

Presented in collaboration with the School of Psychology and Counselling QUT



## Metacognitive Interpersonal Therapy for Personality Disorders with International Psychiatrist/Psychotherapist Giancarlo Dimaggio MD

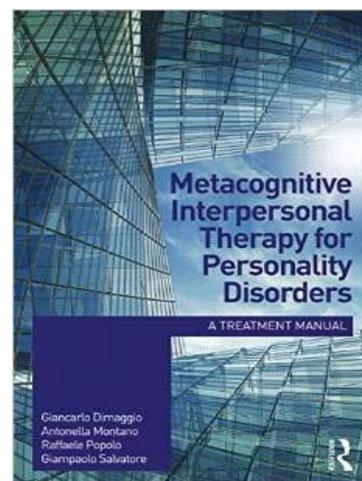
*An opportunity to receive training from an international expert in the treatment of personality disorders. MIT is an integrative therapy, which shows promising case study results in the treatment of complex and treatment-resistant personality disorders.*



**About the Presenter: Giancarlo Dimaggio**  
MD, psychiatrist and psychotherapist.

*Giancarlo is a founding member of the Center for Metacognitive Interpersonal Therapy, Rome and trainer for the Italian Society of Cognitive and Behaviour Psychotherapy (SITCC). He has published more than 100 papers on theory, research and treatment of personality disorders and schizophrenia. He has co-authored and edited six books on psychopathology and psychotherapy. He*

*developed Metacognitive Interpersonal Therapy for personality disorders and is training and supervising teams in Denmark, Norway and Portugal.*



### **Overview – Why Personality Disorders?**

While personality disorders are much less common than high prevalence disorders such as anxiety and depression, their treatment occupies a substantial part of both private and public mental health practice. There are two reasons for this. The first is that they involve deeply entrenched thinking, relational and behavioural characteristics, which means that change is slow. The second is that personality disorders typically result in substantial functional impairment, which often flows through to others and the wider community. Personality disorders cannot be simply ignored.

## **What is Metacognitive Interpersonal Therapy for personality disorders (MIT-PD)?**

MIT-PD is different from other approaches to treatment of personality disorder in that it does not focus on specific symptoms or behaviour and therefore does not target specific personality disorders. Rather it targets the pervasive higher-order thinking, interpersonal and behavioural characteristics that can be found in all personality disorders. MIT-PD is based on a structured and manualized set of procedures aimed at guiding the clinicians' therapeutic engagement and treatment from the very first session to the treatment conclusion.

The starting point is collaborative case formulation which is developed by identifying the maladaptive interpersonal schemas as appearing in the patients' autobiographical narratives. Once a shared formulation is established, the therapy works on metacognitive differentiation or critical distance from maladaptive interpersonal schemas and experiential access to the healthy self. Throughout therapy, there is a focus on prevention and repair of alliance ruptures, metacommunication in the therapeutic relationship, and behavioural experiments.

## **Who should attend this course?**

MIT-PD draws on CBT, IPT and psychodynamic therapy traditions. Knowledge and practice experience in one of these therapies will enable participants to get the most benefit from this course. We expect the course to be especially valuable to:

- Psychologists, psychiatrists and other mental health professionals in private practice
- Mental health professionals working in Queensland's public mental health services
- Mental health professionals working in headspace and other services for young adults
- Professionals working in substance use and forensic services

## **What Learning Activities Can You Expect?**

The Course will contain both didactic and experiential components.

- All participants will receive copies of key publications outlining the treatment
- Live and video demonstrations of MIT-PD
- Case discussions
- Detailed analysis of core therapeutic interventions

**VENUE:** Queensland University of Technology, KELVIN GROVE, Queensland, Australia

**DATE:** Friday 1<sup>st</sup> and Saturday 2<sup>nd</sup> May, 2015

**COST:** (includes GST, Morning tea and lunch)

1. Standard \$660
2. APS Members \$550

## **Early bird discount (before 2nd March)**

1. Standard \$550
2. APS Members \$450

QUT Student \$330 (no further discount)

**NUMBERS will be LIMITED** Contact: Maria Lyne / [m.lyne@qut.edu.au](mailto:m.lyne@qut.edu.au)

**TO REGISTER ONLINE please click below:**

<https://www.qut.edu.au/study/short-courses-and-professional-development/short-courses/metacognitive-interpersonal-therapy-for-personality-disorders>

If the above link does not open you can copy and paste the link into your web browser.