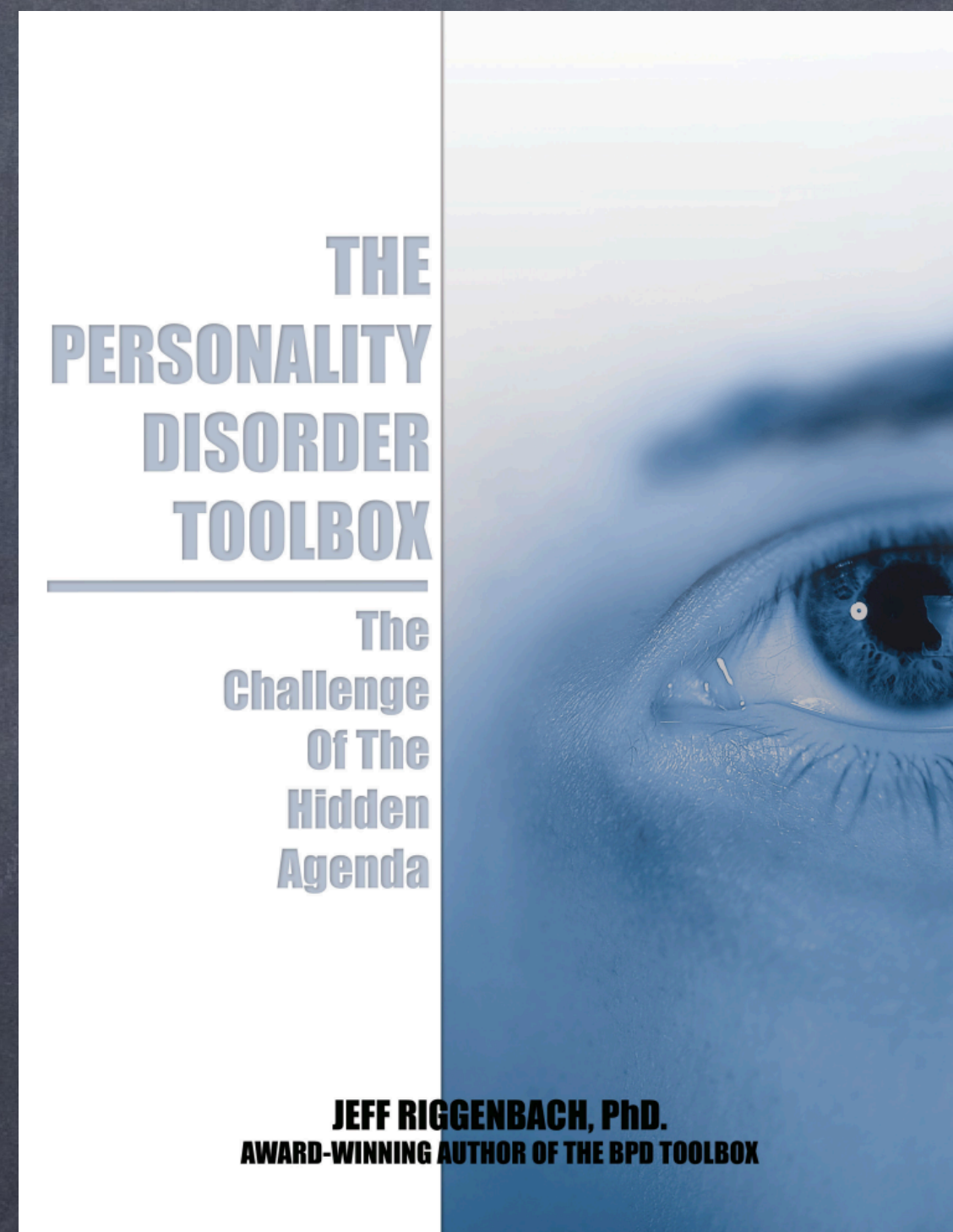


# Evidence-Based Treatment of Personality Disorders

Certification Course Sponsored by:

The Hirose Institute



Presented by:

Jeff Rigenbach, PhD

# Evidence-Based Treatment of Personality Disorders

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## Session 2: Evidence Based Treatment and Case Conceptualisation

- Evidence-Based Treatments
- Integrated Treatment Approach
  - Dialectical Behavior Therapy
  - Cognitive Behaviour Therapy
  - Schema Focused Therapy
- Case Conceptualisation
  - Conceptualisation drives treatment planning
  - Conceptualisation drives agenda-setting
  - Conceptualisation drives documentation

# Treatment!

# **The Personality Disorder Toolbox**

## **Evidence-Based Treatments**

“Prognosis for most people with BPD is actually quite good”

– APA, 1995

# The Personality Disorder Toolbox

## Evidence-Based Treatments

\* Over the past twenty-five years a number of borderline-specific psychotherapies have been developed. Of these, seven have research evidence supporting their efficacy:

1. Dialectical Behavior Therapy (DBT)
2. Schema-focused Therapy (SFT)
3. Systems Training for Emotional Predictability & Problem-Solving (STEPPS)
4. Mentalisation-based Treatment (MBT)
5. Transference Focused Psychotherapy (TFP)
6. Good Psychiatric Management for Borderline Personality Disorder (GPM)
7. Interpersonal Group Psychotherapy (IGP)

# **The Personality Disorder Toolbox**

## **Dialectal Behavior Therapy**

- Developed by Marsha Linehan in the 1970s
- Looking for a method to treat chronically suicidal
- Found traditional CBT to be too invalidating
- Added validation to empirically supported CBT
- Concept of Dialectics

# **The Personality Disorder Toolbox**

## **Dialectal Behavior Therapy**

“Juxtaposes contradictory ideas and seeks to resolve a conflict; a method of examining opposing ideas in order to find truth”

# **The Personality Disorder Toolbox**

## **Dialectal Behavior Therapy: Core Modules**

- **Mindfulness Skills**
- **Emotion Regulation Skills**
- **Distress Tolerance Skills**
- **Interpersonal Effectiveness Skills**

# **The Personality Disorder Toolbox**

## **Dialectal Behavior Therapy: Components**

1. Individual Therapy

2. Skills Training

3. Phone Coaching

4. Peer Consultation

# **The Personality Disorder Toolbox**

## **Dialectal Behavior Therapy: Components**

- 24/7 availability

- “Im sure you'd rather take a phone call than a trip to the morgue”

– Marsha Linehan

# **The Personality Disorder Toolbox**

## **Dialectal Behavior Therapy: Outcomes**

- Decreased treatment dropout rate
- Decreased hospital admission
- Decreased inpatient days
- Decreased parasuicidal acts

