

Schema Therapy for Borderline Personality Disorder May 4-5

Dr. Young will present the latest advances in schema therapy for working with Borderline Personality Disorder. This approach places primary emphasis on “limited reparenting” within the therapy relationship, and the extensive use of emotion-focused techniques. Schema therapy was evaluated in a large-scale outcome study for BPD and demonstrated high levels of efficacy.

The schema therapy model for BPD is based on the concept of a schema mode. A schema mode is defined as a facet of the self, or state, that has not been fully integrated with other parts of the self. Borderline patients typically “flip” among four modes: the Detached Protector, the Abandoned/Abused Child, the Angry/Impulsive Child, and the Punitive Parent.

Dr. Young will present an overview of specific strategies for identifying and responding to mode, including: validation of emotional needs, schema mode imagery and dialogues, and limited reparenting, and the role of the therapist’s own schemas.

The workshop will include patient videotape segments.

Objectives

1. Participants will learn to conceptualize Borderline Personality Disorder in terms of four schema modes: the Detached Protector, Abandoned Child, Angry Child, and Punitive Parent.
2. Participants will learn about limited reparenting as one of the central foci of treatment for BPD.
3. Participants will become familiar with the results of a major outcome study comparing Schema Therapy with Transference-Focused Psychotherapy (TFP) for outpatient BPD.

Schema Therapy for Narcissistic Personality Disorder May 6

This workshop will focus on the application of Young’s schema therapy to the treatment of Narcissistic Personality Disorder. Schema therapy integrates cognitive, behavioral, emotion-focused, attachment, and psychodynamic strategies.

The conceptual model for narcissism revolves around schema modes, which are defined as separate facets of the self that have not been fully integrated with each other. The narcissistic patient is characterized by three modes: the Lonely Child, who feels lonely and devalued; the Self-Aggrandizer, who overcompensates through entitlement and approval-seeking; and the Detached Self-Soother, who seeks stimulation to avoid painful affect. The narcissistic patient alternates between the Self-Aggrandizer and Detached Self-Soother modes to avoid experiencing the isolation of the Lonely Child.

The treatment focuses on developing healthy intimate connections, including the therapy relationship. Topics include: helping the narcissist value nurturing and empathy more than status and approval; combating entitled behavior; handling the patient’s devaluing of the therapist; accessing early feelings of loneliness and defectiveness; and the role of the therapist’s own schemas in treating the narcissistic patient. Techniques will be demonstrated through videotape segments; extensive handouts will be provided.

This workshop assumes attendance at the first workshop or previous exposure to Dr. Young’s models.

Objectives

1. Participants will learn to conceptualize the narcissistic patient in terms of three schema modes: Lonely Child, Self-Aggrandizer, and Detached Self-Soother.
2. Participants will learn the typical origins of narcissism and the development of the three schema modes.
3. Participants will learn to utilize the therapy relationship as a vehicle for shifting the narcissistic patient’s focus from status and approval to genuine caring and empathy.
4. Participants will come to understand how their own schemas interfere with treating narcissism, and will learn more appropriate strategies for handling the patient’s devaluing and self-centered behavior.
5. Participants will learn to utilize imagery and dialogues to access the loneliness, defectiveness, and mistrust that underlie most narcissism.

The workshops will take place from 9:00-16:30