



ATP
Spring 2020

Narcissistic and Borderline Psychopathology

Elsa Ronningstam, Ph.D.

Week 1: 3/26/2020

Identifying, differentiating and approaching severe personality pathology – An introduction

Objectives: Provide an overview of present theories and identifying approaches to severe character pathology.

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@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: 4/2/2020

Identity diffusion and interpersonal dysregulation in borderline personality disorder

Objectives: Discuss the most central features of borderline personality disorder and their unfolding 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@bpsi.org.]

Optional reading:

Kernberg, O.F. (2006). Identity: Recent findings and clinical implications. *Psychoanalytic Quarterly*, 75, 969-1003. [PEP Web Link](#)

Week 3: 4/16/2020

Borderline personality disorder in females

Objectives: Identify specific features, interpersonal patterns and defenses in women with borderline personality disorder.

Suggested readings:

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@bpsl.org.]

Optional readings:

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@bpsl.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@bpsl.org.]

Week 4: 4/23/2020

Borderline and narcissistic personality disorder in males

Guest lecturer: Igor Weinberg, Ph.D

Objectives: Identify specific features, interpersonal patterns and defenses in men with borderline or narcissistic personality disorder.

Suggested 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@bpsl.org.]

Week 5: 4/30/2020

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

Objective: Discuss strategies to engage patients' sense of agency in psychotherapy and balance the need for control and self-sufficiency

Suggested readings:

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@bpsl.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 6: 5/7/2020

Perfectionism, attention seeking and avoidance - Mode of relating in narcissistic personality disorder

Objective: Discuss narcissistic modes of relating and the role of perfectionism attention seeking and avoidance

Suggested readings:

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@bpsi.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@bpsi.org.]

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

Week 7: 5/14/2020

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

Objective: Discuss self-criticism insecurity and narcissistic vulnerability and the impact on treatment strategies

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@bpsi.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 8: 5/21/2020

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

Objective: Identify significant emotions and trauma in narcissistic pathology and discuss 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@bpsl.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@bpsl.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 9: 5/28/2020

Psychological trauma in narcissistic pathology

Objective: 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@bpsl.org.]

Week 10: 6/4/2020

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

Objective: Discuss the influence of unfolding narcissistic personality pathology in the therapeutic alliance: transference and countertransference and 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@bpsl.org.]

Auchincloss, E.L. (2016). New developments of the therapeutic alliance (TA): Good news for psychodynamic psychiatry. *Psychodynamic Psychiatry*, 44(1), 105 – 116. [PEP Web Link](#)

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@bpsl.org.]