

Psychiatry Grand Rounds
WCM Department of Psychiatry
Psychology CE Announcement
Borderline Personality Disorder Resource Center

*Psychotherapy for Borderline Personality Disorder: Current Progress,
Challenges, and Future Directions*

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Wednesday, November 30th, 2022

11:00am – 12:30pm

<https://weillcornell.zoom.us/j/92812036154>

Meeting ID: 928 1203 6154

Password: 12345

*1.5 CE credit available to full time and voluntary faculty psychologists and Social Workers who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the completion of the lecture.

SPEAKER:

Dr. McMain has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

Shelley McMain, Ph.D., is the Head of the Borderline Personality Disorder Clinic and a Clinician Scientist at the Centre for Addiction and Mental Health in Toronto, Canada. She currently holds the position of Director of the Psychotherapy, Humanities and Psychosocial Interventions Division and is an Associate Professor in the Department of Psychiatry at the University of Toronto. She is the Past-President for the Society for Psychotherapy Research. She is the current President of the transitional board of the World Federation of Dialectical Behaviour Therapy. Dr. McMain has published more than 85 articles and book chapters in respected scientific journals including the American Journal of Psychiatry, Psychotherapy and Psychosomatics, Biological Psychiatry mainly on borderline personality disorder, dialectical behaviour therapy, emotion dysregulation, and predictors and mechanisms psychotherapy outcome. She has received several international awards for her psychotherapy research as well as various teaching awards.

Abstract:

In the last decade, research on treatment for borderline personality disorder (BPD) has accelerated knowledge. Psychotherapy remains the cornerstone of effective treatment. Although several psychotherapies (dialectical behaviour therapy, mentalization therapy, transference focused therapy, general psychiatric management) have shown to be effective, there is work to be improve outcomes and to increase access to treatment. In this presentation, important changes in the treatment field are summarized including approaches to tailoring treatment (e.g., adaptations for BPD and PTSD) as well as new or complementary treatments to enhance outcomes. Additionally, this presentation will review efforts to improve access to treatment including the use of briefer treatments, stepped care and generalist care.

Learning Objectives:

1. Appreciate the limitations of current evidence-based psychotherapies for BPD
2. Become familiar with the current state of research to personalize therapies for BPD and adaptations for specific subgroups (e.g., BPD and PTSD)
3. Become familiar with current approaches that might improve access to treatment for BPD.

References:

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2. Herpertz, S. C., Matzke, B., Hillmann, K., Neukel, C., Mancke, F., Jaentsch, B., ... & Dempfle, A. (2021). A mechanism-based group-psychotherapy approach to aggressive behaviour in borderline personality disorder: findings from a cluster-randomised controlled trial. *BJPsych open*, 7(1).
3. Keefe, J. R., Kim, T. T., DeRubeis, R. J., Streiner, D. L., Links, P. S., & McMain, S. F. (2021). Treatment selection in borderline personality disorder between dialectical behavior therapy and psychodynamic psychiatric management. *Psychological Medicine*, 51(11), 1829-1837
4. McMain, Chapman, Kuo, Dixon-Gordon, Guimond, Labrish, Isaranuwatthai, Streiner, 2022 McMain, S. F., Chapman, A. L., Kuo, J. R., Dixon-Gordon, K. L., Guimond, T. H., Labrish, C., ... & Streiner, D. L. (2022). The effectiveness of 6 versus 12 months of dialectical behavior therapy for borderline personality disorder: a noninferiority randomized clinical trial. *Psychotherapy and Psychosomatics*, 1-16.
5. Stoffers-Winterling, J. M., Storebø, O. J., Kongerslev, M. T., Faltnsen, E., Todorovac, A., Jørgensen, M. S., ... & Simonsen, E. (2022). Psychotherapies for borderline personality disorder: a focused systematic review and meta-analysis. *The British Journal of Psychiatry*, 1-15.