

THEORY AND TREATMENT OF SEVERE PSYCHOPATHOLOGY
PART 1: BORDERLINE AND NARCISSISTIC DISORDERS

Course Number: 80103 92084 C4

Professor: Diana Diamond, Ph.D.

Office Hours: Tuesday 4-6

Readings can be found online.

Course Description:

This course covers theory, treatment and research on severe personality disorders, with a focus on borderline and narcissistic disorders. The course begins by examining some of the theoretical foundations of current thinking about severe personality disorders in both psychoanalytic and object relations theory and cognitive behavioral theory. The evolution of current conceptualizations of personality disorders will also be explored. The course will also cover the translation of major theories of personality disorders into clinical techniques. We will then cover three evidence-based manualized treatments: Kernberg et al's Transference Focused Therapy (TFP) based on object relations theory, Linehan's Dialectical Behavior Therapy (DBT) based on cognitive-behavioral theory, and Fonagy and Bateman's Mentalization Based Treatment (MBT) based on attachment theory. The empirical research on process and outcome for each technique will be examined. The course will also cover the contributions of recent research in attachment and neurobiology to understanding borderline conditions. The clinical theory will be illustrated with case examples from an ongoing research study of severe personality disorders and their treatment. Other topics to be covered are affect regulation and personality disorders and socio-historical contributions to the prevalence of personality disorders, with a focus on the aspects of contemporary society that sanction narcissism and narcissistic traits in the general populace.

Course Requirements:

The requirements for the course include active involvement in class discussions, presentation of readings, and a research paper on a topic related to the class to be approved by the instructor by the third week of November. Students are also encouraged to bring in clinical examples from their own therapeutic work. The course will be run as a seminar in that there will be a core of required readings for each class and additional readings that will be covered either in the lecture or in students reports. The final paper will be presented in class during the spring semester, and is expected to be a piece of original thinking and research based on a topic related to severe psychopathology.

Required:

Bach, S. (1985). Narcissistic States and the Therapeutic Process. New Jersey: Jason Aronson.

Bateman, A. and Fonagy, P. Psychotherapy for Borderline Personality Disorder: Mentalization Based Treatment. London: Oxford University Press.

Bion, W. (1967). Second Thoughts. London: Maresfield.

Clarkin, J., Yeomans, F., and Kernberg, O. (2006). Psychotherapy for Borderline Personality: Focusing on Object Relations. A Washington DC. American Psychiatric Publishing.

Koenigsberg, H., Kernberg, O., Stone, M., Appelbaum, A., Yeomans, F., & Diamond, D. (2000). Borderline Patients: Extending the Limits of Treatability. New York: Basic Books.

Klein, M. Envy and Gratitude. (1957). New York: Basic Books

Fairbairn, R.D. (1952). Psychoanalytic Studies of the Personality. London: Tavistock

Greenberg, J. R., & Mitchell, S. A. (1983). Object relations in psychoanalytic theory. Cambridge, MA: Harvard University Press.

Kernberg, O. (1975) Borderline Conditions and Pathological Narcissism. New Jersey: Jason Aronson.

Kernberg, O. (1984). Severe Personality Disorders: Psychotherapeutic Strategies. New Haven: Yale University Press.

Levy, R.A. and Ablon, S.J. (2009). Handbook of Evidence-Based Psychodynamic Psychotherapy: Bridging the Gap Between Science and Practice. New York: Humana Press.

Linehan, M. Cognitive-Behavioral Treatment of Borderline Personality Disorder. New York: Guilford Press.

Morrison, A. (1986). Essential Papers on Narcissism. New York: New York University Press.

Stone, M. (Ed.). (1986). Essential Papers on Borderline Disorders. New York: New York University Press.

Case Studies:

Cardinal, M. (1983). The Words to Say It

Fox-Gordon, E. (2000). Mockingbird Years: A life in and out of therapy. New York: Basic Books.

Kayson, S. (1993). Girl, Interrupted.

Articles indicated by * are online and can be accessed through the library website under psyddiamond

Syllabus

Theory and Treatment of Severe Psychopathology
(Borderline and Narcissistic Conditions)

Week 1: Introduction to the Course: Borderline Personality Disorder: Basic Theory and History (Readings to be done before the first class).