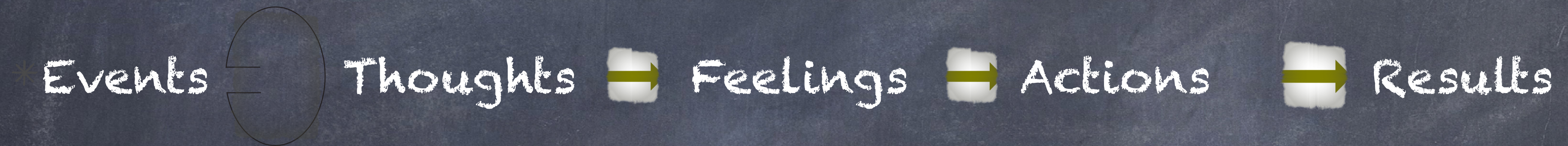
# **The Personality Disorder Toolbox**

## **Cognitive Behavior Therapy**

**Cognitive Behavior Therapy**

# The Personality Disorder Toolbox

## Integrated Evidence Based Model

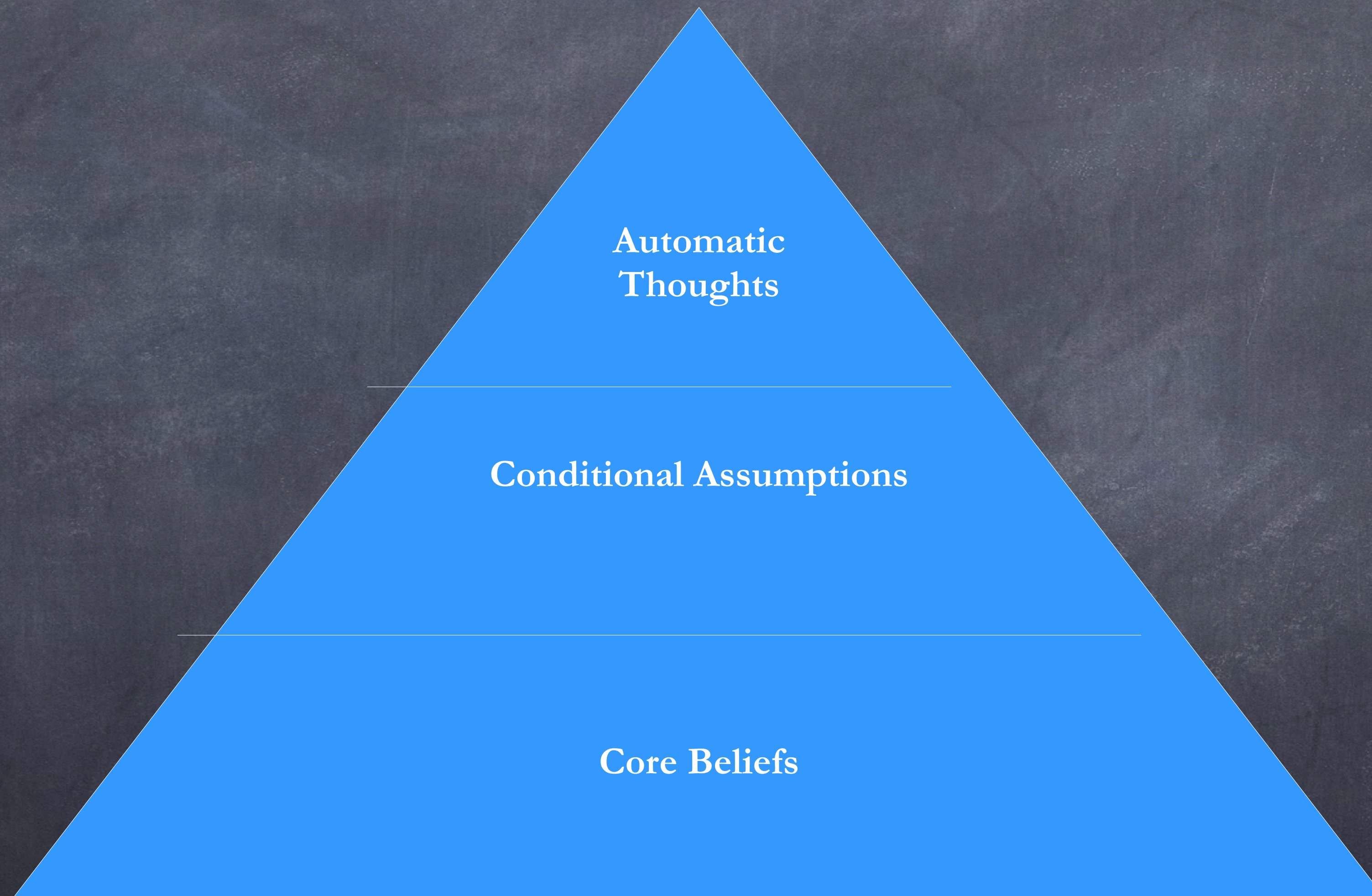


# **The Personality Disorder Toolbox**

## **Cognitive Behavior Therapy**

- Aaron T. Beck, 1960, University of Pennsylvania
- Principle that thoughts influence feelings

