



Understanding BPD: Diagnosing & Treating

Borderline personality disorder may be a delayed maladaptive response that develops in adulthood, based on experiences from childhood. Someone who experiences chronic abuse and neglect, often into their adult years, will have interpersonal difficulty. These clients interact with others, and form and maintain relationships, based on their past experiences and what they know. A person experiencing trauma for most of their childhood learns how to give their power away or have others take it from them. When these behaviors are exhibited in adulthood, it often gets diagnosed as borderline personality disorder. And clients with this diagnosis end up re-traumatized by the label of having a disordered personality and being called manipulative, borderlines, and more. There are many negative views of borderline personality disorder, which come from providers, society, support persons, and clients, making it difficult for clients to be open to treatment. And the interpersonal difficulties being expressed in current relationships can make it challenging for providers.

This program will review assessments, diagnostic considerations, and treatment recommendations for borderline personality disorder and related symptoms. The many implications of diagnosing borderline personality disorder will be discussed for participants to better educate their clients regarding the diagnosis. Participants will also gain a broader understanding of why borderline personality disorder occurs and how to more effectively interact with and understand clients who have the diagnosis.

Learning Objectives:

Upon conclusion of this program, participants should be able to...

1. Discuss the misconceptions, consequences, and prognosis related to a diagnosis of borderline personality disorder
2. Describe assessment methods for borderline personality disorder and related symptoms
3. Understand diagnostic criteria for borderline personality disorder
4. Identify evidenced-based treatment interventions for borderline personality disorder
5. Learn effective skills and strategies for communicating with and treating clients with borderline personality disorder

Learning Level: Basic-Intermediate

Target Audience: This training is designed for professional counselors, school counselors, social workers, marital and family therapists, psychologists, addiction counselors, case managers, nurses, and other health care professionals.

Continuing Education: To obtain the 3 CE hours associated with this course, the participant will need to sign in at the start of the program, attend the full course, and complete the program evaluation form. At the end of the program, participants will receive a certificate of completion.

The content of this event may meet requirements for most national, state, and local licensing boards and professional organizations for therapists, counselors, social workers, and psychologists. Be sure to print the event description and submit with your certificate of attendance to your professional board for consideration. For rules governing continuing education, participants should contact their respective regulatory boards.

Kansas Behavioral Sciences Regulatory Board does not require pre-approval of CE programs and does not even offer an approval process for most professions. They will consider CE programs that cover content specific to each profession's practice, skills, ethics, and knowledge. Additional information is provided on their website under each profession, typically in the FAQ sections.

Missouri Division of Professional Registration does not require continuing education providers or programs to be approved prior to the event. They will accept continuing education that is relevant to each profession (i.e. for professional counselors content must be primarily related to counseling, for psychologists content must be mostly psychological, and so on). Additional information is provided on their website.