Kernberg, Otto. (1973). Borderline Conditions and Pathological Narcissism: Chapter 1, Borderline Personality Organization

Westen, Drew: Towards a Revised Theory of Borderline Organization: Contributions of Empirical Research (www.psychsystems.net/lab).

Gunderson, John. Borderline Personality Disorder: Ontogeny of a Diagnosis. Am. J. of Psychiatry, 166:530-539)

Westen, Drew: Refining DSM -IV: Personality Disorder Diagnosis+

Recommended:

Kaysen, S.: Girl Interrupted

Week 2: Borderline Personality Disorder: Basic Theory and History

The following papers from Essential Papers on Borderline Disorders. The starred readings should be read by everyone.

(Each student will be assigned one additional paper to report on in class)

Kernberg, O. Borderline Personality Organization.*

Knight, R. Borderline States.*

Erikson, E. The Problem of Ego Identity.*

Grinker, R. Werble, B. and Drye, R.C. The Grinker Study.*

Gunderson and Singer, Defining Borderline Patients: An Overview.*

Deutsch, H. Some Forms of Emotional Disturbance and their Relationship to Schizophrenia.

Schmideberg, M. The Treatment of Psychopaths and

Borderline Patients

Jacobson, E. Jacobson on the Borderline.

Stone, L. The Widening Scope of Indications for Psychoanalysis.

Stone, M. The Borderline Syndrome: Evolution of the Term, Genetic Aspects, and Prognosis.

Akiskal, H.S. Borderline: An Adjective in Search of a Noun.

Reich, W. Character Analysis and On the Technique of Interpretation and Resistance Analysis.

Green, Andre. The Borderline Concept

Week 3: Neurobiological Perspectives on Severe Personality Disorders

Schore, A. *Affect Dysregulation and Disorders of the Self.* Chapters 3,9.

Siever, L. & Weinstein, L. (2009). The Neurobiology of Personality Disorders: Implications for Psychoanalysis. *Journal of the American Psychoanalytic Association*, 57, 361-398.*

Silbersweig D., Clarkin J., Goldstein M., Kernberg O.F., Tuescher O., et al: Failure of frontolimbic inhibitory function in the context of negative emotion in Borderline Personality Disorder. *The American Journal of Psychiatry*, 164, 12:1832-1841, 2007.*

Westen, D. (1998). Affect Regulation and Psychopathology: Applications to Depression and Borderline Personality Disorder. In W.F. Flack, Jr & Laird, J.D. (Eds). *Emotions in psychopathology: Theory and Research.* New York: Oxford.

Roffman, J.L. and Gerber, A.J. Neural Models of Psychodynamic Concepts and Treatments: Implications for Psychodynamic Psychotherapy. In Handbook of

Evidence-Based Psychodynamic Psychotherapy: Bridging the Gap Between Science and Practice. New York: Humana Press.

Recommended:

Brothers, L. (2004). The Trouble with Neurobiological Explanations of the Mind. *Psychoanalytic Inquiry* 22:5, 857-870 (www.levinenet.net/mpp/mindbrain).

Westen, D. Implications of Developments in Cognitive Neuroscience for Psychoanalytic Psychotherapy. *

Kandel, E. (1999) Biology and the Future of Psychoanalysis: A New Intellectual Framework for Psychiatry Revisited, *Journal of the American Psychoanalytic Association*. *

Week 4: Object Relations Foundations of Personality Disorders

Klein, M. (1946). Notes on some schizoid mechanisms.*

Klein, M. (1946). Envy and Gratitude.

Greenberg, J. R., & Mitchell, S. A. (1983). Object relations in psychoanalytic theory.

Cambridge, MA: Harvard University Press. Read Chapter 5, Melanie Klein.*

Week 5: Object Relations Foundations of Personality Disorders cont.

Fairbairn, R.D. Psychoanalytic Studies of the Personality. Part 1.

Greenberg, J. R., & Mitchell, S. A. (1983). Object relations in psychoanalytic theory.

Cambridge, MA: Harvard University Press. Chapter 2, Ronald Fairbairn.

