

Outline

The effects of trauma on attachment formation in children

- When parents are ‘frightened and frightening’
- Trauma-related internal conflicts between closeness and distance
- Disorganized attachment status in adulthood

Understanding BPD as a trauma-related disorder

- Differentiating personality disorder symptoms from trauma responses
- Using psychoeducation to make sense of the symptoms
- Risks and limitations

Re-interpreting BPD as ‘Traumatic Attachment Disorder’

- How does it change the treatment?
- Transforming the focus from behavior change to trauma resolution
- Understanding splitting as dissociative, not manipulative
- Transference and countertransference implications

Stabilization of unsafe behavior

- “Waking up” the prefrontal cortex
- Increasing client ability to be mindful rather than reactive
- Re-interpreting impulsive behavior as fight/flight responses
- Helping clients dis-identify from suicidal beliefs and impulses

Addressing issues of clinging, separation anxiety and anger

- Working from a trauma-based parts perspective
- Facilitating internal attachment relationships

The use of mindfulness-based and body-centered interventions

- Learning to observe rather than react
- Using somatic interventions to calm the body and emotions

A “right brain to right brain” approach to healing attachment wounding

- Facilitating internal compassion
- Helping clients ‘repair’ the past rather than remember it
- Creating internal secure attachment

Objectives

1. Determine the effects of trauma-related attachment on affect regulation in relation to assessment and treatment planning
2. Distinguish symptoms characteristic of both borderline personality disorder and disorganized/unresolved attachment in clients
3. Analyze the effects of disorganized attachment on clients’ interpersonal relationships
4. Apply the Structural Dissociation model to the treatment of BPD
5. Employ right brain-to-right brain techniques to help clients tolerate and benefit from psychotherapy
6. Utilize body-centered and mindfulness-based interventions to help clients increase affect tolerance and decrease impulsive behavior

**Live Webinar Schedule**  
*(Times listed in Pacific)*

**8:00** Program begins  
**11:50-1:00** Lunch Break  
**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

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Borderline Personality Disorder and Traumatic Attachment

Trauma-Informed BPD Treatment Techniques for Dysregulated Emotional and Autonomic States

**LIVE Interactive Webinar**  
**Tuesday, April 6, 2021**

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Borderline Personality Disorder and Traumatic Attachment

Trauma-Informed BPD Treatment Techniques for Dysregulated Emotional and Autonomic States




**Featuring:**  
**Janina Fisher, PhD**  
Internationally-Renowned Trauma Expert & Author

- Understand the Connection Between BPD and Trauma
- Improve Therapeutic Relationships with BPD Clients
- Get New Trauma-Informed Approaches for Treating BPD
- Decrease the Stresses of Working with BPD

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# Borderline Personality Disorder and Traumatic Attachment

Do I trust or not trust? Do I love or do I hate? Do I live or do I die?

The client with **Borderline Personality Disorder (BPD)** is caught in an internal battle **rooted in their childhood traumatic experiences**. Rather than experiencing others as a haven of safety, traumatized individuals with BPD are driven by powerful wishes and fears of relationship. Attachment failure is inevitable in trauma - **resulting in intense emotions and impulsive behaviors** that leave destructive imprints on their relationships.

When we understand **the relationship between BPD and Traumatic Attachment** disorders, we **can transform our treatment options**, strengthen therapeutic relationships, and improve the lives of our clients!


Register for this webcast and you will learn:

- How BPD can be best understood – and treated - as a traumatic attachment disorder.
- Why traumatic attachment impacts the ability of individuals to tolerate their emotions and those of others.
- Techniques to help clients better manage their dysregulated emotional and autonomic states.
- New approaches and interventions from:
  - Sensorimotor Psychotherapy
  - Internal Family Systems (IFS)
  - Mindfulness and Compassion-Based Therapies

This webcast is for clinicians who want to open new ways of connecting and working with complex clients who struggle in managing their trauma and emotional responses.

Are you ready to reshape your BPD treatment strategies and improve your client outcomes? Are you ready for a less stressful approach to treating BPD?

Register today!



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## Meet Your Speaker

**Janina Fisher, Ph.D.** is a licensed clinical psychologist in private practice; Assistant Educational Director of the Sensorimotor Psychotherapy Institute; an EMDRIA Approved Consultant and Credit Provider; former president of the New England Society for the Treatment of Trauma and Dissociation; and a former instructor, Harvard Medical School. An international writer and lecturer on the treatment of trauma, she is co-author with Pat Ogden of *Sensorimotor Psychotherapy: Interventions for Attachment and Trauma* and author of *Healing the Fragmented Selves of Trauma Survivors: Overcoming Self-Alienation and Transforming the Living Legacy of Trauma*. Dr. Fisher lectures and teaches nationally and internationally on topics related to the integration of the neurobiological research and newer trauma treatment paradigms into traditional therapeutic modalities. For more information, go to [www.janinafisher.com](http://www.janinafisher.com).

Speaker Disclosure:  
Financial: Janina Fisher is in private practice. She receives a speaking honorarium from PESI, Inc.  
Non-financial: Janina Fisher has no relevant non-financial relationship to disclose.

**Target Audience:**  
Counselors • Social Workers • Psychologists • Psychotherapists  
Therapists • Addiction Counselors • Marriage and Family Therapists  
Case Managers • Nurses • Other Mental Health Professionals


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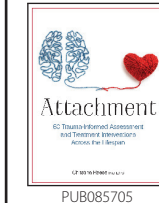
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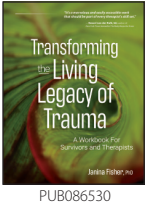
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