



YALE SCHOOL OF MEDICINE

Department of Psychiatry / Psychology Section

20th Annual Yale National Education Alliance for Borderline Personality Disorder Conference

Transforming Lives: Broadening Access to Skillful Living

May 3, 2025

9:00am-5:15pm

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 make cutting edge research and practice accessible to both professional and lay audience members, and ample time is provided for questions from the audience throughout the conference day. The conference theme this year is increasing access to effective tools: Universal skills for emotion regulation and interpersonal effectiveness and will feature keynote speaker Dr. Shireen Rizvi. Researchers, clinical experts and people with lived experience and their families will present on increasing access to effective treatment and resources and share their stories of change and growth. This year's talks will address focal topics such as barriers to treatment, resource accessibility, and methods to bolster community support in the treatment of borderline personality disorder (BPD). This theme was chosen to reflect the vision of NEABPD: Building a world where emotional wisdom prevails for all.

This year's Yale-NEABPD conference events will feature a one-day hybrid conference on 5/3/2025.

LEARNING OBJECTIVES:

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

- 1) Explain the advantages and disadvantages of incorporating technologies into psychotherapy research.
- 2) Recognize ways in which patients with BPD may be at risk for ineffective psychiatric prescription, lifelong 'overprescription,' and undue medical burden.
- 3) Describe the rationale for transdiagnostic DBT skills training to reduce emotion dysregulation and suicide risk.
- 4) Identify ways to bolster effective communications between patients, behavioral therapists, and medical psychiatrists to create a unified treatment plan.
- 5) Describe the cultural relevance of the IFS Model for clients with a variety of social identities and life experiences.

CONFERENCE SCHEDULE

Schedule Time	Topic	Presenter
8:00 am	Registration Exhibit Hall Open	
8:00 – 8:45 am	Coffee Served	
9:00 am	Welcome and Opening Remarks: Margaret Davis, Jim Yu, Kelly Workman, Emily Weiss	Yale / NEABPD Conference Directors
9:20 am	Implementing skills-based treatment for emotion dysregulation in healthcare systems: Barriers and facilitators*	Suzanne Decker, PhD
10:20 am	Lived experience*	Saadia Ali, Esq., MBA
10:35-10:50 am	Break Poster Session Set-up Exhibit Hall Open	
10:50 am	Building Lives Worth Living by Increasing Access to Dialectical Behavior Therapy*	Shireen Rizvi, PhD
11:50 am	Panel Discussion: Bridging the Accessibility Gap*	Panelists: Kiki Fehling, Jim Brown, Alyssa Gross Moderator: Jesse Finkelstein, PsyD
12:35 pm	Community Lunch Poster Session Exhibit Hall Open	
1:40 pm	Undertreated, Overmedicated: A Call to Examine the Role of Psychiatric Medication in Treatment for BPD*	Sarah Fineberg, MD, PhD
2:40 pm	Lived Experience Perspectives*	Abbey Chesley
2:55 pm	Break Exhibit Hall and Poster Session Open	
3:10 pm	Seeking Psychotherapy for BPD: Options, Considerations, and Open Questions*	Margaret Davis, PhD
4:10 pm	Presenter Panel Discussion / Q&A*	Moderator: Andrea Gold, PhD
4:55 pm	Closing Remarks	Yale / NEABPD Conference Directors

This conference will provide 6 hours of educational programming and will offer 6 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 David Klemanski, Ph.D., Director of Continuing Education at david.klemanski@yale.edu.