Week 6: Empirical Perspectives on Object Relations Constructs

Blatt, S. et al, (2001) Mental Representations in severe psychopathology and the therapeutic process, *Journal of the American Psychoanalytic Association* 49:113-159.*

Blatt, S. J., Auerbach, J. S., & Behrends, R. S. (2008). Changes in the representation of self and significant others in the treatment process: Links between representation, internalization, and mentalization. In A. Slade, E. Jurist, & S. Bergner (Eds.), Mind to mind: Infant research, neuroscience, and psychoanalysis (pp. 225-263). New York: Other Press.*

Bornstein, R. F., & Masling, J. M. (1994). Introduction: From the consulting room to the laboratory: Clinical evidence, empirical evidence, and the heuristic value of object relations theory. In J. M. Masling & R. F. Bornstein (Eds.), Empirical perspectives on object relations theory (pp. xv-xxvi). Washington, DC: American Psychological

Association. *

Stricker, G., & Gooen-Piels, J. (2004). Projective assessment of object relations. In M. J.

Hilsenroth & D. L. Segal (Eds.), Handbook of psychological assessment: Vol. 2

Personality assessment (pp. 449-465). Hoboken, NJ: Wiley.*

Westen, D. (1991). Social cognition and object relations. *Psychological Bulletin*, 109, 429-455. *

Week 7: Transference Focused Psychotherapy (TFP): Foundations and Initial Stages of Treatment

Clarkin, J., Yeomans, F., and Kernberg, O. (2006). Psychotherapy for Borderline Personality: Focusing on Object Relations. A Washington DC. American Psychiatric Publishing. Chapters 1-5.

Levy, K.N., Wasserman, R.H., Scott, L.N., & Yeomans, F. (2009). Empirical Evidence for Transference-Focused Psychotherapy for Borderline Personality Disorder. Handbook of Evidence-Based Psychodynamic Psychotherapy: Bridging the Gap Between Science and Practice. New York: Humana Press.

Levy K.N., Meehan K.B., Kelly KM, Reynoso J.S., Weber M., Clarkin J.F., Kernberg O.F.: Change in attachment patterns and reflective function in a randomized control trial of Transference Focused Psychotherapy for borderline personality disorder. *Journal of Consulting and Clinical Psychology*, 74, 6:1027-1040, 2006.*

Clarkin J.F., Levy K.N., Lenzenweger M.F., Kernberg O.F., Evaluating three treatments for borderline personality disorder: a multiwave study. *American Journal of Psychiatry*, 164:922-928, 2007.*

Adler, G. and Buie, D. Aloneness and Borderline Psychopathology: The Possible Relevance of Child Development Issues.

Week 8: Transference Focused Psychotherapy (TFP): Advanced Stages of Treatment and Transference/Countertransference

Clarkin, J., Yeomans, F., and Kernberg, O. (2006). *Psychotherapy for Borderline Personality: Focusing on Object Relations*. A Washington DC.: American Psychiatric Publishing. Kernberg et al, Psychodynamic Psychotherapy of Borderline

Patients. Chapters 7-9

Kernberg, O. Borderline Conditions and Pathological Narcissism. Chapter 2, Countertransference.

Koenigsberg et al., Chapters 2, 4, 7, 10.

Westen, D. Transference and Information Processing *

Searles, H. The Countertransference With Borderline Patients. In M. Stone (Ed.) Essential Papers on Borderline Disorders.

Week 9: Treatment of Borderline Conditions: Cognitive Behavioral and Dialectical Behavior Therapy (DBT)

Linehan, M. Cognitive Behavioral Treatment of Borderline Personality Disorder
Chapters 2-4.

Swenson, C. Kernberg and Linehan: Two Approaches to the Borderline Patient.*

Linehan, M. , Kanter, J. W., Comtois, K. A. (1999). Dialectical behavior therapy for borderline personality disorder: Efficacy, specificity, and cost effectiveness. In Janowsky, D. S. (Ed.), *Psychotherapy indications and outcomes*. American Psychiatric Association, pp. 93-118. Washington, DC, US. *

Linehan, M. M., Armstrong, H. E., Suarez, A., Allmon, D., & Heard, H. L. (1991). Cognitive-behavioral treatment of chronically parasuicidal borderline patients. *Archives of General Psychiatry*, 48, 1060-1064. *

