

# INTERACTIVE WEBCAST THURSDAY, MAY 11, 2023

## INTERACTIVE WEBCAST

Thursday, May 11, 2023, 9 AM – 4 PM (EDT)

View the live presentation of this program on your phone, tablet, or computer to earn live CE credit.

## ON-DEMAND WEBCAST

Tuesday, May 16, 2023 – Friday, June 16, 2023

Download or view the recorded presentation in four convenient segments on a phone, tablet, or computer from Tuesday, May 16, 2023 through Friday, June 16, 2023 to earn home study credit. Release Date: 08/29/22. Planned Expiration Date: 08/29/25.

## HOME STUDY RECORDINGS

Valid for CE until August 29, 2025

Listen to the recorded lecture on audio CDs or view it on audio-visual DVDs at your convenience to earn home study credit. Release Date: 08/29/22. Planned Expiration Date: 08/29/25.

# TREATING BORDERLINE PERSONALITY DISORDERS UNDERSTANDING INTENSE, IMPULSIVE, AND VOLATILE RELATIONSHIPS

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- Interactive Webcast with CE Credit: Thursday, May 11, 2023
- On-Demand Webcast with CE Credit: May 16, 2023 – June 16, 2023

Purchase of Recordings with Home Study CE Credit: through August 29, 2025

- 4 Audio CDs
- 4 Audio-Visual DVDs

Purchase of Recordings without CE Credit:

- 4 Audio CDs, \$50
- 4 Audio-Visual DVDs, \$75

Tuition is in US dollars.

Name (PLEASE PRINT) \_\_\_\_\_

Home Address \_\_\_\_\_

City/State \_\_\_\_\_, Zip \_\_\_\_\_

Work Phone ( \_\_\_\_\_ ) \_\_\_\_\_ Home Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Fax ( \_\_\_\_\_ ) \_\_\_\_\_ (PLEASE PRINT EMAIL IF AVAILABLE)

Email \_\_\_\_\_

Profession(s) \_\_\_\_\_

### TUITION

- \$84 Pre-Registration Rate
- \$94 Registration on the Day of the Program
- \$29 *Training Your Brain To Adopt Healthful Habits* (2019) (296 pages) – a text that explains how maladaptive habits can be retrained

### FOUR WAYS TO REGISTER

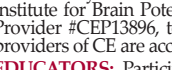
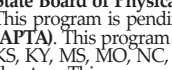
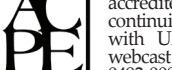
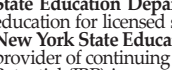
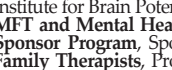
1. Internet: [www.ibpceu.com](http://www.ibpceu.com)
2. Mail: PO Box 2238, Los Banos, CA 93635 (make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

Purchase orders are accepted. IBP tax identification number: 77-0026830

Type of Credit Card:  Visa  MasterCard  AmEx  Discover

Card # \_\_\_\_\_ Exp Date \_\_\_\_\_ / \_\_\_\_\_

Signature \_\_\_\_\_



**NURSES:** Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Institute for Brain Potential is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP13896, and Florida Board of Nursing. This program provides 6 contact hours.

**PSYCHOLOGISTS:** Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credits. Institute for Brain Potential is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0090. IBP is approved as a provider of continuing education by the Florida Board of Psychology. This course provides 6 contact hours of CE credit.

**COUNSELORS, SOCIAL WORKERS & MFTs:** Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides clock hours. The interactive webcast provides 6 clock hours of CE credit. Note: NBCC-approved home study CE credit is not available for the recordings of the webcast.

**ACE:** Institute for Brain Potential, ACE Approval Number: 1160, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/20 – 11/11/23. Social workers completing this course receive 6 clinical continuing education credits. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Illinois Department of Professional Regulation MFT CE Sponsor Program, Sponsor #168.000183, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #830. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0341. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. The Ohio CSWMFT Board accepts continuing education programs approved by NBCC for counselors and ASWB for social workers. This program provides 6 contact hours.

