



YALE SCHOOL OF MEDICINE

Department of Psychiatry / Psychology Section

19th Annual Yale National Education Alliance for Borderline Personality Disorder Conference

Destigmatizing BPD

May 10, 2024, 9:00am-5:30pm

OVERVIEW: The conference is aimed at mental health professionals, training clinicians, and researchers, as well as those with lived BPD experience and their family members. Our presenters include researchers, treatment developers, master clinicians, and individuals with lived experience of BPD. These presenters will make research and practice accessible to both professional and lay audience members, and ample time will be provided for questions from the audience throughout the conference day. The conference theme for the 19th Annual Conference, scheduled for May 10th, 2024, is Destigmatizing BPD. Five professional presenters and two lived experience speakers will discuss stigma, labeling, and their relationship to loneliness and social alienation, how stigma's inherent invalidation contributes to the disorder, the unique ways it can affect members of the LGBTQ community, and how stigma can and must be addressed and minimized. Our hope is that this conference will contribute to better understanding, support, and assistance for individuals suffering from emotional dysregulation, and decrease stigma for them and their families.

This year's Yale-NEABPD conference events will feature a one-day hybrid conference on 5/10/2024 and all focused on themes related to decreasing stigma in borderline personality disorder.

LEARNING OBJECTIVES:

By the end of this course, participants will be able to:

- 1) To demonstrate the advantages of using a dimensional approach for the diagnosis of BPD specifically as it relates to destigmatization.
- 2) Explain the stigmatizing and invalidating processes by which sexual and gender minority populations may be at higher risk for BPD.
- 3) Explain how education interventions can reduce mental illness stigma.
- 4) Identify gaps in clinician education about BPD and describe research suggesting that clinician education reduces stigmatizing attitudes about BPD.
- 5) Describe the relationship between loneliness and emotion regulation in BPD.

CONFERENCE SCHEDULE

Schedule Time	Topic	Presenter
9:00 am	Welcome and Opening Remarks	Kelly Workman, PsyD, ABPP and Maggie Davis, PhD, Yale / NEABPD Conference Directors Julie Chesley, Board Chair of NEABPD John Krystal, MD
9:20 am*	The Alternative Model of Personality Disorders: Dimensionalization and Destigmatization	Carla Sharp, PhD
10:20 am*	Clinician Panel Discussion: Stigma and BPD in Clinical Practice	Moderator: Andrea Gold, PhD
10:50 am	Break Poster Session Set-up Mentorship check in Exhibit Hall Open	
11:05 am*	Reducing Stigma in BIPOC Populations	Faria Kamal, PhD
11:55 am*	Borderline Personality Disorder in Sexual and Gender Minority Populations	Dominic Denning, BA
12:40 pm	Community Lunch Poster Session Exhibit Hall Open	
1:40 pm*	Lived Experience and Family Member Perspectives	Liz Santamorena and Nico Santamorena
2:20 pm*	The Stigma of Loneliness	Aditi Vijay, Ed.M, PhD
3:05 pm	Break Exhibit Hall and Poster Session Open	
3:20 pm *	Lived Experience: Unraveling Life with BPD	Shavana Clarke
3:40 pm*	Knowledge is Power(ful): Harnessing Education to Destigmatize BPD and Empower Patients	Sara Masland, PhD
4:30 pm*	Presenter Panel Discussion / Q&A	Moderator: Suzanne Decker, PhD
5:15 pm	Awards Presentation Seth Axelrod Mentorship Award Perry Hoffman Award	Kelly Workman, PsyD, ABPP and Maggie Davis, PhD, Yale / NEABPD Conference Directors

	Closing Remarks	
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This conference will provide 5.5 hours of educational programming and will offer 5.5 CE credits. Asterisks (*) indicate those portions of the program being offered for CE credit. Other aspects of the program are not being offered for CE credit.

Registration information is available at:
<http://psychiatry.yale.edu/bpdconference>

The instructional level is intermediate and mental health providers, including psychologists, are the intended audience.

The Yale School of Medicine, Department of Psychiatry, Psychology Section is approved by the American Psychological Association to sponsor continuing education for psychologists. The Yale School of Medicine, Department of Psychiatry, Psychology Section maintains responsibility for the program and its content.

Information about conflicts of interest have been disclosed by the participants and questions about this, the content, instructor credentials or other issues including special accommodations should be addressed to Allison Ponce, Ph.D., Director of Continuing Education at allison.ponce@yale.edu.