Linehan, M.M., Comtois, K.A., Murry, A.M., Brown, M.Z., Gallop, R.J., Heard, H.L., Korslund, K.E., Tutek, D.A., Reynolds, S.K., Lindenboim, N.: Two year randomized controlled trial and follow-up of dialectical behavior therapy vs. therapy by experts for suicidal behavior and borderline personality disorder. *Arch. Gen. Psychiatry*, 2006, 63:757-766.*

Beck, A., and Freeman, A. *Cognitive Therapy of Personality Disorders*. New York: The Guilford Press. *

Linehan, M.M., Heard, H.L., Armstrong, H.E. Naturalistic follow-up of a behavioral treatment for chronically parasuicidal borderline patients. *Arch. Gen. Psychiatry*, 1993. 50:971-974.

Week 10: Borderline Conditions and Attachment: Theory

Bowlby, J. (1980). The Secure Base. Selections. The Role of Attachment in Personality Development and Psychopathology.*

Fonagy, P. (1991). Thinking About Thinking: Some Clinical and Theoretical Considerations in the Treatment of a Borderline Patient. International Journal of Psychoanalysis, 72, 639.*

Fonagy, P., Steele, M., Steele, H., Leigh, T., Kennedy, R., Mattoon, G., & Target, M. (1995). Attachment, the reflective self and borderline states: The predictive specificity of the Adult Attachment Interview and Pathological Emotional Development. In S. Goldberg, R. Muir & J. Kerr (Eds). Attachment Theory: Social, Developmental and Clinical Perspectives. Hillsdale, NJ: Analytic Press, pp.233-279. *

Fonagy, P., Gergely, G., Jurist, E. L., & Target, M. (2002). *Affect regulation, Mentalization, and the development of the self*. New York: Other Press. Chapter 6, The Roots of BPD in Disorganized Attachment.*

Recommended:

Peter Fonagy: "Attachment, the Development of the Self, and its Pathology in Personality Disorders"

(<http://www.psychomedia.it/pm/modther/probpsiter/fonagy-2.htm>)

Giovanni Liotti's response to Fonagy "Attachment and Meta-Cognition in Borderline Patients" (<http://www.psychomedia.it/pm/modther/probpsiter/liotti-2.htm>)

Gunderson, J. The Borderline Patient's Intolerance of Aloneness: Insecure Attachments

And Therapist's Availability. *

Diamond, D. & Blatt, S. (1994). Internal Working Models and the Representational World in Attachment and Psychoanalytic Theories. *

Diamond, D. (2004). Attachment Disorganization: The Reunion of Attachment Theory and Psychoanalysis. *Psychoanalytic Psychology*, 21, 276-299. *

Week 11: Borderline Personality Disorder and Attachment: Treatment and Research

Bateman, A. and Fonagy, P. Psychotherapy for Borderline Personality Disorder: Mentalization Based Treatment. Chapters 3-8

Buccheim, A., Erk, S., George, C., Kachele, H., Kircher, T., Martius, P., Pokorny, D., Ruchow, M., Spitzer, M., Walter, H. (2006). Neural correlates of attachment trauma in borderline personality disorder: A functional magnetic resonance imaging study. *Psychopathology*, 39, 144-152.*

Fonagy, P., Gergely, G., Jurist, E.L., & Target, M. (2002). Affect regulation, mentalization, and the development of the self. New York: Other Press, The Roots of BPD in Disorganized Attachment. Chapter 9.*

Koenigsberg, H., Kernberg, O., Stone, M., Appelbaum, A., Yeomans, F., & Diamond, D. (2000). Borderline Patients: Extending the Limits of Treatability. New York: Basic Books. The Impact of Attachment Status. Chapter 6

Bateman, A. & Fonagy, P. 8-year Follow-Up of Patients Treated for Borderline Personality: Mentalization-Based Treatment Versus Treatment as Usual. *Am. J. Psychiatry*, AiA: 1-7.*

Diamond, D., Stovall-McClough, C., Clarkin, J. F., & Levy, K. N. (2003). Patient-therapist attachment in the treatment of borderline personality disorder. *Bulletin of the Menninger Clinic*, 67(3):224-257*.

