Effective Clinical Management of Borderline Personality Disorder

November 9, 2013

DoubleTree by Hilton
300 E. Ohio Street
Chicago, Illinois

Mayo Clinic Course Director
Brian A. Palmer, M.D.
CANCELLATION POLICY
If you cancel your participation in this course, your registration fee, less a $75 administrative fee, will be refunded when written notification is received by Mayo School of Continuous Professional Development (CPD) before October 25, 2013 (fax#: 507-284-0532). No refunds will be made after October 25, 2013.

Mayo School of CPD reserves the right to cancel or postpone any course due to unforeseen circumstances. In the unlikely event Mayo School of CPD must cancel or postpone this course, Mayo School of CPD will refund the registration fee, but is not responsible for any related costs, charges, or expenses to participants, including fees assessed by airline/travel/lodging agencies.

LODGING ACCOMMODATIONS
Guest rooms have been reserved for attendees and their guests with special course rates at DoubleTree by Hilton Chicago. This contemporary downtown Chicago hotel places you minutes from the Windy City’s best sights and sounds.

In order to receive the special room rate of $189, reservations must be made before the room block is filled or before the expiration date of October 17, 2013. Reservations will be taken following this date based on space and rate availability. Hotel reservations can be made by calling 800-560-7753.

DoubleTree by Hilton
300 E. Ohio Street
Chicago, Illinois
Toll Free: 800-560-7753
Direct Number: 312-787-6100

COURSE FACULTY

Mayo Clinic Course Director

Brian A. Palmer, M.D.
Assistant Professor of Psychiatry, Mayo Clinic

Guest Faculty

John G. Gunderson, M.D.
Professor of Psychiatry, Harvard Medical School and Director of the Center for the Treatment of Borderline Personality Disorder, McLean Hospital
The course is divided into seven sections. Each section will have associated question and answer periods and will use DVD examples of clinical material to emphasize the teaching points. In addition, breakout sessions featuring clinical vignettes interrupted by discussion of decision points will be used for interactive learning.

### Saturday, November 9, 2013

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tr>
<td>7:00-8:00 a.m.</td>
<td>Registration</td>
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<td>8:00-9:00 a.m.</td>
<td><strong>Background/Overall Principles</strong>&lt;br&gt;John G. Gunderson, M.D.&lt;br&gt;1. Empirical Support&lt;br&gt;2. Interpersonal Hypersensitivity&lt;br&gt;a) Origins&lt;br&gt;b) Clinical implications&lt;br&gt;3. Basic approach (accountability and agency, being active/non-reactive)&lt;br&gt;4. How BPD changes&lt;br&gt;5. Q&amp;A</td>
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<td>9:00-9:45 a.m.</td>
<td><strong>Getting Started</strong>&lt;br&gt;Brian A. Palmer, M.D.&lt;br&gt;1. Making the diagnosis&lt;br&gt;a) Stigma, value&lt;br&gt;b) Psychoeducation&lt;br&gt;Course and outcome&lt;br&gt;2. Alliance building (how to facilitate, assess)&lt;br&gt;3. Establishing a frame (goals, availability between sessions)&lt;br&gt;4. Q&amp;A</td>
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<td>9:45-10:05 a.m.</td>
<td>Break</td>
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10:05-11:15 a.m.  
**Case #1 and 2 (covering Sections I-III) with Audience Response System**

11:15-noon  
**Managing Suicidality and Self-Harm**  
*John G. Gunderson, M.D.*

1. Assessing dangerousness/safety  
2. Managing threats (is contracting for safety useful?)  
3. Responding to acts  
   (use of hospitals, other levels of care)  
4. Liability considerations  
5. Q&A

Noon-1:00 p.m.  
**Lunch break**

1:00-1:45 p.m.  
**Pharmacotherapy and Comorbidity**  
*Brian A. Palmer, M.D.*

1. General principles (caution, collaboration)  
2. Selecting medications (a new algorithm)  
3. Comorbidities (identifying which disorder is the primary target)  
4. Common problems  
   (depression, bipolar disorder, PTSD)  
5. Q&A