**AOTA:** Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6 contact hours (6 AOTA CEUs). Content Level: Intermediate. Content Focus: Professional Issues (Supervision). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

**CHEMICAL DEPENDENCY PROFESSIONALS:** This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 6 CEs. NAADAC Provider #102949. Institute for Brain Potential is responsible for all aspects of its programming.

**PHARMACISTS & PHARMACY TECHNICIANS:** Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. The interactive webcast is a knowledge-based activity with UANs 0492-0000-20-069-L04-P and 0492-0000-20-069-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-22-065-H04-P and 0492-0000-22-065-H04-T. Initial Release Date: 08/29/2022. Planned Expiration Date: 08/29/2025. This program provides 6 hours (6 CEU). This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

**DENTAL PROFESSIONALS:** This program provides 6 CE hours. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry.

**PACE:** Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. Institute for Brain Potential is recognized by the New York State Education Department's State Board of Physical Therapy as an approved provider of physical therapy continuing education. This program is pending approval by Texas chapter of the American Physical Therapy Association (APTA). This program provides 6 CE hours. The physical therapy boards in AK, AZ, DE, GA, ID, IN, KS, KY, MS, MO, NC, ND, RI, SC, OR, TN, UT, VA, WI, and WY accept courses approved by APTA chapters. This course meets the criteria for 6 contact hours of physical therapy continuing education in CT, IA, MO, MT, NE, NH, OR, and WA.

**MASSAGE THERAPISTS:** Institute for Brain Potential is approved as a CE provider by the Illinois Department of Professional Regulation, #245.000045, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program counts as 'General' hours in Florida.

**SPEECH-LANGUAGE PATHOLOGISTS:** Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), # PDP247, and by the Florida Board of Speech-Language Pathology and Audiology. CE credit for SLPs in Florida is available for only the interactive webcast of the program. This program provides 6 CE hours.

**ACUPUNCTURISTS:** This course is approved by the California Acupuncture Board, Provider Number 565, for 6 hours of Category 1 distance education CE credit. Approval is pending for 6 hours of Category 1 live credit.

**DIETITIANS:** Institute for Brain Potential is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 6 Continuing Professional Education units (CPEUs) for completion of this activity. Provider Number: BP001. CPE Level: I. Suggested Learning Codes: 5350, 6020, 6070, and 7020. CDR-approved credit is available for only the interactive webcast of the program.

**RESPIRATORY CARE PROFESSIONALS:** RCPs in New York receive 6 hours of Category III credit through the ANCC. Institute for Brain Potential is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC). Institute for Brain Potential is approved by the California Board of Registered Nursing (CA BRN), Provider #CEP13896, to provide continuing education. Programs offered by the CA BRN approved providers of CE are accepted by the Respiratory Care Board of California.

**EDUCATORS:** Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and Institute for Brain Potential. Alliant International University's graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

**COLLEGE EDUCATED PUBLIC:** This program is recommended for individuals who wish to add to their personal and professional knowledge and to improve their health and wellbeing. Participants will receive a certificate of completion for 6 hours.



# TREATING BORDERLINE PERSONALITY DISORDERS UNDERSTANDING INTENSE, IMPULSIVE, AND VOLATILE RELATIONSHIPS

A 6-Hour Program for Health Professionals

**Interactive Webcast Schedule:** The date of the interactive webcast is Thursday, May 11, 2023, 9 AM, Eastern Daylight Time. Sign-in: 8:30 – 9 AM, program starts: 9 AM, lunch break: 11:30 AM, online Q & A: 12 – 12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. Please register early and sign in 30 minutes before the time of the webcast.

**On-Demand Webcast Schedule:** You may view the program in segments at your convenience from Tuesday, May 16, 2023 until Friday, June 16, 2023. Registrants who sign up for the interactive webcast may elect to take the on-demand webcast.

