



**McLean HOSPITAL**  
HARVARD MEDICAL SCHOOL AFFILIATE

## Continuing Education Offering

# Transference Focused Psychotherapy (TFP): Foundational Training Part 1

<b>Held on:</b>	TFP Part 1: October 27-29, 2016 TFP Part 2: April 27-29, 2017
<b>Location:</b>	Boston Marriott Cambridge
<b>Tuition fee:</b>	\$950 for Part I, \$1600 for Part I & II
<b>Provided by:</b>	Borderline Personality Disorder Training Institute, McLean Hospital
<b>Course Director:</b>	Lois W. Choi-Kain, MD, MEd
<b>Faculty:</b>	Frank Yeomans, MD, PhD; Otto Kernberg, MD, Richard Hersh, MD

### Course Description:

This 3-day course offers training in an empirically validated treatment approach Transference Focused Psychotherapy (TFP). Transference-Focused Psychotherapy (TFP) is a state-of-the-art, evidence-based treatment for patients with borderline personality disorder (BPD). While TFP is a product of psychoanalytic tradition, the treatment has important modifications making it of use to general clinicians today working with patients with significant personality disorder (PD) pathology.

TFP offers clinicians an overarching approach to patients with PD symptoms including, but not limited, to patients with borderline personality disorder pathology. TFP's approach can inform treatment with patients with narcissistic personality disorder as well as other personality disorder presentations. The goals of this workshop include: 1) Introduction to TFP as an individual psychotherapy for patients with personality disorder symptoms, and 2) Introduction to TFP principles of use to clinicians in a variety of treatment settings who may not be offering an extended individual psychotherapy, but nevertheless want assistance in the challenges of treating patients with moderate to severe personality disorder symptoms.

The course utilizes imagination exercises, role play, and videos.

### Target Audience:

Physicians, psychologists, psychiatric nurses, social workers and other licensed mental health counselors.

### Educational Objectives:

At the conclusion of this workshop, participants will be able to understand:

1. The concept of psychological structure and its relation to the specific symptoms of borderline personality
2. The range of borderline pathology and its different presentations

3. The role of identity integration in borderline personality disorder and in its resolution
4. The strategies, tactics and techniques of effective psychodynamic psychotherapy for borderline and narcissistic personality disorders
5. How to perceive and identify object relations as they are enacted in the therapy
6. The awareness use of countertransference with borderline and narcissistic patients

## Agenda

### Day 1 – October 27

8:30 – 10	How do we understand personality?
10 – 10:15	Break
10:15 – 11:45	A model of psychological structure: Object relations theory A diagnostic system for personality disorders based on psychological structure
11:45 -12:45	Lunch
12:45 – 2:15	What is transference? How does the object relations model of personality calls for working with the transference? Alternate models of treatment for borderline personality disorders
2:15 – 2:30	Break
2:30 – 4:00	Overview of TFP: Strategies Assessment: The structural interview Video of the structural interview

### Day 2 – October 28

8:30 – 10	Treatment tactics The beginning of therapy: The treatment contract
10 – 10:15	Break
10:15 – 11:45	Video of treatment contract
11:45 -12:45	Lunch
12:45 – 2:15	Additional treatment tactics - Selecting the Focus of Attention and Intervention Treatment techniques – The three channels of communication Technical Neutrality
2:15 – 2:30	Break
2:30 – 4:00	Countertransference Interpretation Transference Analysis

### Day 3 – October 29

8:30 – 10	Video of a session
10 – 10:15	Break
10:15 – 11:45	Evolution of transference and of the therapy
11:45 -12:45	Lunch
12:45 – 2:15	Summary of mechanisms of action of TFP Review of research
2:15 – 2:30	Break
2:30 – 4:00	Discussion of cases: clinical questions and vignettes from the participants

## Faculty Information

**Frank Yeomans, MD, PhD** Clinical Associate Professor of Psychiatry, Weill Medical College of Cornell University; Lecturer, Columbia University Center for Psychoanalytic Training and Research; Director, Personality Studies Institute

