Psychotherapy of Personality Disorders and Film

Malcolm Bonnheim, PhD and Dale C. Godby, PhD
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Using clips from popular film and clinical material from practice, we will explore some of the evolving material on attachment theory, interpersonal neurobiology, mentalizing, and transference focused psychotherapy for the personality disorders.

When: 2007, Alternate Wednesdays 11:30 AM to 1:30 PM starting in September.
Where: Dallas Group Analytic Practice (DGAP) 6330 LBJ #150 Dallas 75240

1. September 5, Wednesday 11:30 AM to 1:30 PM
Developmental and Neurobiological Theories of Character Formation

Personality Organization: What are the main structures of character, and what differentiates healthy character structures from less healthy structures?

Film: "Cinderella Man"—What is psychological health?

** Treat readings marked with an asterisk like bonus DVD selections.**

Vaillant, G.E. (1993). *Ego mechanisms of defense: A guide for clinicians and researchers.* Washington, D.C.: American Psychiatric Press. 243-251.

Caligor, E., Kernberg, O.F., and Clarkin, J.F. (2007) A psychodynamic approach to personality pathology. (Chapter 2). In *Handbook of dynamic psychotherapy for higher level personality pathology.* (**DPHP**) Washington, DC: American Psychatric Publishing, Inc. 11-35.

Pine, F. (1989). Motivation personality organization and the four psychologies of psychoanalysis. *Journal of the American Psychoanalytic Association*, *37:* 31-62.

*Giesen-Bloo, J., Dyck, R.V., Spinhoven, P., Tilburg, W.V., Dirksen, C. Asselt, T.V., Kremers, I., Nadort, M., Arntz, A. (2006). Outpatinet psychotherapy for borderline personality disorder: Randomized trial of schema-focused therapy vs transference-focused psychotherapy. *Archives of General Psychiatry, 63:*649-658.

*Clarkin, J.F., Levy, K.N., Lenzenweger, M.F., Kernberg, O.F. (2007). Evaluating three treatments for borderline personality disorder: A multiwave study. *American Journal of Psychiatry, 164:* 922-928.

2. September 19 Wednesday 11:30 AM to 1:30 PM
Etiology and Development of Personality Disorders

Film: "Dead Poet's Society"—Attunement, misattunement, false self, basic fault.

Allen, J.G., Fongay, P., (2006). Mentalizing in practice. (Chapter 1) in *Handbook of mentalization-based treatment.* London: John Wiley & Sons, Ltd. 3-26.

Beattie, M. (2005). Early development of personality disorders – mother-infant dyadic formation of the infant mind: The psychological dialectic. (Chapter 3). In J. F. Masterson (Ed.), *The Personality Disorders Through the Lens of Attachment Theory and the Neurobiologic Development of the Self*, James Masterson, (Ed). Phoenix: Zeig, Tucker &Theisen, (**PDTL**) 39-58
.

Akhtar, S. (1992). Identity and its origins. (Chapter 1). In *Broken Structures: Severe personality disorders and their treatment.* (**BS**) Northvale, New Jersey: Jason Aronson. 3-24.

3. October 3 Wednesday 11:30 AM to 1:30 PM
Differential Diagnosis and Assessment of Personality Disorders

Film: "Misfits"—Identity Diffusion

Kernberg, O. (2007). Patient assessment and differential treatment planning (Chapter 9). In (**DPHP**). 175-200.

Akhtar, S. (1992). The syndrome of identity diffusion. (Chapter 2) In (**BS)**. 27-42

Akhtar, S. (1992). Initial evaluation and early treatment decisions. (Chapter 10). In (**BS).** 277-307.

*Boyd, G.A. (2001). Personality disorders in spiritual teachers (Internet)

4. October 17 Wednesday 11:30 AM to 1:30 PM
Treatment Goals and Treatment Modalities

Film: "Cast Away" & "Sopranos"—A range of mentalizing

Roberts, D. Attachment theory and the Masterson approach: psychotherapeutic reproceduring of the real self (Chapter 6). In (**PDTL**) 106-126.

Ticho, E.A. (1972). Termination of Psychoanalysis: Treatment goals, life goals. *Psychoanalytic Quarterly 41:* 315-333.

Kernberg, O. Strategies of DPHP and the treatment setting.(Chapter 5) in **DPHP.** 85-108.

5. November 7 Wednesday 11:30 AM to 1:30 PM
Therapeutic Alliance, Transference, and Countertransference I

Film: "Sopranos:"—3 forms of Masochism

Bender, D. S. (2005). Therapeutic alliance. In J.M. Oldham, A.E. Skodol, and D.S. Bender, (Chapter 26), *Textbook of personality Disorders*. Washington, DC: American Psychiatric Publishing, Inc. 405-418.

Akhtar, S. Chapter 11, Psychoanalytic psychotherapy, in **BS**. 311-351.

Killingmo, B. (1989). Conflict and deficit: Implications for technique. *International Journal of Psychoanalysis*, *70*:65-79

*Sperry, L. (2004). Family therapy with a histrionic-obsessive couple In M.M. MacFarlane (Ed.), *Family Treatment of Personality Disorders*. (Chapter 5).149-171.