**Home Study Schedule:** You may listen to or view the recorded lecture at your convenience until the expiration date: August 29, 2025.

**Confirmation Notices and Certificates of Completion:** Registration confirmations, certificates of completion, evaluation forms, and posttests are emailed or mailed. Please attend even if you do not receive a confirmation. Successful completion includes: 1) Participating in the interactive webcast, viewing the on-demand webcast or DVD recording, or listening to the CD recording, 2) Submission of the evaluation form and post-test by email or mail, and 3) Receiving a passing score of 70% on the post-test. You may retake the exam without penalty or fee. No partial credit will be given.

**Transfers and Cancellations:** Registrants wishing to transfer or cancel have four options: 1) Transfer to alternate date of the webcast, 2) Transfer to another scheduled webcast, 3) Receive a full-value voucher good for one year for any live or recorded program, or 4) Obtain a full refund minus a \$15 fee by submitting a refund request in writing or by email at [refund@ibpceu.com](mailto:refund@ibpceu.com).

**24/7 Customer Service:** Call (888) 202-2938 or email [info@ibpceu.com](mailto:info@ibpceu.com) to ask about course content, instructors, corrections, grading, problem resolution, provide comments, request disability accommodations, submit a formal grievance, or remove your name from a list. To view detailed agenda for the webcast and system requirements to participate in the program, visit: [www.ibpceu.com/info/bpyi.pdf](http://www.ibpceu.com/info/bpyi.pdf)

**Institute for Brain Potential:** Since 1984, our non-profit organization (tax ID 77-0026830) has presented informative and practical seminars. IBP is the leading provider of accredited programs concerning the brain and behavioral sciences.



# TREATING BORDERLINE PERSONALITY DISORDERS

## UNDERSTANDING INTENSE, IMPULSIVE, AND VOLATILE RELATIONSHIPS

### FREQUENTLY ASKED QUESTIONS

**Q: Is there a way to enjoy this seminar without being at my computer for 6 hours? What if I am not free on May 11, the date of the broadcast?**

Yes! First, register for the program. You will receive a link to view the program starting May 16 until June 16. The program will be divided into four segments of approximately 75 minutes for user-friendly viewing.

**Q: What if I have technical issues getting and staying connected, difficulty seeing the slides, or hearing the speaker?**

We have an expert videographer to capture the sound and slides. We will make copies of the outline available to the participants. Further, in the unlikely event that you have connection problems, IBP will provide registrants with a free set of 4 CDs or DVDs of the entire program.

**Q: I'd like to view the program and receive credit but without watching the live program or downloading it and still receive continuing education credit. Can I do this?**

Yes! The cost of the DVD or CD set will be the same as the cost of the live program. Register now, let the operator know you will want the CD or DVD set (specify which), and make sure your profession is included in our online brochure.

**Q: Can I attend this program live?**

Yes, but only if you live in a city where IBP is currently presenting this seminar.

**Q: My profession is not included on the brochure. Can I receive continuing education credit?**

Maybe. Please contact our customer service at (888) 202-2938.

**Q: How long does it usually take to receive a certificate of completion?**

Typically, within 3 or 4 business days.

*People with borderline personality disorder exhibit fear of abandonment, volatile relationships, impulsivity, mood swings, and intense anger.*

*These intensely emotional yet chaotic individuals can confuse and bewilder health professionals, educators, and families. This program is designed to enhance your understanding of the origins, symptoms, and treatments of borderline personality disorder for professionals working in medical, dental, and behavioral settings.*

*Participants completing this program should be able to:*

- 1. Describe five clinical criteria for diagnosing personality pathology.*
- 2. List key features of the borderline personality disorder.*
- 3. Describe genetic and developmental factors underlying borderline personality disorder.*
- 4. Compare and contrast different treatments.*

### Clinical Criteria of Personality Pathology

- **Adaptive Inflexibility:** rigidity and unwillingness to learn new ways of coping.
- **Vicious Cycles:** inability to benefit from feedback with a history of making the same mistakes.
- **Instability:** problems are extreme and date back to early childhood.
- **Lack of Insight:** failure to take responsibility for their behavior while blaming others.
- **Pathological Problem-Solving:** instead of dealing with problems constructively, the person creates drama.

