Effective Clinical Management of
BORDERLINE PERSONALITY DISORDER

LA FONDA ON THE PLAZA
SANTA FE, NEW MEXICO
SEPTEMBER 29, 2018

CE.MAYO.EDU/BPD2018

©2017 Mayo Foundation for Medical Education and Research.
MC29085-Sertv2018

6.75
AMA PRA CATEGORY 1 CREDITS™
+ MORE

LA FONDA ON THE PLAZA
SANTA FE, NEW MEXICO
SEPTEMBER 29, 2018
COURSE HIGHLIGHTS

- Enhance your skills in diagnosing Borderline Personality Disorder (BPD), understanding its course and outcome, starting treatment, applying principles of psychopharmacology, and effectively collaborating in multi-provider treatments.
- Improve your understanding of interpersonal hypersensitivity as a unifying feature of the disorder.
- Enjoy interactive cases and ample time for questions and answers.
- Learn about the impact of BPD on other psychiatric and medical disorders (and vice versa) to more effectively formulate care and treat patients with BPD and other disorders.

TARGET AUDIENCE

This course is designed for psychiatrists, internists, family physicians, psychologists, physician assistants, nurse practitioners and social workers.

LEARNING OBJECTIVES

Upon conclusion of this program, participants should be able to:

- Diagnose borderline personality disorder correctly, including differentiation from mood disorders.
- Articulate principles of treatment for borderline personality disorder, including management of safety issues.

COURSE DIRECTORS

Brian A. Palmer, M.D., M.P.H., Mayo Clinic
John G. Gunderson, M.D., McLean Hospital and Harvard Medical School
Robin L. Kissell, M.D., David Geffen School of Medicine, UCLA

ONLINE REGISTRATION

CE.MAYO.EDU/BPD2018

REGISTRATION FEES

<table>
<thead>
<tr>
<th>Registration Fee</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Fee: MD, DO, PhD, PsyD</td>
<td>$295</td>
</tr>
<tr>
<td>Reduced Fee: NP, PA, RN, Allied Health Professional, Retiree</td>
<td>$195</td>
</tr>
</tbody>
</table>

LODGING & ACCOMMODATIONS

La Fonda on the Plaza - 800-523-5002

Guest rooms have been reserved for attendees and their guests with a special course rate of $269/night plus tax. In order to receive the special rate, reservations must be made before the room block is filled or before the cut-off date of September 7, 2018, whichever comes first. Please identify yourself as a participant of the Mayo Clinic Borderline Personality Disorder Course when making your reservation. Advanced reservations are recommended as the popular Santa Fe Wine & Chile Fiesta is September 26-30.

PROGRAM AT A GLANCE

For full program schedule, see: CE.MAYO.EDU/BPD2018

Background/Overall Principles
Empirical Support
Interpersonal Hypersensitivity (origins, clinical implications)
Basic approach (accountability and agency, being active/non-reactive)
How BPD changes

Getting Started
Making the diagnosis (stigma and value, psychoeducation, course and outcome)
Alliance building (how to facilitate, assess)
Establishing a frame (goals, availability between sessions)

Managing Suicidality and Self-Harm
Assessing dangerousness/safety
Managing threats (is contracting for safety useful?)
Responding to acts (use of hospitals, other levels of care)
Liability considerations

Pharmacotherapy and Comorbidity
General principles (caution, collaboration)
Selecting medications (a new algorithm)
Comorbidities (identifying which disorder is the primary target)
Common problems (depression, bipolar disorder, PTSD)

Multimodel Treatments
Split treatments
Use of groups
Family therapy

Review and Conclusions
Review of the day, key points to take home
Why do this work?

Case Studies and Q&A throughout the day

FACULTY

Mayo Faculty
Brian A. Palmer, M.D., M.P.H.
Vice Chair, Education
Department of Psychiatry & Psychology

Guest Faculty
John G. Gunderson, M.D.
Professor of Psychiatry, Harvard Medical School
Director, McLean Hospital’s Borderline Center

Robin L. Kissell M.D.
Associate Professor, Psychiatry
David Geffen School of Medicine, UCLA

ACCREDITATION

In support of improving patient care, Mayo Clinic College of Medicine and Science is accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Mayo Clinic College of Medicine and Science designates this live activity for a maximum of 6.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ABPN The American Board of Psychiatry and Neurology has reviewed the Mayo Clinic Effective Clinical Management of Borderline Personality Disorder course and has approved this program as part of the Maintenance of Certification Self-Assessment (SA) Program, which is mandated by the ABMS as a necessary component of Maintenance of Certification.

This activity awards up to 6.75 Self-Assessment Category 1 CME credits. The approval period is for September 29, 2018- September 29, 2021.

AOA The American Osteopathic Association designates this program for a maximum of 6.75 AOA Category 2-A credits.

APA The Department of Psychiatry and Psychology at Mayo Clinic, Rochester is approved by the American Psychological Association to sponsor continuing education credits for psychologists. The Department of Psychiatry and Psychology at Mayo Clinic, Rochester maintains responsibility for this program and its content. This activity is approved for a maximum of 6.75 credits. Credit is awarded only for actual instructional time.