



The New Jersey Institute for Training in Psychoanalysis

Fall 2023

Via Zoom

#F501 - Borderline Disorders

Instructor: Richard M. Alperin, Ph.D., LCSW

Course Description:

In this course the borderline personality will be discussed from a historical, structural, dynamic, technical, and etiological perspective. Concepts from some of the major theorists will be contrasted. Countertransference with the borderline patient will be a major focus.

Course Objectives:

At the conclusion of this course students will be able to:

- I. Name five analysts central to the development of the concept of the borderline disorder.
- II. Identify the five components of a structural diagnosis of the borderline disorder.
- III. List and describe the six defense mechanisms believed to be utilized by patients with borderline disorders.
- IV. Describe the etiology of the borderline personality organization.
- V. Compare and contrast different clinical models for treating borderline disorders.
- VI. Identify their countertransference reactions to borderline patients and point to how these feelings can be used therapeutically in the treatment of these patients.

Recommended Texts:

- Goldstein, E. (1990). *Borderline disorders: Clinical models & techniques*. Guilford Press.
- Kernberg, O. (1975). *Borderline conditions and pathological narcissism*. Jason Aronson.
- Kernberg, O. (2018). *Treatment of severe personality disorders: Resolution of aggression and recovery of eroticism*. American Psychiatric Association
- Mucci, C. (2018). *Borderline bodies: Affect regulation therapy for personality disorders*. W.W. Norton.
- Orcutt, C. (2021). *The unanswered self: The Masterson approach to the healing of the personality disorders*. Karnac.

SESSION I – The Borderline Concept: Origin and Evolution.

This course will begin with a look at the history and development of the diagnosis of borderline personality disorder and the term *borderline personality organization*.

Read:

Cappone, A. (1979). Origin and evolution of the borderline concept. In J. LeBoit and A. Capponi (Eds.), *Advances in psychotherapy of the borderline patient*. Jason Aronson. (pp. 63-148).

Kernberg, O. (2018). *Treatment of severe personality disorders: Resolution of aggression and recovery of eroticism*. American Psychiatric Association. **Chapter 1.**

SESSION II - The Clinical Picture

In this class the description of the borderline personality disorder in the *DSM-5* will be presented and discussed and then contrasted with Kernberg's description of borderline personality organization.

Read:

American Psychiatric Association (2013). *Diagnostic and statistical manual of mental disorders* 5. American Psychiatric Association. **pp. 645 – 684.**

Kernberg, O. (2018). *Treatment of severe personality disorders: Resolution of aggression and recovery of eroticism*. American Psychiatric Association. **Chapters 1 & 2.**

SESSION III – The Structural Diagnosis

Discussed will be the structural diagnosis of borderline personality organization which will include the six defense mechanisms considered characteristic of this disorder.

Read:

Kernberg, O. (1975). *Borderline conditions and pathological narcissism*. Jason Aronson. **Chapter 1.**

Kernberg, O. (2018). *Treatment of severe personality disorders: Resolution of aggression and recovery of eroticism*. American Psychiatric Association. **Chapter 3.**

SESSION IV – Developmental Theory (a la Kernberg & Masterson).

This session we will discuss Kernberg and Masterson's view of the genesis of borderline personality organization.

Read:

Goldstein, E. (1990). *Borderline disorders: Clinical models & techniques*. Guilford Press. **Chapters 4 & 5.**

Masterson J. & Rinsley, D. (1975). The borderline syndrome: The role of the mother in the genesis and psychic structure of the borderline personality. *International Journal of Psychoanalysis*, 56(2), 163-177.

Mucci, C. (2018). *Borderline babies: Affect regulation therapy for personality disorders*. W.W.Norton.

Orcutt, C. (2021). *The unanswered self: The Masterson Approach to the healing of personality disorders*. Karnac. **Chapters 1 & 5.**

SESSION V – Kernberg's Model of Treatment

Discussed will be Kernberg's transference focused psychotherapy.

Read:

Kernberg, O. (2018). *Treatment of severe personality disorders: Resolution of aggression and recovery of eroticism*. American Psychiatric Association. **Chapters 5-7.**

SESSION VI – Transference and Countertransference with Borderline Patients.

In this class we will discuss the transference/countertransference matrix with borderline patients.

Read:

Kernberg, O. (2018). *Treatment of severe personality disorders: Resolution of aggression and recovery of eroticism*. American Psychiatric Association. **Chapters 12 & 13.**

Kernberg, O. (2020). Therapeutic implications of transference structures in various personality pathologies. *Journal of the American Psychoanalytic Association*, 67(4), 951-986.

SESSION VII – Differing Approaches to Working with Borderline Patients

We will begin this session by discussing two (2) seminal papers critical of Kernberg's approach to working with patients diagnosed as borderline. Then we will discuss how Kernberg's treatment approach differs from these approaches.

Read:

Brandchaft, B. & Stolorow, R.D. (1984). The borderline concept: Pathological character or iatrogenic myth? In J. Lichtenberg, M. Bornstein, & D. Silver (Eds.), *Empathy II*. Analytic Press. (pp. 333-358).

Epstein, L. (1979). The therapeutic use of countertransference data with borderline patients. *Contemporary Psychoanalysis*, 15(3), 248-274.

Kernberg, O. (2018). *Treatment of severe personality disorders: Resolution of aggression and recovery of eroticism*. American Psychiatric Association. **Chapters 4 & 8.**

Suggested reading:

Houck-Loomis, T. (2021). A womb of one's own: Trauma, the transcendent, and the transference in the borderline phenomenon. *Studies in Gender and Sexuality*, 22, 16-27.

SESSIONS VIII – Masterson's Treatment Model

This session will focus on Masterson's model of treatment.

Read:

Goldstein, E. (1990). *Borderline disorders: Clinical models & technique*. Guilford Press. **pp. 66 – 68, 126 -136.**

Orcutt, C. (2021). *The unanswered self: The Masterson approach to the healing of personality disorders*. Karnac. **Chapters 2 & 4.**

Final Assignment:

Write a paper describing one of your patients with a borderline personality organization applying the concepts discussed in this course. This paper should be approximately ten (10) pages.

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