

Professor Kate Davidson

University of Glasgow

Wednesday, 9th February 2022

Online



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INSTITUTE

Evidence-Based Psychological Treatment

CBT for Personality Disorder

Introduction:

People with borderline personality disorder (BPD) are frequently referred to health services with high levels of emotional distress, self-harm behaviours and relationship difficulties. People with these problems have poor health and mental health and are disadvantaged occupationally and socially. Over the past two decades, psychological therapies have been found to be helpful with problems faced by those with BPD. Pharmacological therapies on the other hand are generally not recommended. Psychological therapies have differed in intensity, length of treatment and in complexity of theory and techniques. CBTpd is a brief effective evidence-based therapy for people with both borderline and antisocial personality disorder. CBTpd takes a developmental perspective, engaging the person in producing a narrative formulation of their unique circumstances and problems. Treatment techniques focus on emotional and behavioural regulation, usually in the context of interpersonal relationships. Developing a non-judgmental, authentic and warm therapeutic relationship is central in CBTpd.

Content:

The workshop will be in two parts. The initial part of the day will focus on increasing participant's knowledge and understanding of borderline and antisocial personality disorders. Key issues and problems in carrying out therapy will be discussed. The second part will involve taking a developmental perspective to produce a narrative, in-depth formulation. Participants will devise ways to regulate emotions using their clinical and personal experience and consider behavioural experiments to improve relationships.

Learning objectives:

- To take a developmental CBT narrative bespoke formulation for patients with borderline PD
- To engage patients with borderline or antisocial PD in therapy
- To be aware of the therapist behaviours that increase hypervigilance for sign of rejection and humiliation in patients
- To work with patient to reduce self-harm
- To work with patients to regulate emotions.



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Training modalities:

The workshop will be interactive and include both experiential and didactic teaching and videos. Participants will have a chance to discuss how they work with patients with PD and how they manage problems in the therapeutic relationship.

Key references:

- Davidson K.M. (2008) *Cognitive therapy for personality disorders: a guide for clinicians*. Second Edition. Routledge: Hove.
- Davidson K, et al., (2010) Cognitive therapy v. usual treatment for borderline personality disorder: prospective 6-year follow-up. *British Journal of Psychiatry*, 197 (6), 456-462.
- Davidson K, et al., (2010) CBT for violent men with antisocial personality disorder. Reflections on the experience of carrying out therapy in MASCOT, a pilot randomized controlled trial. *Personality and Mental Health*, 4, 86-95.
- Davidson, K. M., et al.,(2009) Cognitive behaviour therapy for violent men with antisocial personality disorder in the community: an exploratory randomized controlled trial. *Psychological Medicine*, 39, 569-578.

About the presenter:

Kate Davidson is Honorary Professor of Clinical Psychology at the University of Glasgow. Kate was a Member of the National Confidential Forum in Scotland from 2018 to 2021, set up to listen and acknowledge people's childhood experiences of institutional care in Scotland. Prior to this, she worked as a Clinical Psychologist in adult mental health in the NHS in Scotland for over 35 years. She was founder and Director of the South of Scotland CBT Course. She is a past President of the British and Irish Group for the Study of Personality Disorder and Board member of the International Society for the Study of Personality and Editor of the journal *Personality and Mental Health* until 2015. She is a Fellow of the British Psychological Society and Honorary Fellow of the British Association for Behavioural & Cognitive Psychotherapies (BABCP). She has made professional contributions to improving clinical services and standards within the NHS and internationally. She edited "The Matrix", a guide for delivering evidence based psychological therapies in Scotland. Her clinical and research work has focused on developing effective therapies for people who harm themselves or who harm others, many of whom had experienced deprivation, and emotional and physical abuse, in childhood and adolescence.

For further information contact the Charlie Waller Institute:

cwi@reading.ac.uk

Tel: 0118 378 3354

Charlie Waller Institute
School of Psychology and Clinical Language Science
University of Reading
RG6 6AL
<http://www.reading.ac.uk/charliewaller>

All workshops, unless otherwise indicated are intended for a cross/mixed ability audience



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