

# Psychiatry Grand Rounds

WCM Department of Psychiatry  
Psychology CE Announcement



**Weill Cornell  
Medicine**  
Psychiatry

## *Personality disorder in young people: The legacy of Paulina Kernberg*

**Carla Sharp. PhD**

John and Rebecca Moores Professor  
Associate Dean for Faculty and Research  
Department of Psychology  
University of Houston

**Live Online, Live In-person**

Wednesday, October 23rd, 2024  
11:00am – 12:00pm  
<https://weillcornell.zoom.us/j/92812036154>  
Meeting ID: 928 1203 6154  
Password: 12345



1 CE credit available to WCM Department of Psychiatry full time and voluntary faculty Psychologists, Social Workers and LMHCs, 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. Note the survey must be completed within 30 days of the lecture. Please contact [wcmpsychiatryce@med.cornell.edu](mailto:wcmpsychiatryce@med.cornell.edu) for additional CE information

### *Speaker*

Carla Sharp, PhD, is a John and Rebecca Moores Professor and Associate Dean for Faculty and Research at the University of Houston. She also directs the Adolescent Diagnosis Assessment Prevention and Treatment Center and the Developmental Psychopathology Lab at the University of Houston. Her work has significantly advanced the scientific understanding of the phenomenology, causes, correlates, and treatment of personality pathology in youth. She is the recipient of the 2016 Mid-Career Award, North American Society for the Study of Personality Disorders, and the 2018 Award for Achievement in the Field of Severe Personality Disorders from the Personality Disorders Institute and Borderline Personality Disorder Resource Center, New York. She is a past-president of the International Society for the Study of Personality Disorders, associate editor for the APA journal *Personality Disorders: Theory, Research and Treatment*, editor for *Personality and Mental Health*, a workgroup member for updating the American Psychiatric Association practice guidelines for borderline personality disorder as well as a member of the a DSM-5 personality disorders workgroup to review current criteria. She has published more than 350 peer-reviewed publications (h-index78), in addition to numerous chapters and books, including *Handbook of Borderline Personality Disorder in Children and Adolescents* (Springer, 2013), *Mentalizing in Psychotherapy* (Guilford, 2022) and *Handbook of Good Psychiatric Management for Adolescents* (APA, 2022). Her work has been funded by the NICHD, NIAAA, NIMH, the Brain and Behavior Research Foundation, and other foundations.

*Financial Disclosure: Dr. Sharp 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.*

### *Abstract*

Paulina Kernberg's pioneering work set the stage for the paradigm shift we have witnessed over the last 20 years in early intervention and prevention of personality disorder in young people. This talk will provide an overview of this paradigm shift through the lens of dimensional models of personality disorder as represented in the Alternative Model or Personality Disorders. In so doing, a direct line from the early influential work of Paulina Kernberg to the most current thinking on personality disorder will be evident. The talk will conclude with implications of this paradigm shift for the assessment, diagnosis and treatment of personality disorder in young people.

### *Learning Objectives*

1. Differentiate diagnostic systems for the assessment of personality pathology in young people.
2. Demonstrate appropriate assessment of personality pathology in adolescents.
3. Identify optimal treatment targets to scaffold personality development and reduce personality pathology in adolescents

### *References*

1. Sharp, C. (2020). Adolescent Personality Pathology and the Alternative Model for Personality Disorders: Self Development as Nexus. *Psychopathology*, 53(3–4), 198–204. <https://doi.org/10.1159/000507588>
2. Sharp, C., & Wall, K. (2020). DSM-5 level of personality functioning: refocusing personality disorder on what it means to be human. *Annual Review of Clinical Psychology*, 17(1), 313–337. <https://doi.org/10.1146/annurev-clinpsy-081219-105402>
3. Chanen, A. M., Sharp, C., Nicol, K., & Kaess, M. (2022). Early intervention for personality disorder. *FOCUS the Journal of Lifelong Learning in Psychiatry*, 20(4), 402–408. <https://doi.org/10.1176/appi.focus.20220062>
4. Wiwe, M., & Vrouva, I. (2021). Mentalization-Based Treatment for Adolescents. In Routledge eBooks. <https://doi.org/10.4324/9780429323928>

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