# The Personality Disorder Toolbox: CBT - Levels of Cognition



# **The Personality Disorder Toolbox: Cognitive Behavior Therapy - Core Beliefs**

## Core Beliefs/Schemas

- Beck identified beliefs in 3 different areas
  1. Beliefs about self
  2. Beliefs about others
  3. Beliefs about the world

# The Personality Disorder Toolbox:

## CBT - Core Beliefs/Schemas

- Term “schema” Coined in 1926 by Piaget – “Structures that integrate meaning into events
- Beck – “Cognitive structures that organize experience and behavior”
- Landau & Goldfried – “mental filters that guide the processing of information”

# **The Personality Disorder Toolbox:**

## **CBT - Beliefs About Self**

- I am a failure
- I am unlovable
- I am worthless
- I am defective
- I am vulnerable
- I am helpless
- I am a burden

# **The Personality Disorder Toolbox:**

## **CBT - Beliefs About Others**

- Others are mean
- Others are uncaring
- Others are self-absorbed
- Others aren't deserving of my time
- Others are to be taken advantage of
- Others are unreliable
- Others are untrustworthy

# **The Personality Disorder Toolbox:**

## **CBT - Beliefs About the World**

- The world is exciting
- The world is boring
- The world is scary
- The world is evil
- The world is a lost cause
- I am defective
- The world is dangerous

# **The Personality Disorder Toolbox:**

## **Schema-Focused Therapy**

# The Personality Disorder Toolbox: Schema-Focused Therapy

## Domain #1: Disconnection and Rejection

- Abandonment
- Mistrust
- Defectiveness
- Emotional Deprivation
- Social Isolation

