

BABCP Manchester Branch in conjunction with GMMH NHS  
Foundation Trust Psychological Therapies Training Centre

## **CBT for Personality Disorders**

Presented by Professor Kate Davidson

Friday 4 October 2019

**Times:** 9.30am to 4.30pm (Registration from 8.45am)

**Venue:** The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road,  
Prestwich, Manchester, M25 3BL

### **Background**

People with borderline personality disorder (BPD) have poor health and mental health and are disadvantaged occupationally and socially. They are frequently referred to health services with high levels of emotional distress, self-harm behaviours and relationship difficulties. Although therapeutic nihilism as associated with these diagnoses, psychological therapies have been found to be helpful for 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 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. CBTpd takes 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.

**Widely Recognised Accreditation | High Quality CPD | CBT Register UK**

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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

## **About the presenter:**

Kate Davidson is Honorary Professor of Clinical Psychology at the University of Glasgow. Kate's current role is as a Member of the National Confidential Forum in Scotland, set up to listen and acknowledge people's childhood experiences of institutional care in Scotland. 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.

Kate is a Fellow of the British Psychological Society and Honorary Fellow of the British Association for Behavioural & Cognitive Psychotherapies (BABCP). 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.

## **Registration and General Information**

BABCP Member fee: £55

Non-Member fee: £70

Refreshments will be provided. Lunch is not included but there is a café on site.

A CPD certificate for 6 hours will be issued.

## **Closing date for registrations is Friday 27 September 2019**

For any event or booking queries please contact BABCP head office on 0330 320 0851 or email [workshops@babcp.com](mailto:workshops@babcp.com)

For venue enquiries please see website - <https://www.gmmh.nhs.uk/curve-contact-us>