### Characteristics of the Borderline Personality

- **Impulsivity:** significant impairment of impulse control such as binge eating, substance use, indiscriminate sexuality, or reckless spending.
- **Unstable and Intense Relationships:** sudden shifts from idealization to devaluation.
- **Identity disturbance:** highly unstable self-image.
- **Intolerance of Being Alone:** when faced with a real or imagined threat of separation or abandonment, patients react with fear and anger.
- **Self-Harm:** self-destructive behaviors include parasuicidal behavior (e.g., cutting) and risk of suicide.
- **Chronic Sense of Emptiness/Boredom:** mental, interpersonal and physical risk taking.
- **Inappropriate and Intense Anger:** frequent displays of temper, anger, recurrent fights or attempts to control others with anger.
- **Paranoid Ideation:** brief psychotic episodes, including **paranoid reasoning** or symptoms including a splitting off of self-awareness.
- **Common Coexisting Conditions:** failed relationships at home and at work, domestic violence, and major depression.

### Developmental Factors

- **Nature versus Nurture:** inherited personality traits (temperament) account for about 60% of the disorder; acquired habits of thinking and acting (character) accounts for 40%.
- **Childhood Trauma:** an early history of neglect, physical or sexual abuse is common with core personality characteristics in place from ages 7 – 8 to adolescence.
- **Psychodynamic:** Masterson's concept of ego defects, primitive defense mechanisms, disturbed object relations, and the borderline triad.
- **Cognitive-Behavioral:** Freeman's schema: identity, abandonment, psychic pain, belief of being controlled by one's anger and emotions, seeing the same person as horrible/wonderful.

- **Genetic:** borderline disorder is five times more frequent in first-degree biological relatives; 75% of patients are women.
- **Biological:** abnormalities of the limbic system including the role of the amygdala in detection of threat, basal ganglia and the habit brain, and areas of the prefrontal cortex involved in social reasoning.

### Resources

- **Interpersonal Skills:** using the person's language, being empathetic, honest and direct, setting limits, explaining interventions, identifying resources, using negative interactions constructively, and maintaining neutrality.
- **Psychodynamic Therapy:** "re-parenting" the client, healing, disillusionment, and increasing autonomy; dealing with transference, resistance and countertransference.
- **Schema-Based Therapy:** identifying and modifying persistent, rigid, and dysfunctional beliefs and behavior patterns through cognitive-behavioral therapy.
- **Dialectical-Behavior Therapy:**
  - **Mindfulness:** observing without judging.
  - **Increasing Interpersonal Effectiveness:** seeing others as they see us.
  - **Improving Emotional Regulation:** reducing impulsivity
  - **Acceptance:** learning to accept what is unlikely to change.

### ABOUT THE INSTRUCTOR



*Joseph Shannon, Ph.D. (Ohio State University) is an acclaimed psychologist, clinician, researcher and lecturer in the areas of personality disorders, chemical dependency, character pathology, anxiety and depression. Dr. Shannon has appeared on the CBS Morning Program and PBS Viewpoint.*

*Dr. Shannon has developed and presented training programs for health professionals throughout the United States and Canada. Participants praise his use of innovative teaching methods. In this presentation, film excerpts will be used to illustrate the Borderline Personality, such as Glenn Close in Fatal Attraction, Michael Douglas in Wall Street and Meryl Streep in the Devil Wears Prada.*

*In addition to Q & A in class, Dr. Shannon will answer your questions during the second half of the lunch break and by email after the program concludes. [Click here](#) to watch Dr. Shannon's fascinating discussion of borderline personality disorder.*