Recommended:

Bateman, A.W., Ryle, A., Fonagy, P. & Kerr, I.B. (2007). Psychotherapy for Borderline Personality Disorder: Mentalization Based Therapy and Cognitive Analytic Therapy Compared. *International Review of Psychiatry*, 19: 51-62.*

Bateman, A. & Fonagy, P. Effectiveness of partial hospitalization in the treatment of borderline personality disorder: a randomized controlled trial. *Am J. of Psychiatry*, 1563-1569.*

Week 12: Narcissism: Basic Theory and History of Narcissism and its Disorders

Kernberg, O. Borderline Conditions and Pathological Narcissism. Part 11.

Narcissistic Personality

Kernberg, O. Factors in the Psychoanalytic Treatment of Narcissistic Personality Disorders. In Morrison, A. Essential Papers on Narcissism.

Ronningstam, E. F. (2005): Identifying pathological narcissism. In: Ronningstam E.F. Identifying and Understanding the Narcissistic Personality. New York: Oxford University Press*

Ronningstam, E.F. (2005). My way or no way. Narcissism and suicide. In: Ronningstam E.F. Identifying and Understanding the Narcissistic Personality. New York: Oxford University Press.*

Kernberg, O. Severe Personality Disorders, Part III: Narcissistic Personalities: Clinical Theory and Treatment. (Focus on Chapters 11, 12, and 18.)

Week 13: Narcissism: Basic Theory and History of the Concept of Narcissism and its Disorders

Kohut, H. Forms and Transformations of Narcissism. In Morrison, A. (Ed.) Essential Papers on Narcissism, New York: New York Universities Press.

Kohut, H. and Wolf, E.S. (1986). The Disorders of the Self and Their Treatment. In Morrison, A. (Ed.) Essential Papers on Narcissism. New York: New York Universities Press.

Kohut, H. Thoughts on Narcissism and Narcissistic Rage. *

Kohut, H. (1972): The idealizing transference. In Kohut, H.: The Analysis of the Self. Connecticut: International Universities Press. *

Kohut, H. (1972): The mirror transference. In Kohut, H.: The Analysis of the Self. Connecticut: International Universities Press. *

Week 14: Overt and Covert Narcissism: Theory and Research

Wink, P. (1991) 'Two faces of narcissism', *Journal of Personality and Social Psychology* 61: 590-7. *

Bach, S. Narcissistic States and the Therapeutic Process. Parts I and II. The Narcissistic Condition and the Narcissistic Object *

Cooper, A. M. (1998). Further developments in the clinical diagnosis of narcissistic personality disorder. In E. F. Ronningstam (Ed.), Disorders of Narcissism: Diagnostic, clinical, and empirical implications (pp. 53-74). Washington, DC: American Psychiatric Press.

Gabbard, G. O. (1989). Two subtypes of narcissistic personality disorder. *Bulletin of the Meninger Clinic*, 53, 527-532.

<http://web16.epnet.com/-bib62up>Raskin, R., & Hall, C. S. (1981). *The narcissistic personality inventory: Alternate form reliability and further evidence of construct validity*. *Journal of Personality Assessment*, 45, 159-162. *

Raskin, R., & Terry, H. (1988). *A principle components analysis of the Narcissistic Personality Inventory and further evidence for its construct validity*. *Journal of Personality and Social Psychology*, 54, 890-902. *

Week 15: Social and Political Aspects of Narcissism

Kernberg, O. (2003). Sanctioned social violence: A psychoanalytic view. Part 1. *International Journal of Psychoanalysis*. 84, 683-698.

Kernberg, O. (2003). Sanctioned social violence: A psychoanalytic view, Part 11. *International Journal of Psychoanalysis*. 84, 953-968.

Diamond, D. (2007). Social and Psychological Perspectives on Narcissism and its Disorders. In O.F. Kernberg and H.P. Hartmann (Eds), Narzisstische Persönlichkeitsstörungen, 2 Auflage. Stuttgart, Germany: Schattauer.*

Twenge, J.M., Konrath, S., Foster, J.D., Campbell, W.K., and Bushman, B.J. (2008). Egos Inflating over time: A cross-temporal Meta-analysis of the Narcissistic Personality Inventory. *Journal of Personality*, 76, 876-901.