**Otto Kernberg, MD** Director of the Personality Disorders Institute at the New York Presbyterian Hospital, Westchester Division; Professor of Psychiatry at the Weill Cornell Medicine

**Lois W. Choi-Kain, M.D., M.Ed.** Director, Adult Borderline Center and Training Institute, McLean Hospital; Assistant Professor, Harvard Medical School

**Richard Hersh, M.D.** Associate Clinical Professor of Psychiatry, Columbia University College of Physicians and Surgeons

## Jointly Sponsored Continuing Education For:

**Physicians:** This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of McLean Hospital and the BPD Training Institute. McLean Hospital is accredited by the ACCME to provide continuing medical education for physicians.

McLean Hospital designated this live activity for a maximum of *18 AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Psychologists:** This program is co-sponsored by McLean Hospital and the BPD Training Institute. McLean Hospital is approved by the American Psychological Association to sponsor continuing education for psychologists. McLean Hospital maintains responsibility for this program and its content. This offering meets the criteria for 18 C.E. hour(s) for psychologists. For more information, please call 617-855-3195.

## Continuing Education For:

**Nurses:** This program meets the requirements of the Massachusetts Board of Registration in Nursing (244 CMR 5.00) for 18 contact hours of nursing continuing education credit. Advance practice nurses, please note: educational activities which meet the requirements of the ACCME (such as this activity) count toward 50% of the nursing requirement for ANCC accreditation.

**Social Workers:** Please call 617-855-3195 for the current status of social work accreditation.

**Licensed Mental Health Counselors:** McLean Hospital is an NBCC Approved Continuing Education Provider (ACEP™) and may offer NBCC approved clock hours for events that meet NBCC requirements. The ACEP™ solely is responsible for all aspects of the program. The hospital's provider number is 6085. This program is approved for 18 clock hours of CE credit.



## Disclosure Policy:

McLean Hospital adheres to all ACCME Essential Areas, Standards, and Policies. It is McLean Hospital's policy that those who have influenced the content of a CME activity (e.g., planners, faculty, authors, reviewers, and others) disclose all relevant financial relationships with commercial entities so that McLean Hospital may identify and resolve any conflicts of interest prior to the activity. These disclosures will be provided in the activity materials along with disclosure of any commercial support received for the activity. Additionally, faculty members have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during their presentations.

## Registration Information:

To register go to <http://tinyurl.com/TFP2016> then follow the below instructions:

1. Create an account
2. Continue to registration forms, complete forms and pay by credit card or check.
3. You will receive a confirmation email. If you do not, email [bpdtraininginstitute@partners.org](mailto:bpdtraininginstitute@partners.org).

Or, fill out the attached registration sheet and return via email to Ellen Finch at [effinch@partners.org](mailto:effinch@partners.org)

*McLean Borderline Personality Disorder Training Institute*  
**Registration Form** to be completed and mailed to below address

**Transference Focused Psychotherapy (TFP): Foundational Training**

**TFP Part 1:** October 27-29, 2016

**TFP Part 2:** April 27-29, 2017

**Tuition fee:** \$950 for Part I, \$1600 for Part I & II

**Full Name:**

---

Last	First	MI	Degree
------	-------	----	--------

**Mailing Address:**

---

Street

---

City	State	Zip Code
------	-------	----------

---

Daytime Phone	Fax
---------------	-----

---

Email

**Select One:**

TFP Part 1 (\$950): \_\_\_\_\_

TFP Parts 1 & 2 (\$1600): \_\_\_\_\_

Please mail a check payable to McLean Hospital.

We must receive payment within 3 weeks of registration to hold the spot in the course.

**Refund policy:** Due to the very small nature of this training, **refunds cannot be granted**. If the registrant is unable to attend, they may send a substitute attendee.

**Mail to:**        **McLean BPD Training Institute**  
                     **Mailstop 312**  
                     **c/o Ellen Finch**  
                     **115 Mill Street**  
                     **Belmont, MA 02478**

*A confirmation letter will be mailed to attendee upon receipt of registration form and payment.*