



boston psychoanalytic
society & institute

ATP - Spring 2018

Narcissistic and Borderline Psychopathology

Elsa Ronningstam, Ph.D.

Week 1: 3/22/2018

Identifying, differentiating and approaching severe personality pathology – An introduction

Objectives: At the conclusion of the session, the student will be able to describe one theory and its accompanying clinical approach to severe psychopathology.

Suggested reading

Kernberg OF, Yeomans FE (2013). Borderline personality disorder, bipolar disorder, depression, attention deficit-hyperactive disorder and narcissistic personality disorder: Practical differential Diagnosis. *Bulletin of Menninger Clinic*. 77(1): 1-22. [Available in the library. Check the reading folder or request from library@bpsi.org]

Gunderson J, Bateman A, Kernberg O. (2007). Alternative Perspectives on Psychodynamic Psychotherapy of Borderline Personality Disorder: The Case of “Ellen” *American Journal of Psychiatry* 164:9, 1333-1339. [Available in the library. [Download from the web](#), check the reading folder or request from library@bpsi.org]

Optional reading

Adler, G. (1989). Uses and Limitations of Kohut’s Self Psychology in the Treatment of Borderline Patients. *Journal of the American Psychoanalytic Association* 37:761-785. [PEP Web Link](#)

Week 2: 3/29/2018

Identity diffusion and interpersonal dysregulation in borderline personality disorder

Objectives: At the conclusion of the session, the student will be able to discuss the most central features of borderline personality disorder and their unfolding in psychotherapy.

Suggested reading

Bradley R, Westen D. The psychodynamics of borderline personality disorder: A view from developmental psychopathology. *Development and Psychopathology*. 2005; 17(4): 927 – 957. [Available in the library. Check the reading folder or request from library@bps.org]

Optional reading

Kernberg, O.F. (2006) “Identity: Recent Findings and Clinical Implications” *Psychoanalytic Quarterly* 75: 969-1003. [PEP Web Link](#)

Week 3: 4/5/2018

Borderline personality disorder in females

Objectives: At the conclusion of the session, the student will be able to identify specific features, interpersonal patterns and defenses in women with borderline personality disorder.

Suggested readings

Giugliano JR. (2012). Object relations treatment of a woman with borderline personality disorder from a Mahlerian perspective: A case illustration. *Clinical Case Studies* 11(6): 441 – 456. [Available in the library. Check the reading folder or request from library@bps.org]

Optional readings

Diamond D, Levy KN, Clarkin JF, Fischer-Kern M, Caim NM, Doering S, Hörz S, Buchheim A. (2014). Attachment and mentalization in female patients with comorbid narcissistic and borderline personality disorder. *Personality disorders: Theory, Research and Treatment* . 5(4): 428 – 433. [Available in the library. Check the reading folder or request from library@bps.org]

Ntshinglia N, Poggenpoel M, Myburg, CPH, Temane A. (2015). Experiences of women living with borderline personality disorder. *Health SA Gesundheit*. 21:110 – 119. [Available in the library. [Download from the web](#), check the reading folder or request from library@bps.org]

Week 4: 4/12/2018

Borderline personality disorder in males

Guest lecturer: Jason Jones, M.D.

Objectives: At the conclusion of the session, the student will be able to identify specific features, interpersonal patterns and defenses in men with borderline personality disorder.

Suggested reading

Ogden T. The Primitive Edge of Experience. Jason Aronson 1989 Chapters 5 and 6, pp 109 – 168. [Available in the library. Check the reading folder or request from library@bpsl.org]

Optional readings

Silberschmidt, A., Lee, S., Zandarini, M., & Schulz, S. C. (2015). Gender Differences in Borderline Personality Disorder: Results From a Multinational, Clinical Trial Sample. *Journal Of Personality Disorders*, 29(6), 828-838. doi:10.1521/pepi_2014_28_175. [Available in the library. Check the reading folder or request from library@bpsl.org]

Winnicott DW. Psychotherapy of character disorders. In *Maturational Processes and the Facilitating Environment* 1965. [PEP Web Link](#)

Winnicott DW. (1968). Delinquency as a sign of hope. *Prison Service Journal* 7. [Available in the library. Check the reading folder or request from library@bpsl.org]

Week 5: 4/19/2018

Agency, self-sufficiency and control in narcissistic personality disorder.

Objective: At the conclusion of the session, the student will be able to identify strategies to engage patients' sense of agency in psychotherapy and balance the need for control and self-sufficiency.

