



## The Borderline Dynamic and the Disorders of Self

**A CPD training seminar in Zagreb – September 2011**

The Disorders of Self and most famously Borderline personality disorder (BPD) confront us with challenging and bewildering phenomena. Typical patterns of organisation are active across the continuum of intrapsychic and interpersonal fields. Borderline relationships appear equally challenging for clients and therapists alike. Both may feel attacked, invaded, helpless, misunderstood or unappreciated by the other.

But the Borderline and Narcissistic Disorders of Self are also particularly apparent as bodily experiences for both client and therapist. Hyper arousal and catastrophic anxieties, both cardinal features of BPD, suggest disturbances of very basic functions and indicate that the organism is in a state of somatic disorganisation.

Chronic dysregulation of the autonomic nervous system, inadequate boundary formation and a lack of crucial psyche-motor skills reflect deficiencies in psycho-affective maturation and failures to develop a differentiated psyche-soma relationship. In the therapeutic relationship, body and psyche of the therapist are impacted by and respond to such disorganized or unintegrated psyche and body states.

Current clinical theory can help us understand and work more effectively with psychological and somatic phenomena and disturbances commonly experienced by borderline individuals and their therapists. Contemporary clinical perspectives are illustrated by experiential explorations of BPD psycho-biology and arrested development. This workshop seminar is suitable for any therapist working with the Borderline spectrum. Participants are invited to contribute clinical case material from their practice for discussion in the group.

**Tom Warnecke** (UKCP, ECP, EABP) is a psychotherapist, trainer and consultant based in London. He has worked in community mental health services and published two papers about his relational - somatic approach to borderline dynamics: '*The Borderline Experience - a Somatic Perspective*' (In: British Journal of Psychotherapy Integration, Vol 4-1, 2007) and '*The Borderline Relationship*' (in: Contemporary Body Psychotherapy: The Chiron Approach, Ed. Hartley, Routledge 2009). In his seminars, he brings psychodynamic theory together with experiential work to explore psyche-soma dynamics and make mind-body relations accessible. He regularly contributes to national and international conferences and published a number of papers in journals or as book chapters. He is a vice chair of the UK Council for Psychotherapy (UKCP).