

The Minnesota Psychological Association cosponsors Friday Forums with Metropolitan State University Psychology Department

FIRST FRIDAY FORUM

Friday, May 7, 2021

PTSD, Complex PTSD, and Borderline Personality Disorder: Understanding and Treating These Related but Distinct Constructs

Helen Valenstein-Mah, Ph.D., LP; Merav Silverman, Ph.D., LP

Program:

9:00 a.m. – 12:00 p.m.

This session is at the introductory level and designed for psychologists and other mental health professions.

Location:

Registrants will receive a Zoom link to access the webinar online.

Attendees are encouraged to join the webinar five to ten minutes prior to the start.

About the Program:

This program qualifies for 3.0 continuing education credits.

Many individuals seeking psychological services have traumatic events in childhood and/or adulthood. They may experience significant emotional distress and sequelae from these experiences. Others may present with significant distress and enduring personality changes from difficult life experiences that do not qualify as “Criterion A” events for PTSD as defined by the DSM-5. Given their complex presentations, it can be difficult for many clinicians to distinguish and classify these individuals as experiencing either PTSD, Complex PTSD, or Borderline Personality Disorder, and make appropriate treatment recommendations. This presentation will help attendees to better understand the overlapping, yet distinct, clinical constructs of PTSD, Complex PTSD, and Borderline Personality Disorder. The focus of this presentation will be to a) define these three constructs b) describe their clinical presentations and c) provide an overview of empirically-based research for differential assessment and treatment of PTSD, Complex PTSD, and Borderline Personality Disorder.

Participants will be able to:

1. Define and differentiate PTSD, Complex PTSD, and Borderline Personality Disorder.
2. Select assessment measures to examine these constructs.
3. Identify evidence-based treatment approaches for these constructs.

About the Presenters:

Helen Valenstein-Mah, Ph.D., LP, is a Clinical Psychologist and Assistant Professor at the University of Minnesota Department of Psychiatry and Behavioral Sciences. Dr. Valenstein-Mah co-leads the M Health Fairview Dialectic Behavior Therapy (DBT) Intensive Outpatient Program, a full-model DBT program for adolescents and adults with Borderline Personality Disorder (BPD) and/or suicidality, impulsive behaviors, and chronic emotion dysregulation. Dr. Valenstein-Mah received her Doctorate of Philosophy in Clinical Psychology at University of Washington.

Merav Silverman, Ph.D., LP, received her Doctorate of Philosophy in Clinical Psychology from the University of Minnesota. Dr. Silverman is a Clinical Psychologist and Assistant Professor at the University of Minnesota Department of Psychiatry and Behavioral Sciences. Dr. Silverman has conducted research on PTSD and BPD populations and provide clinical care and training in DBT and evidence-based treatments for PTSD (e.g., Prolonged Exposure and Cognitive Processing Therapy).

The speakers have indicated no conflicts of interest.

PLEASE NOTE: *You must attend the full program to get continuing education credit for the event.*

About First Friday Forums:

The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

CONFIRMATION/CANCELLATION: You will receive an emailed confirmation of your registration. You will be notified by mail, e-mail or telephone if your selection is filled or cancelled.

REFUND POLICY: A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. No refund or transfer is given the day of the program.



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Registration is available until the event begins. Fee: MPA member: **\$60** Non-member: **\$95** Student: **\$15**

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