1:45-3:00 p.m.  
**Cases #3 and 4 (covering Sections IV & V) with Audience Response System**

3:00-3:20 p.m.  
**Break**

3:20-3:50 p.m.  
**Multimodel Treatments**  
*John G. Gunderson, M.D.*

1. Split Treatments  
2. Use of Groups  
3. Family Therapy  
4. Q&A

3:50-4:30 p.m.  
**Review and Conclusions**  
*John G. Gunderson, M.D.*  
*Brian A. Palmer, M.D.*

1. Review of the day: key points to take home  
2. Why do this work?  
3. Q&A
COURSE DESCRIPTION
This one-day course will teach psychiatrists, psychologists, and other clinicians the basics of what they need to know to become capable, and comfortable, in treating patients with borderline personality disorder. The psychiatric management taught in the course has been compared in a randomized study with Dialectical Behavioral Therapy and performed equally well. The course will be led by John Gunderson, MD, Professor of Psychiatry at Harvard Medical School, and Brian Palmer, MD, Assistant Professor of Psychiatry at Mayo Clinic, in Rochester, Minnesota.

The course will emphasize practical, here-and-now approaches to skillfully treat patients with borderline personality disorder. It will make active use of an audience-response system, cases, and videos to help participants master the content provided. The day begins with a focus on the core interpersonal hypersensitivity as a unifying feature of the disorder. Participants will develop skill in diagnosing BPD (and understanding its course and outcome), beginning treatment for patients with borderline personality disorder, managing suicide risk and self-harm behavior, applying principles of psychopharmacology, and effectively collaborating in multi-provider treatments. Basic information about the impact of BPD on other psychiatric disorders (and vice-versa) will help participants more effectively formulate care and treatment of patients with BPD and other disorders.

DATE & LOCATION
The course will be held at the DoubleTree by Hilton in downtown Chicago on Saturday, November 9, 2013. The hotel has an ideal location, two blocks from Michigan Avenue and four blocks from Navy Pier, newly renovated fitness center, MARKETHOUSE restaurant featuring American contemporary cuisine with locally sourced ingredients, a new lobby bar, and Einstein Bros Bagels onsite. Lake Michigan is within immediate walking distance; running paths and bike rentals are directly across the street.

COURSE LEARNING OBJECTIVES
Upon completion of this activity, participations should be able to:
• Correctly diagnose borderline personality disorder, including differentiation from mood disorders.
• Articulate principles of treatment for borderline personality disorder, including management of safety issues

INTENDED AUDIENCE
Psychiatrists, internists, family physicians, psychologists, physician assistants, nurse practitioners, and social workers.

CREDIT
College of Medicine, Mayo Clinic, is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. College of Medicine, Mayo Clinic, designates this live activity for a maximum of 6.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

The Department of Psychiatry and Psychology at Mayo Clinic, in Rochester, Minnesota, is approved by the American Psychological Association to sponsor continuing education credits for psychologists. The Department of Psychiatry and Psychology at Mayo Clinic, in Rochester, Minnesota, maintains responsibility for this program and its contents.

REGISTRATION
To register online, visit: http://www.mayo.edu/cme/psychiatry-and-psychology-2013r494. The registration fee includes tuition, electronic course syllabus, lunch, and break refreshments. The cost for parking is not included in the registration fee. A letter of confirmation will be sent upon receipt of payment and completed registration form. Please present your confirmation letter when checking in at the meeting registration desk.

Registration Fee: $199
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If you already received a copy of this brochure, please give this brochure to an interested colleague.

Web:  http://www.mayo.edu/cme/psychiatry-and-psychology
Phone: 800-323-2688 (toll-free)
E-mail:  cme@mayo.edu
Facebook:  http://www.facebook.com/MayoClinicPsychCME