



# PROGRAM

## JOIN US FOR THE 6<sup>th</sup> BIENNIAL ISTFP CONFERENCE (ONLINE EDITION)

**September 25-26<sup>th</sup> 2020**

*Organized by the Department of  
Psychology, University of  
Innsbruck, Austria and the ISTFP  
Board and Program Committee*



 universität  
innsbruck  
Department of  
Psychology

## Registration

You can **register** for the ISTFP online conference by visiting:

<https://webapp.uibk.ac.at/istfp2020/> and creating a new account.

Please fill in all mandatory information and follow the indicated steps.

The registration fee is EUR **25.-** for ISTFP members and EUR **35.-** for non-members.

It will be possible to pay the registration fee by bank transfer or PayPal.

Regarding the bank fees, we recommend for EU-citizens the payment by bank transfer and for non-EU-citizens the payment by Paypal.

If you have any problem or questions, please contact: [jeff.maerz@uibk.ac.at](mailto:jeff.maerz@uibk.ac.at)

## Welcome to the 6<sup>th</sup> biennal ISTFP Conference - online

We welcome all participants (ISTFP members and non-members) to join us for the 6<sup>th</sup> biennial Conference of the International Society of Transference Focused Psychotherapy (ISTFP), which will be held online. A year ago, we looked forward to gathering together with our colleagues and friends in the charming atmosphere of Innsbruck. The COVID crisis required a change in plans. While we will miss the conviviality of meeting in person, our planning team has put together a program that will allow both high quality presentations and participant interaction.

The International Society of Transference-Focused Psychotherapy (ISTFP) <https://istfp.org> was founded in September 2011. The Society brings together people who are committed to helping individuals suffering from severe personality disorders in the way that we believe will help transform their lives most profoundly. We are a group of clinicians and scholars who have found our association over the years to be fertile ground for advancing our mission and also for establishing meaningful professional and personal bonds. While we regret not being able to meet in person this year, we are sure our spirit will continue in the online experience.

Transference Focused Psychotherapy (TFP) is an evidence based manualized psychoanalytic treatment for patients with borderline and other personality disorders. In its classic form, TFP is a twice-per-week individual psychotherapy that combines many of the elements described in the Guidelines for the Treatment of Borderline Personality issued by the American Psychiatric Association with a deep understanding of mental processes. A distinguishing feature of TFP in contrast to many other treatments for BPD is the concept of a psychological structure that underlies the specific symptoms a borderline individual suffers from. In other words, the focus of treatment is on a deep psychological make-up – a mind structured around a fundamental split that determines the patient's way of experiencing self and others and the environment. In recent years, the work of the ISTFP has expanded the reach of TFP beyond twice-weekly individual therapy as we have begun to apply its principles in other clinical settings and with a broader patient population.

The international conference that had been planned for September in Innsbruck has been postponed until September 2021. However, we do not want to go that long without the opportunity to present new material and exchange ideas. The **online conference** on September 25<sup>th</sup> and 26<sup>th</sup> 2020 will take place for a half day on each of the above days — in the morning in the Americas and in the afternoon in Europe (see details below)

### Day 1: September 25<sup>th</sup> 2020

- **Otto Kernberg** will give an introductory talk on development of identity summarizing the differentiation of identity diffusion from identity crisis in adolescence and from "false self" in narcissistic pathology
- **Carla Sharp** will focus on adolescence and the binding of personality by defining the concept of Identity and trace the development of this psychic structure from early childhood to adolescence and beyond
- Both lectures will be discussed by **John Clarkin**

### Day 2: September 26<sup>th</sup> 2020

- **Nel Draijer** will relate to the relevant question how TFP can be modified in case of Dissociative Identity Disorder
- **Maya Krischer** introduces the principles and modifications of applied TFP for adolescents in a day clinic program. This lecture will be discussed by **Lina Normandin**
- **Eve Caligor, Stephan Doering and Luis Valenciano** will summarize conceptual considerations for a TFP online treatment. These lectures will be introduced by **Chiara De Panfilis**

During the online-conference we will organize break-out groups and Discussion time. Since TFP is a very effective treatment for BPD and a broad range of personality disorders we hope to gain interest also in clinicians who are not members of the ISTFP society.

We are looking forward to seeing you online in September!

