2. Otto F. Kernberg, Frank E. Yeomans, John F. Clarkin and Kenneth N. Levy, 'Transference Focused Psychotherapy: Overview and Update', *International Journal of Psychoanalysis* 89 (2008): 601-620.
3. Falk Leichsenring, Eric Leibing, Johannes Kruse, Antonia S New, Frank Leweke, 'Borderline Personality Disorder', *Lancet* 377 (2011): 74–84.
4. Anthony Bateman and Peter Fonagy, 'Introduction to Mentalization' and 'Using the Mentalization Model to Understand Severe Personality Disorder' in *Mentalization-Based Treatment for Borderline Personality Disorder* (Oxford and New York: Oxford University Press 2006), pp. 1-10 and 11-28.

FURTHER SUGGESTED READINGS

Delegates might be interested in sourcing some of the following recommendations themselves:

1. Kernberg, O.F. (1975). *Borderline Conditions and Pathological Narcissism*. New York: Jason Aronson.
2. Rosenfeld, H.A. (1987). *Impasse and Interpretation: Therapeutic and Anti-Therapeutic Factors in the Psychoanalytic Treatment of Psychotic, Borderline and Neurotic Patients*. London: Routledge.
3. Stone, M.H. (Ed.) (1986). *Essential Papers on Borderline Disorders: One Hundred Years at the Border*. New York: New York University Press.
4. Steiner, J. (1993). *Psychic Retreats: Pathological Organizations in Psychotic, Neurotic and Borderline Patients*. London: Routledge.



5. Gammelgaard, J. (2010). *Betweenity: A Discussion of the Concept of Borderline*, trans. K. MacLean and C. Madden. London and New York: Routledge.

RECORDING EQUIPMENT

Delegates are not permitted to use recording equipment during this conference.

REGISTRATION AND FURTHER INFORMATION

The registration fee for this event is:

- €80 full and associate members of IFPP and/or ICP
- €90 non-members of IFPP or ICP
- €50 students/trainees

VENUE

The Ashling Hotel is located on Parkgate Street, Dublin 8 (across the road from Heuston Station). For directions, see:

- www.ashlinghotel.ie/location and
- www.ashlinghotel.ie/location/directions

TEA & COFFEE AND LUNCH

Tea, coffee and biscuits will be provided during the morning and afternoon breaks. Sandwiches, tea and coffee will be provided in the hotel at lunchtime.

REGISTRATION

Please complete the registration overleaf and send with your payment. Cheques, postal orders or bank drafts should be made payable to 'The Irish Forum for Psychoanalytic Psychotherapy' and posted to Ann Daly, IFPP's 'Working Psychotherapeutically with People with Borderline Personality Clinical Conference', 73 Quinn's Road, Shankill, County Dublin. Payment of the registration fee secures a place at the conference. Include your name and email address as receipt of payment will be confirmed by email. ***Please note early registration is advised.***

PARKING

There is paid parking available in the Ashling Hotel car park, or across the road in Heuston Station car park.



PUBLIC TRANSPORT

Further details about how to get to the Ashling Hotel via public transport can be found here: <http://www.ashlinghotel.ie/location/directions>

ORGANISER

This event is organised by the Irish Forum for Psychoanalytic Psychotherapy (IFPP): www.ifpp.org

NEXT EVENT

'Children First' Guidance: A Clinical Seminar with Ellen O'Malley Dunlop (IFPP and Dublin Rape Crisis Centre). Saturday 25 May 2013 at 10 am-1 pm in the Brandsma Room, Ground Floor, Carmelite Community Centre, Aungier Street, Dublin 2.

UPCOMING EVENTS

For upcoming events, visit <http://www.ifpp.org>



BOOKING FORM

Working Psychotherapeutically with People with Borderline Personality Clinical Conference

Please complete this form and return it to:

Ann Daly, Irish Forum for Psychoanalytic Psychotherapy, 73 Quinn's Road, Shankill, County Dublin
Tel. (01) 272 2105; Email: amdps@indigo.ie

The appropriate fee must complete this form. Thank you.

Name:

Address:

Telephone:

Email:

Organisation:

Profession:

I enclose a cheque/postal order/bank draft for € _____ to be made payable to 'IFPP' for:

(please tick one)

Full or Associate Member of IFPP and/or ICP: €80 _____

Non-Member of IFPP and/or ICP: €90 _____

Student/Trainee: €50 _____

Bookings will not be accepted without payment

