



ATP Spring 2022

Narcissistic and Borderline Psychopathology

Elsa Ronningstam, Ph.D.

Week 1: 3/31/2022

Identifying, differentiating and approaching severe personality pathology – An introduction

Objective: 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. [Download from 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. [Download from the [Reading folder](#) or request from library@bpsi.org].

Ronningstam, E., Keng, S. L., Ridolfi, M. E., Arbabi, M., Grenyer, B. F. S. (2018) Cultural Aspects in Symptomatology, Assessment and Treatment of Personality Disorders. *Current Psychiatry Report*. 20(4):22, 1-10. [Download from 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: 4/7/2022

Identity diffusion and interpersonal dysregulation in borderline personality disorder

Objective: 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 [Download from 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: 4/14/2022

Borderline and narcissistic personality disorder in females

Objective: 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 [Download from the [Reading folder](#) or request from library@bpsi.org].

Optional reading:

Diamond, D., Levy, K. N., Clarkin, J. F., Fischer-Kern, M., Cain, 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. [Download from 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 Gesondheid*. 21:110 – 119 [Download from the [Reading folder](#)] or [linked here](#).

Week 4: 4/21/2022

Borderline and narcissistic personality disorder in males

Guest lecturer: Jason Jones, M.D.

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

Suggested reading:

Silberschmidt, A., Lee, S., Zanarini, 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 [Download from the [Reading folder](#) or request from library@bpsi.org].

Week 5: 4/28/2022

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 reading:

Gabbard, G., Crisp, H. (2018) Chapter 4, Beginning the Treatment, In *Narcissism and its Discontents*. American Psychiatric Association Publishing, pp 57-75 [Download from 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: 5/5/2022

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) Chapter 3, Modes of Relatedness, In *Narcissism and its Discontents*. American Psychiatric Association Publishing, pp 33 – 55 [Download from the [Reading folder](#) or request from library@bpsl.org].

Optional reading:

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

Rothstein, A. (1980) *The narcissistic pursuit for perfection*. New York: International Universities Press. [Can be requested from the [library](#) by BPSI Members and Partners].

Week 7: 5/12/2022

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) Chapter 6, Tailoring the Treatment to the Patient, In *Narcissism and its Discontents*. American Psychiatric Association Publishing, pp 97 – 116 [Download from 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: 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: 5/19/2022**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. R. (2013) Fear and Decision-making in Narcissistic Personality Disorder - A link between psychoanalysis and neuroscience. *Dialogues in Clinical Neuroscience*. 15(2):191-201 [Download from the [Reading folder](#) or request from library@bpsi.org].

Gabbard, G., Crisp, H. (2018) Chapter 7, Treatment Strategies, In *Narcissism and its Discontents*. American Psychiatric Association Publishing, pp 117 – 138 [Download from 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. [Can be requested from the [library](#) by BPSI Members and Partners].

Week 9: 5/26/2022**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](#)

Miliora, M. T. (2000) Beyond empathic failures: cultural racism as narcissistic trauma and

disenfranchisement of grandiosity. *Clinical Social Work Journal*, 28 (1): 43 – 54. [Download from the [Reading folder](#) or request from library@bpsl.org].

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. [Download from the [Reading folder](#) or request from library@bpsl.org].

Week 10: 6/2/2022

**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) Chapter 5, Transference and Countertransference, In *Narcissism and its Discontents*. American Psychiatric Association Publishing, pp 77 – 96 [Download from 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 [Download from the [Reading folder](#) or request from library@bpsl.org].