Frank Yeomans, New York; Anna Buchheim, Innsbruck  
and the ISTFP Board and Program Committee

# ISTFP Online Conference Innsbruck, September 25<sup>th</sup>-26<sup>th</sup> 2020

**Day 1: Friday, September 25<sup>th</sup> 2020  
9 AM (Eastern US-Time) / 3 PM (European Time)**

Time	Program
08.30 - 09.00 (02.30 – 03.00)	<b>Joining the Zoom Meeting</b> Technical help from host
09.00 – 09.15 (03.00 – 03.15)	<b>Opening Remarks</b> Frank Yeomans and Anna Buchheim
09.15 – 10.45 (03.15 – 04.45)	<b>Lecture 1: Development of Identity</b> Otto F. Kernberg and Carla Sharp
10.45 – 11.15 (04.45 – 05.15)	<b>Discussant:</b> John Clarkin
11.15 – 11.30 (05.15 – 05.30)	Break
11.30 – 12.15 (05.30 – 06.15)	<b>Lecture 2: Why TFP in the Case of Dissociative Identity Disorder?</b> Nel Draijer
12.15 – 12:40 (06.15 – 06.40)	<b>Break out groups</b> Discussion
12:40-13:00 (06:40-07:00)	Break – combine with sending posts
01.00 – 01.30 (07.00 – 07.30)	<b>Discussion</b> of posts / panel (plenary session)
01.30 – 01.45 (07.30 – 07.45)	<b>Closing remarks</b> Frank Yeomans
01:45-02:00 (07:45-08:00)	Break
02:00-02:30 (08:00-08:30)	<b>Assembly for TFP-members</b>

## **Abstracts Day 1: Friday, September 25<sup>th</sup> 2020**

### **Otto Kernberg - Development of Identity**

This presentation will define the concept of Identity and trace the development of this psychic structure from early childhood to adolescence and beyond. The characteristic failure of its normal development, the syndrome of identity diffusion, is the fundamental symptom of borderline personality organization. This presentation will summarize the differentiation of identity diffusion from identity crisis in adolescence and from "false self" in narcissistic pathology. The achievement of normal identity is a major goal of TFP.

### **Carla Sharp - Adolescence: The binding of personality**

This presentation will begin with a brief review of three literatures: (a) maladaptive personality trait development (DSM-5 Section III Criterion B), (b) the development of DSM-5 Section II defined borderline personality disorder, and (c) research on the development of identity, self-direction, empathy/mentalizing, and intimacy (DSM-5 Section III Criterion A). When these literatures are considered together, they point to an integrated developmental theory of personality pathology, which suggests that Criterion A concepts (identity, self-direction, empathy, and intimacy) coalesce around the development of self and identity, marking a discontinuous (qualitative) developmental shift that accounts for the binding of personality. Disordered personality ensues when an integrated and coherent sense of self fails to develop, resulting in a missed milestone of the binding of personality and ultimately, the non-fulfilment of adult role function. In this sense, Criterion A self-function can account for the onset of personality disorder in adolescence, while Criterion B maladaptive traits provides a useful descriptive account of continuous aspects of personality function over time.

These lectures will be discussed by [John Clarkin](#)

### **Nel Draijer - Why TFP in the case of Dissociative Identity Disorder (DID)?**

Transference Focused Psychotherapy is developed for the treatment of patients with a Borderline Personality Organization. These may range from BPS proper to other Cluster B or C disorders, complex patients with several co-morbid Axis I disorders and often histories of early child (sexual) abuse and neglect.

Because the DSM diagnosis might not be fully clear at the start of treatment, it may occur that once a therapeutic relationship is established, patients turn out to be severely dissociative, i.e. suffering from problems in their consciousness and from personality fragmentation. This tentative presentation will address the theoretical distinction between splitting and trauma related dissociation, the clinical phenomenology of DID patients who started TFP, their assessment using the Structured Clinical Interview for Dissociative Disorders; the discussion about the diagnosis; and the major problems in (TFP) treatment. The presentation is based on clinical observations and an overview of the literature on DID. One of the conclusions might be that TFP is highly useful in the establishment of a therapeutic relationship with DID patients when treated in a phase-oriented treatment (patients stabilize, stop harming themselves, get back to work, etc.). But there are limits to what TFP can reach and access, because of the severe tendency to avoid traumatic material. So when exposure to traumatic memories of severe trauma is needed, a more directive and trauma focused approach might be necessary.

