

**Full Day Workshop: Saturday 4 November 2017, 9:30am – 5:30pm**

**Title: Borderline Personality in Adolescents: Assessment, Diagnosis and Treatment**  
**Directed by: Dr. Carla Sharp (University of Houston)**

Despite the fact that the diagnosis of Borderline Personality Disorder (BPD) in youth is legitimized in psychiatric nomenclature (DSM 5 and the ICD-11) as well as national treatment guidelines in the United Kingdom and Australia, BPD is not routinely assessed for or treated in most child and adolescent mental health services. This workshop will review the existing evidence base for BPD in adolescents, followed by a discussion and demonstration of evidence-based approaches to the assessment and treatment of BPD in adolescents, with a specific focus on the mentalization-based approach.

**Professional development hours: 6**

**Learning outcomes:**

Upon completion of this workshop participants will be able to:

- Understand the barriers (myths) regarding early detection and intervention of BPD in adolescents.
- Appreciate the evidence in support of the borderline diagnosis in youth.
- Know the key developmental theories on the development of BPD.
- Understand the focus on mentalization as malleable treatment target in BPD.
- Be able to assess borderline features and mentalization in youth.
- Understand the basic components of Mentalization-based Treatment (MBT) for BPD in youth.

**Workshop content:**

- Review evidence addressing the barriers (myths) regarding early detection and intervention of BPD in adolescents.
- Review key developmental theories on the development of BPD, to include mentalization-based theory and biosocial theory.
- Review the empirical evidence in support of a mentalization-based conceptualization of BPD.
- Review and demonstrate tools and approaches for the assessment of borderline features in youth.
- Review and demonstrate assessment tools and approaches for the assessment of mentalization impairment in youth.
- Review and demonstration of the basic components of Mentalization-based Treatment for BPD in youth.
- Practice of using mentalization-based techniques in psychotherapy.

**Audience:**

The workshop would be of interest to clinical psychologists at all levels of experience and from a wide range of specialization. Those wishing to include a focus on maladaptive personality function into their work with youngsters will benefit in particular from this workshop, in addition to those interested in integrating a mentalization-based focus into their current practice.



The University of Houston ADAPT Center and Center for START, as well as the National Education Alliance for Borderline Personality Disorder (NEABPD) are pleased to offer a workshop concerning the assessment, diagnosis and mentalization-based treatment (MBT) of Borderline Personality Disorder in youth. This Houston workshop will be led by Dr. Carla Sharp of the University of Houston, and is open to doctoral level clinicians and researchers, allied mental health professionals, students and residents.

**Location:**

Heyne Building - Room 135  
University of Houston  
1500 Cullen Blvd  
Houston, TX  
77023

**Cost:**

Cost for doctoral level clinicians: \$110  
Cost for allied professionals: \$55  
Residents/students: Free

*Fees include lunch and refreshments*

**To register:**

Follow the link below to register and pay for workshop attendance. Confirmation of your registration and payment, along with workshop schedule and information, will be sent via email.

[https://mysmstore.uh.edu/index.php?route=product/product&product\\_id=27532](https://mysmstore.uh.edu/index.php?route=product/product&product_id=27532)

**PD Credit:**

We are pleased to offer 6 hours of Professional Development (PD) credit to clinicians and allied professionals upon completion of this workshop, with accreditation provided by the Texas Psychological Association (TPA).

**Contact:**

Any questions may be directed to [kewall2@uh.edu](mailto:kewall2@uh.edu)