2016-2017 NYU SYLLABUS

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These 2 course are intended to be taken in sequence

PDPSA.4582.002 CARSKY
Clinical Treatment of Specific Disorders—An Object Relations Approach to Personality Disorders I: Borderline Disorders & the Use of Transference Focused Therapy
7 Wednesdays, Jan. 25-March 8
7:30-9:20 p.m.
122 East 42 Street #3200

PDPSA.4582.003 DIAMOND
Clinical Treatment of Specific Disorders—An Object Relations Approach to Personality Disorders II: Narcissistic Disorders & the Use of Transference Focused Therapy New course 1 pt
7 Wednesdays, 3/22-5/3
1:10-3:00 p.m.
135 Central Park West, #1N
Title: Clinical Treatment of Specific Disorders—An Object Relations Approach to Personality Disorders I: Borderline Disorders & the Use of Transference Focused Therapy

This course addresses the application of an object relations theory approach to psychotherapy with personality disorder pts, including those presenting significant challenges to therapists. The course reviews personality pathology in object relations terms and presents an approach to frequent technical issues, such as managing the frame, dealing with threats to the integrity of treatment, extraordinary demands, stalemates, and handling suicidal and other crises. Readings, case presentations, and discussion of clinical material will be included.

More and more such patients present for treatment, creating dilemmas for analysts accustomed to (relative) neutrality and following the patient’s associations. These patients’ suicidal or other self-destructive behaviors, poor observing ego, and lives filled with chaotic relationships and choices pull therapists to become more obviously involved, and therapists struggle with how to respond. We will discuss how to understand, address and interpret these behaviors as part of the transference relationship through Transference Focused Psychotherapy (TFP), an empirically supported psychoanalytic psychotherapy for personality disorder patients. We will consider presentations of the instructor’s and students’ work with acting-out borderline patients. At the end of this course, participants should have a better understanding of psychoanalytic concepts and approaches useful in addressing the treatment needs of more disturbed patients, while conducting a psychoanalytic therapy that has internal structural change as its goal.

Class requirements: Participants will be expected to make one or more presentations of a case and to participate regularly in class by bringing in examples for discussion. For a case presentation, please give a short description of the patient and tx to date, and then describe your dilemma or questions. Members will also be asked to prepare for discussions, by bringing in reactions or comments on readings and clinical material.

We will use the following book, and readings available on PEB-WEB or provided by the instructor.

Course Readings:

Class 1 The role of diagnosis and treatment planning
Learning Objectives:
1. Describe psychological structures in borderline compared to neurotic individuals and their treatment implications
2. Use interview material to assess patient’s psychological structure
TFP book
Chapter 1 The Nature of Normal and Abnormal Personality Organization, pp. 2-16, 18-24
Chapter 4, Assessment Phase, I: Clinical Evaluation and Treatment Selection. pp. 83-89, 91-98

optional


*Longer chapters on structural interview: Kernberg, OF 1984 Severe Personality Disorders: Psychotherapeutic strategies. Chapter 1 Structural Diagnosis pp 3—26; chapter 2 The Structural Interview pp 27-51*


**Class 2 How good treatment frames protect and enable interpretive work**

**Learning Objectives:**

3. explain how to bring acting out into the sessions as something with meaning for the patient-therapist (transference-countertransference) relationship

4. describe how a treatment frame is helpful in working with acting-out patients

5. list examples of treatment arrangements that contain acting out


Chapter 5, Assessment Phase II: Treatment Contracting pp. 99-140

TFP Book chapter 3: Strategies of Transference Focused Psychotherapy pp. 59-81
TFP Book chapter 5 Establishing the Treatment Frame: Contracting, Medication and Adjunctive Treatments pp.99-122,

Optional: How to add elements matched to a particular pt--pp 123-140
Class 3 Leading up to Interpretation

Learning Objectives:
6. identify meanings of a patient’s actions or acting out and how to bring these into the patient’s awareness for exploration
7. How to address splitting and omnipotent control

TFP book chapter 6  Techniques of Treatment: Moment-to Interventions and Mechanisms of change  pp 169-180  NEUTRALITY AND COUNTERTRANSFERENCE


Class 4 Attacks on the Therapy and the Self

directly and indirectly self-destructive behavior.

Educational Objectives:
8. List suicide risk factors in acting out patients
9. Identify possible meanings of suicidal behavior in patients who use this behavior to express psychological conflicts, and describe therapeutic options in response;
11.Identify typical countertransference reactions and risks with suicidal patients and how to use countertransference to refine understanding

TFP Book Chapter 7: Tactics of Treatment and Clinical Challenges ( PP. 242-269)

218-35 lying, using outside information etc
242-269 suicidal feelings

Maltsberger, J and Buie, D Countertransference Hate in the Treatment of Suicidal Patients

TFP Book Chapter 8

Class 5-6 Other Challenges for the Therapist: Psychopathic, paranoid, depressive, narcissistic and erotized transference

Educational Objectives:

12. identify subtle but challenging transference behaviors common in peraonlaity disorder patients
13: List ways to address psychopathic, paranoid, narcissistic and erotized transference


Kernberg, O. Omnipotence in the transference and the countertransference

Class 7 Stalemates; When and How to Refer a Patient Out of Your Practice

Educational Objectives:

14. Identify countertransference and other factors that can lead to stalemates in treatment
15. identify situations where referring a patient elsewhere is professionally responsible and describe how to do this ethically
Carsky, M and Yeomans, F (2012) Overwhelming patients and overwhelmed therapists. *Psychodynamic Psychiatry*

TFP book chapter 10  Advanced Phase of Treatment and Termination  pp 359-364