Suggested readings

Almond R. (2004). "I can do it (all) myself". Clinical technique with defensive narcissistic self-sufficiency. *Psychoanalytic Psychology*. 21(3):371 – 384. [PEP Web Link](#)

Optional reading

Modell A. (2008). Horse and rider revisited. The dynamic unconscious and the self as agent. *Contemporary Psychoanalysis*. 44:351 – 366. [PEP Web Link](#)

Week 6: 4/26/2018

Perfectionism, attention seeking and avoidance in narcissistic personality disorder

Objective: At the conclusion of the session, the student will be able to identify the role of perfectionism in pathological narcissism and its relation to attention seeking and avoidance.

Suggested readings

Sorotzkin B. (1985). The quest for perfectionism. Avoiding guilt or avoiding shame. *Psychotherapy*. 22(3): 564 – 571. [Available in the library. Check the reading folder or request from library@bpsl.org]

Optional reading

Rothstein, A: The narcissistic pursuit for perfection. New York: International Universities Press 1980. [Available on reserve in the library. Request from library@bpsl.org]

Week 7: 5/3/2018

Self-criticism, insecurity and vulnerability in narcissistic personality disorder

Objective: At the conclusion of the session, the student will be able to discuss the role of self-criticism in narcissistic vulnerability.

Suggested reading

Kris AO. (1990) Helping patients by analyzing self-criticism. *Journal of American Psychoanalytic Association*. 38(3): 605 -636. [PEP Web Link](#)

Optional reading

Shilkret CJ. (2006). Endangered by interpretations. Treatment by attitude of the narcissistically vulnerable patient. *Psychoanalytic Psychology* 23(1): 30 – 42. [PEP Web Link](#)

Week 8: 5/10/2018

Fear, shame and aggression

Objective: At the conclusion of the session, the student will be able to identify the most significant emotions in narcissistic pathology and their impact on treatment alliance.

Suggested reading

Ronningstam E, Baskin-Sommers (2013) A. Fear and Decision-making in Narcissistic Personality Disorder - A link between psychoanalysis and neuroscience. Dialogues in Clinical Neuroscience. 15(2):191-201. [Available in the library. [Download from the web](#), check the reading folder or request from library@bpsi.org]

Morrison, A.P. (1999) Shame on either side of defense. Contemporary Psychoanalysis 35:91-105. [PEP Web Link](#)

Optional reading

Kernberg OF. Aggression in Personality Disorders and Perversions. New Haven, Yale University Press. 1992.[Available in the Library]

Week 9: 5/17/2018

Trauma – implications for narcissistic pathology

Objective: At the conclusion of the session, the student will be able to identify narcissistic trauma and discuss its impact on treatment alliance and choice of treatment strategies.

Suggested reading

Gerzi S. (2005). Trauma, narcissism and the two attractors in trauma. International Journal of Psychoanalysis. 86:1033 – 1050. [PEP Web Link](#)

Optional reading

Maldonado J L. Vicissitudes in adult life resulting from traumatic experiences in adolescence. International Journal of Psychoanalysis. 2006; 87(5): 1239-1257. [PEP Web Link](#)

Trumbull D. (2003) Shame: An acute stress response to interpersonal traumatization. Psychiatry. 66(1): 53 – 64. [Available in the library. Check the reading folder or request from library@bpsi.org]

Week 10: 5/24/2018

Integrating identity diffusion, self-esteem and emotional fluctuations in alliance building

Objective: At the conclusion of the session, the student will be able to discuss the unfolding and influence of personality pathology in the therapeutic alliance and strategies to attend to and process it.

Suggested reading

Auchincloss EL. (2016). New developments of the therapeutic alliance (TA): Good news for psychodynamic psychiatry. *Psychodynamic Psychiatry*, 44: 105 – 116. [Available in the library. [Download in the library](#), check the reading folder or request from library@bpsl.org]

Ronningstam E. (2017). Intersect between self-esteem and emotion regulation in narcissistic personality disorder - Implications for alliance building and treatment. *Borderline Personality Disorder and Emotion Dysregulation*, BPED. 4(3). DOI 10.1186/s40479-017-0054-8. [Available in the library. [Download from the web](#), check the reading folder or request from library@bpsl.org]

Optional reading

Fonagy P, Allison E. The role of mentalizing and epistemic trust in the therapeutic relationship. *Psychotherapy*. 2014; 51(3): 372-380. [Available in the library. Check the reading folder or request from library@bpsl.org]