**Day 2: Saturday, September 26<sup>th</sup> 2020**  
**9 AM (Eastern US-Time) / 3 PM (European Time)**

Time	Details
08.30 - 09.00 (02.30 – 03.00)	<b>Joining the Zoom Meeting</b> Technical help from host
09.00 – 09.15 (03.00 – 03.15)	<b>Opening Remarks</b> Frank Yeomans and Anna Buchheim
09.15 – 10.00 (03.15 – 04.00)	<b>Lecture 1: Adolescent TFP in a Day Clinic Program</b> Maya Krischer
10.00 – 10.20 (04.00 – 04.20)	<b>Discussant:</b> Lina Normandin
10.20–10.40 (04.20 – 04.40)	Break
10.40 – 11.50 (04.40 – 05.50)	<b>Lectures 2:</b> <b>Pandemics</b> – Introduction: Chiara De Panfilis <b>a. A Survey on TFP online Treatment</b> – Emanuele Preti and John Clarkin (30') <b>b. Conceptual Considerations for TFP online Treatment</b> – Eve Caligor, Stephan Doering, Luis Valenciano (30')
11.50 – 12.30 (05.50 – 06.30)	<b>Break out groups</b> Discussion
12.30 – 12.50 (06.30 – 06.50)	Break – and selected posts to lecturers
12:50 – 01.30 (06.50 – 07.30)	<b>Discussion</b> of posts / panel (plenary session)
01:30-02:15 (07:30-08:15)	<b>Research Award</b> – Introduction John Clarkin, Presentation N.N.
02.15-02.30 (08.15 – 08.30)	<b>Closing remarks</b> – Frank Yeomans

## Abstracts Day 2: Friday, September 26<sup>th</sup> 2020

### **Maya Krischer - Adolescent Transference Focused Psychotherapy in a day clinic program**

Introduction: There is growing evidence and agreement that adolescents suffer from Borderline personality and a variety of severe symptoms that need to be treated early to prevent chronic symptomatology and problems. Therefore, there is an urgent need for effective treatment programs for Borderline juveniles. At the university clinic of Cologne in Germany we developed a day clinic program based on TFP-A (TFP for Adolescents) that lasts 12 weeks and aims on improving symptoms in order to transfer these patients into outpatient psychotherapeutic treatment. This program is designed for adolescents with Borderline Personality Organization from 13 to 17 years of age (Krischer et al. 2017).

In this talk, principles and modifications of applied TFP for Borderline adolescents will be presented. Case examples and six years of clinical experiences with the program are given. Furthermore, we investigated symptom change and change of defense mechanisms after 12 weeks of TFP-A treatment in a day clinic program, comparing the study group of juvenile patients who finished the 12-weeks-program with adolescent patients of the control group who waited for intake into the program. All patients included into the study fulfilled criteria for a personality disorder, using the International Personality Disorders Examination (IPDE, Loranger et al., 2001). Study results showed significant symptom improvement for self-mutilative and aggressive behavior against self and others as well as depressive symptoms among borderline adolescents treated with TFP-A in a day clinic program. Clinical experience and the study results indicate that TFP-A is an effective treatment method for adolescent patients with Borderline Personality Organization.

This lecture will be discussed by **Lina Normandin**

### **Eve Caligor, Stephan Doering, Luis Valenciano - Conceptual Considerations for TFP online Treatment**

When lockdowns due to the pandemic started to occur, the community of TFP therapists was mostly, but certainly not totally, unprepared. Online encounters have never been foreign to TFP. Our tradition has always included online activities including a good number of supervisions and trainings. Further, many among us had already treated patients online. However for the most part these treatments had begun in the office and subsequently moved online, typically when the patient or therapist changed locations and it seemed a good idea to continue the treatment. However, with the onset of the pandemic, many of us had to change, quite abruptly, from one day to the other, to an entire online practice.

Reality must always encourage our reflections and call into question our unconsidered procedures and resistance to change. **Emanuele Preti** and **John Clarkin** present impressions of TFP therapists from an online survey across the world on the transition to online practice. Now, three of us will share our thoughts, experiences and perspectives. **Stephan Doering** will discuss general aspects of online treatment from a psychoanalytic perspective; more specifically, how the online technique changes the treatment frame and the transference relationship. **Luis Valenciano** will share some thoughts about online TFP and what has changed in terms of treatment technique during the COVID-19 pandemic and he will illustrate his talk with a vignette including a severe BPO case. **Eve Caligor** will discuss her experience with the transition to online TFP with higher level patients, and will illustrate how the patient's level of personality organization, dynamics and defensive style impact the transition to online treatment.

These lectures will be introduced by **Chiara De Panfilis**

### **Research Award Presentation – to be announced during the Conference**