



boston psychoanalytic
society & institute

ATP Spring 2019

Narcissistic and Borderline Psychopathology

Instructor: Elsa Ronningstam, Ph.D.

Week 1: 3/21/2019

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, O.F., Yeomans, F.E. (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@bps.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@bps.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: 3/28 2019

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 how they unfold in psychotherapy.

Suggested reading:

Bradley, R. & Westen, D. (2005). The psychodynamics of borderline personality disorder: A view from developmental psychopathology. *Development and Psychopathology*, 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: 4/11 2019

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 reading:

Giugliano, J.R. (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@bpsi.org.]

Optional reading:

Diamond, D., Levy, K.N., Clarkin, J.F., Fischer-Kern, M., Caim, N.M., 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@bpsi.org.]

Ntshinglia, N., Poggenpoel, M., Myburg, C.P.H., 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@bpsi.org.]

Week 4: 4/18 2019

Agency, self-sufficiency and control in narcissistic personality disorder - Beginning treatment

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

Suggested reading:

Gabbard, G. & Crisp, H. (2018). Beginning treatment. In *Narcissism and its discontents* (Chapter 4, pp. 57-75). Philadelphia: American Psychiatric Association Publishing. [Available in the library. Check the reading folder or request from library@bpsi.org.]

Optional reading:

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](#)

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

Week 5: 4/25 2019

Perfectionism, attention seeking and avoidance - Mode of relating 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 reading:

Gabbard G. & Crisp H. (2018). Modes of relatedness. In *Narcissism and its discontents* (Chapter 3, pp. 33-55). Philadelphia: American Psychiatric Association Publishing. [Available in the library. Check the reading folder or request from library@bps.org.]

Optional reading:

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@bps.org.]

Rothstein, A. (1980). *The narcissistic pursuit for perfection*. New York: International Universities Press. [Available on reserve in the library.]

Week 6: 5/2 2019

Self-criticism, insecurity and vulnerability in narcissistic personality disorder - How to tailor the treatment to the patient

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

Suggested reading:

Gabbard G. & Crisp, H. (2018). Tailoring the treatment to the patient. In *Narcissism and its discontents* (Chapter 6, pp. 97-116). Philadelphia: American Psychiatric Association Publishing. [Available in the library. Check the reading folder or request from library@bps.org.]

Optional reading:

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

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

Week 7: 5/9 2019

Fear, shame and aggression - implications for narcissistic pathology and treatment

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

Suggested reading:

Ronningstam, E. & Baskin-Sommers, A. (2013). 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]

Gabbard, G. & Crisp, H. (2018). Treatment strategies. In *Narcissism and its discontents* (Chapter 7, pp. 117 – 138). Philadelphia: American Psychiatric Association Publishing. [Available in the library. Check the reading folder or request from library@bpsi.org.]

Optional reading:

Morrison, A.P. (1999). Shame on either side of defense. *Contemporary Psychoanalysis*, 35(1), 91-105. [PEP Web Link](#)

Kernberg, O.F. (1992). *Aggression in personality disorders and perversions*. New Haven, Yale University Press. [Available on reserve in the library.]

Week 8: 5/16 2019

Psychological trauma in 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(4), 1033 – 1050. [PEP Web Link](#)

Optional reading:

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

Trumbull, D. (2003). Shame: An acute stress response to interpersonal traumatization. *Psychiatry*, 66(1), 3 – 64. [Available in the library. Check the reading folder or request from library@bpsi.org.]

Week 9: 5/23 2019

Integrating identity diffusion, self-esteem and emotional fluctuations in alliance building:
Emerging transference and countertransference

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

Suggested reading:

Gabbard, G. & Crisp H. (2018). Transference and countertransference. In *Narcissism and its discontents* (Chapter 5, pp. 77 – 96). Philadelphia: American Psychiatric Association Publishing. [Available in the library. Check the reading folder or request from library@bpsi.org.]

Auchincloss, E.L. (2016). New developments of the therapeutic alliance (TA): Good news for psychodynamic psychiatry. *Psychodynamic Psychiatry*, 44(1), 105 – 116. [Available in the library. Check the reading folder or request from library@bpsi.org.]

Optional reading:

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

Week 10: 5/30 2019 Guest lecturer: Jason Jones, M.D.
Borderline personality disorder in males

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. (1989). The transitional Oedipal relationship in female development and the threshold of the male Oedipus complex. In *The primitive edge of experience* (Chapters 5 and 6, pp. 109-168). Northvale, NJ: Jason Aronson Inc. [Available in the library. Check the reading folder or request from library@bpsi.org.]

Optional reading:

Silberschmidt, A., et al. (2015). Gender differences in borderline personality disorder. *Journal of Personality Disorder*, 29(6), 828-838. [Available in the library. Check the reading folder or request from library@bpsi.org.]

Winnicott, D.W. (1965). Psychotherapy of character disorders. In *Maturational processes and the facilitating environment* (Chapter 19, pp. 202-215). [PEP Web Link](#)

Winnicott, D.W. (1968). Delinquency as a sign of hope. In Caldwell, L. & Robinson, H.T. (Eds.), *The collected works of D.W. Winnicott* (Vol. 8: 1967-1968, Chapter 8, pp. 91-104). New York: Oxford University Press, 2017. [Available in the library. Check the reading folder or request from library@bpsi.org.]