# The Personality Disorder Toolbox: Schema-Focused Therapy

Domain #2: Impaired Autonomy and Performance

- Dependence
- Vulnerability
- Enmeshment
- Failure

# The Personality Disorder Toolbox: Schema-Focused Therapy

## Domain #3: Impaired Limits

- Entitlement
- Insufficient Self-Control

# The Personality Disorder Toolbox: Schema-Focused Therapy

Domain #4: Others Directedness

- Subjugation
- Self-Sacrifice
- Approval-Seeking

# The Personality Disorder Toolbox: Schema-Focused Therapy

Domain #5: Overvigilance

- Negativity
- Emotional Inhibition
- Unrelenting Standards
- Punitiveness

# The Personality Disorder Toolbox: Schema-Focused Therapy

## Characteristics of Schemas

- Active vs Dormant
- Compelling
- Pervasive vs Discrete

# The Personality Disorder Toolbox: Schema-Focused Therapy

## Characteristics of Schemas

- Maintenance
- Avoidance
- Overcompensation

# **The Personality Disorder Toolbox:**

## **Case Conceptualization - The Road to Recovery**

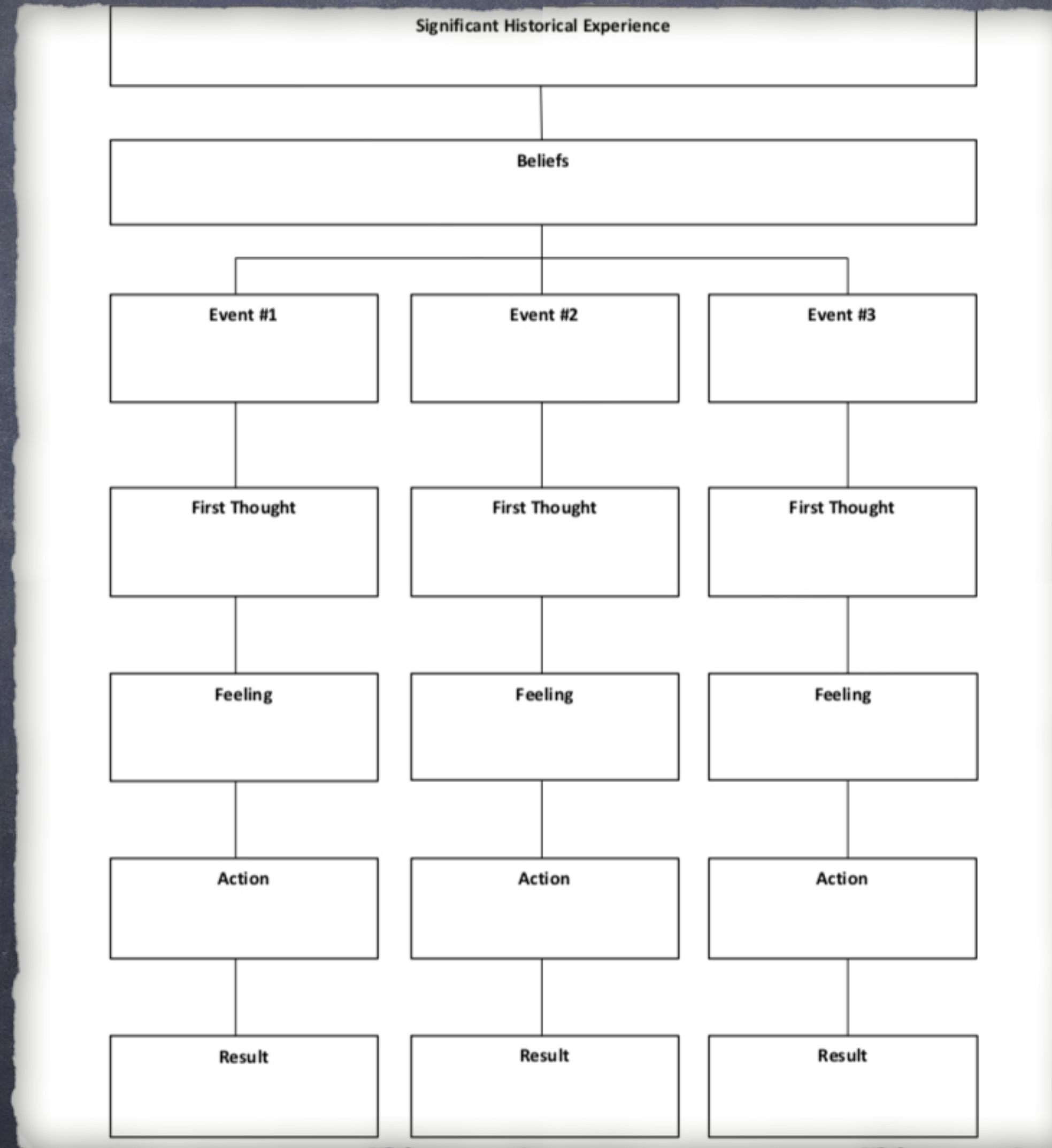


# The Personality Disorder Toolbox: Case Conceptualization

- Take a peek in the rearview, but keep firmly focused on the road ahead

# The Personality Disorder Toolbox:

## Case Conceptualization



# The Personality Disorder Toolbox: Case Conceptualization

- Develop Hypothesis
- Look for Opportunity to Share With Patient
- Ongoing with Accumulation of New Data

# **The Personality Disorder Toolbox: Conceptualization Drives Goal-Setting**

- 1) Problem List
- 2) Goal List
- 3) Behavioral Targets
- 4) Identify Triggers for Behaviors
- 5) Identify Cognitions associated with target behaviors

# **The Personality Disorder Toolbox:**

**Conceptualization Drives Treatment Planning**

# **The Personality Disorder Toolbox:**

**Conceptualization Drives Documentation**

# **The Personality Disorder Toolbox: Documentation Acronym**

B

I

R

P

P

# **The Personality Disorder Toolbox: Case Conceptualization - Summary**

1. Synthesizes patient experience with treatment model
2. Normalizes presenting problems and validates
3. Facilitates development of rapport
4. Makes complex problems seem more manageable
5. Guides the focus of intervention

# **The Personality Disorder Toolbox:**

**Conceptualisation in Practice!**

# Session 2 Questions???