6. December 5: Wednesday 11:30 AM to 1:30 PM
Therapeutic Alliance, Transference, and Countertransference II

Film: "Streetcar Named Desire"

Betan, E., Heim, A.K., Conklin, C.Z., Westen, D. (2005). Countertransference phenomena and personality pathology in clinical practice: An empirical investigation. *AM J Psychiatry 162:* 890-898.

Short, B. (2005). Ownership of the mind: Separation in the countertransference. (Chapter 5) in (**PDTL**).80-102.

Ogden, T.H. (1979). On projective identification. *International Journal of Psychoanalysis, 60,* 357-373.

*Azima, F.C. (1993). Group psychotherapy with personality disorders. H.I. Kaplan and B.J. Sadock, *Comprehensive Group Psychotherapy*. 393-405.

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Ainsworth, M. (2007). *Mary Ainsworth: Attachment and the growth of love*. San Luis Obispo, CA: Davidson Films, Inc.

Akhtar, S. (1992). *Broken Structures: Severe personality disorders and their treatment.* Northvale, New Jersey: Jason Aronson Inc.

Akhtar, S. (1995). *Quest for answers: A primer of understanding and treating severe personality disorders.* Northvale, New Jersey: Jason Aronson Inc.

Allen, J. G. (2005). *Coping with trauma: Hope through understanding*. (2nd ed.) Arlington, VA: American Psychiatric Publishing, Inc.

Allen, J.G. (2006). *Coping with depression*: *From catch-22 to hope.* Arlington, VA: American Psychiatric Publishing, Inc.

Allen, J.G., Fongay, P., (2006). *Handbook of mentalization-based treatment.* England: John Wiley & Sons, Ltd.

Barber, J. P., Crits-Christoph, P. (Eds.) (1995). *Dynamic therapies for psychiatric Disorders: Axis I.* New York: Basic Books, a Division of HarperCollins Publishers, Inc.

Bach, S. (2006). Getting from here to there: Analytic love, analytic process. Hillsdale, NJ: Analytic Press Inc.

Bateman, A. , Fonagy, P. (2004). *Psychotherapy for borderline personality disorder: Mentalization-based treatment.* New York: Oxford University Press.

Beck, A.T., Freeman, A., Davis, D.D. (2004). *Cognitive therapy of personality disorders.*(2nd ed.) New York: The Guilford Press.

Bertocci, P. A. , Millard, R. M. (1963) *Personality and the good: Psychological and ethical perspectives*. New York: David McKay Company, Inc.

Borderline Personality Resource Center (www.bpdresourcecenter.org). (2006). *Back from the edge: A landmark documentary-style short film* (DVD.) White Plains, New York.

Caligor, E., Kernberg, O.F., and Clarkin, J.F. (2007) *Handbook of dynamic psychotherapy for higher level personality pathology.* Washington, DC: American Psychatric Publishing, Inc.

Carlson, J. and Sperry, L. (Eds.). (1998). *The disordered couple.* Bristol, Pennsylvania: Brunner/Mazel

Casement, P. (1985). *On learning from the patient.* New Fetter Lane, London: Tavistock/Routledge Publication.

Casement, P. (2002). *Learning from our mistakes: Beyond dogma in Psychoanalysis and psychotherapy.* New York: The Guilford Press.

Clarkin, J.F., Yeomans, F.E., Kernberg, O.F. (2006). *Psychotherapy for Borderline personality: Focusing on object relations.* Washington, DC: American Psychiatric Publishing, Inc.

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Fongay, P., Targert, M. (2003). *Psychoanalytic Theories: Perspectives From developmental psychopathology.* New York: Brunner-Routledge.

Gunderson, J. G., Gabbard, G. O. (Eds.). (2000) *Psychotherapy for personality disorders.* Washington, DC: American Psychiatric Publishing, Inc.

Hall, J.S. (2004). *Roadblocks on the journey of psychotherapy.* New York: Jason Aronson.

Hampton, W.H., Burnham, V.S. (1990). *The Two Edged Sword: A study of the paranoid personality in action.* Santa Fe, NM: Sunstone Press

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Hyler, S. E. , Chou, J. C.-Y. (1996). *Video casebook of psychiatry.* [Videotape].

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Kagan, J. (2006). An argument for mind. New Haven, CT: Yale University Press.

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Menninger, K., Mayman, M., and Pruyser, P. (1963). *The vital balance: The life process in mental health and illness.* New York: The Viking Press, Inc.

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Millon, T. (n.d.) (Producer). *DSM-IV Personality Disorders: Subtype 2.*[DVD] New York: Insight-Media.com.

Millon, T. (n.d.) (Producer). *DSM-IV Personality Disorders: Subtype 3.*[DVD] New York: Insight-Media.com.

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Sabbadini, A. (Ed.) (2003). *The couch and the silver screen: Psychoanalytic Reflections on European Cinema.* New York: Brunner-Routledge.

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