

## CPD FOR THERAPISTS

# Relational Healing for the Borderline Personality With Dr Ruth Birkebaek

**Saturday, 11<sup>th</sup> September 2021, 1000-1600, LIVE ONLINE**

### Introduction

For many psychotherapists and counsellors, borderline clients present a professional challenge because of their frequent relational conflicts, varying developmental levels of transference, and their polarisation of emotions, such as idealisation and hate, elation and despair, anger and dependency.

In this workshop, Dr Birkebaek will make use of a developmentally-based, relationally- focused Integrative Psychotherapy to explain the intra-psychic process of clients who suffer from early Affect Confusion and attachment disruptions.

Through lecture, case-vignettes, and clinical discussions, this workshop will focus on the significance of an involved therapeutic relationship while emphasising the in-depth methods of a psychotherapy that integrates client's affect, cognition, physiology and behaviour.

This workshop will be useful to psychotherapists, counsellors and psychologists. Emphasis will be placed on:

- understanding the aetiology of early Affect-Confusion and the formation of the Borderline Personality;
- the significance of an attuned therapeutic relationship;
- alternative responses to therapeutically relevant challenges;
- calibrating for juxtaposition reactions;
- responding to oscillating relational-needs;
- the importance of a sustained phenomenological inquiry

**Ruth Birkebaek** is an Integrative Psychotherapist, having trained for 5 years with Richard Erskine. Additionally Ruth has trained in Psychosomatic Medicine, Jung Therapy and Transactional Analysis. Ruth started her career in Brazil in 1989 as a Plastic Surgeon. After graduating from medical school she became interested in the impact of the mind on the development of physical illness. She now works full time as a psychotherapist and supervisor in private practice in London, and delivers training in Relational Integrative Psychotherapy. Ruth is a UKCP registered Psychotherapist, a Certified Integrative Psychotherapy Trainer & Supervisor (CIPTS) by the IIPA (International Integrative Psychotherapy Association) and a Certified Transactional Analyst - Provisional Trainer & Supervisor (PTSTA).

**This is a LIVE ONLINE event with PowerPoint presentation, live interactive discussion and breakout rooms**

**Open to psychological therapists (including trainees) from all modalities and health professionals**

**Early bird price before 11<sup>th</sup> August 2021: £95, or after £105**

**CPD certificates will be supplied**

**TO BOOK: <https://www.bramhamtherapy.co.uk/events/>**

**Contact: [events@bramhamtherapy.co.uk](mailto:events@bramhamtherapy.co.uk) or 07599 369566**



*Each delegate is responsible for self-care should material at our professional events trigger difficult feelings*

