



Treatment of Borderline Personality Disorder: Good Psychiatric Management

April 26-27, 2018

Thursday 5:00-8:30 p.m. / Friday 8:00 – 4:30 p.m.

About the Presenters

John G. Gunderson, MD is a



professor of psychiatry at Harvard Medical School and is the Director of McLean Hospital's Borderline Center. His seminal studies on the diagnosis, families, psychodynamics, treatment, and pathogenesis of

borderline personality disorder helped transform the diagnosis from a psychoanalytic construct into an empirically validated and internationally recognized disorder and earned him recognition as the "father" of this disorder.

Dr. Gunderson chaired the DSM IV work group on personality disorders, and has led major NIMH-funded studies on both the longitudinal stability and the family transmission of borderline personality disorder. In 2009, McLean Hospital honored his contributions by establishing a treatment center in Cambridge, Massachusetts called the Gunderson Residence. He currently is engaged in teaching an empirically validated therapy he developed called Good Psychiatric Management.

Daniel Price, MD is Director of



Resident Training in Psychiatry, Maine Medical Center.

He completed his Medical Education from the University of Pennsylvania School of Medicine in 1999; and his Residency from Massachusetts General Hospital in 2003

The Maine Association of Psychiatric Physicians invites you to JOIN US at our 12th Annual Spring Program being held in Freeport at the Hilton Garden Inn on Thursday evening, April 26 and all day Friday, April 27, 2018. This is your opportunity to network with physicians, nurses, psychologists, social workers, licensed mental health counselors throughout the State of Maine.

This program offers training in an empirically validated treatment approach General Psychiatric Management (GPM), which has been demonstrated to equal Dialectical Behavior Therapy's (DBT) effectiveness in treating patients with Borderline Personality Disorder (BPD) (McMain et al., 2009). The course teaches psychiatrists and other primary care clinicians what they need to know to become competent providers who can derive satisfaction from treating these patients.

Management strategies such as involving practicality, good sense, and flexibility are emphasized. Listening, validation, judicious self-disclosures and admonishments create a positive relationship in which both a psychiatrist's concerns and limitations are explicit. Techniques and interventions that facilitate the patient's trust and willingness to become a proactive collaborator will be described. Guidelines for managing the common and usually most burdensome issues of managing suicidality and self-harm (e.g. intersession crises, threats as a call-for-help, excessive use of ER's or hospitals) will be reviewed. How and when psychiatrists can usefully integrate group, family, or other psychotherapies will be described.

The course utilizes large group discussion, video clips and clinical vignettes to promote interactive learning and a comprehensive understanding of the treatment.

Approval of 8.0 AMA PRA Category 1 Credit(s)™ are pending from the Maine Medical Education Trust.

Program Objectives:

After this program, participants will be able to:

- ❖ Explain/teach the diagnosis to patients and families and establish reasonable expectations for change (psychoeducation);
- ❖ Manage the problem of recurrent suicidality and self-harm while limiting personal burden and liability;
- ❖ Know when to prioritize BPD's treatment and when to defer until a comorbid disorder is resolved;
- ❖ Encourage cost affective and optimistic case management;
- ❖ Provide an evidence-based model for use of medications.



Registration:

Name: _____ Credentials: _____

Practice Name: _____

Billing Address: _____

Email _____ Phone: _____

Fees: (Registration fees include continental breakfast, breaks in the morning and afternoon, lunch, copies of all handout materials and proof of CME).

Epidemiology, Natural Course, and Neurobiology of Borderline Personality Disorder

Thursday, April 26, 2018, 5:00-8:00 p.m.

Thursday Session:	MAPP Physician Members, medical students, residents	No charge
	All others	\$ 50.00

Treatment of Borderline Personality Disorder: Good Psychiatric Management

Friday, April 27, 2018, 8:00-4:00 p.m.

Friday Session:	Physicians, Nurse Practitioners, Physician Assistants MAPP	\$165.00
	MAPP Members or Participating practices in MAPPs consultation project	\$125.00
	Other health care providers and therapists	\$100.00
	Residents/Medical Students	No charge

Total Due:

Payment Enclosed (check payable to MAPP and mailed to address below.)

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Please submit registration form and payment no later than Friday, April 20, 2017

MAPP, PO Box 190, Manchester, ME 04351-1090

Questions: Phone: 207.622.7743 / Fax: 207.622.3332 Email: dpoulin@mainemed.com