

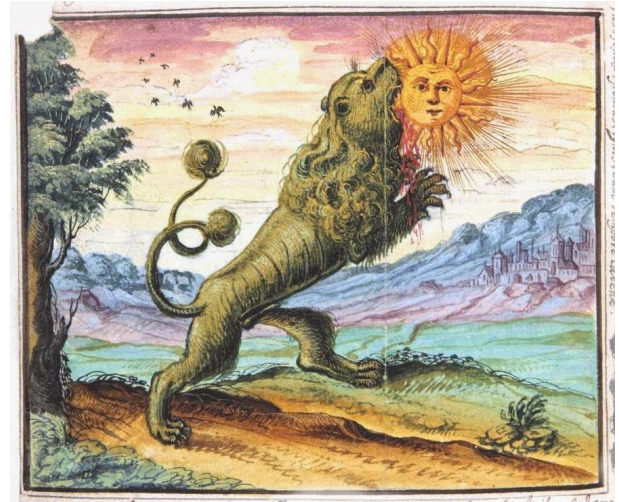
# Borderline Trauma and the Disorders of Self

## - a somatic and relational approach to BPD

A workshop seminar with Tom Warnecke

*"It is by exacting the distance between self and other that strangely we know that we are connected."*

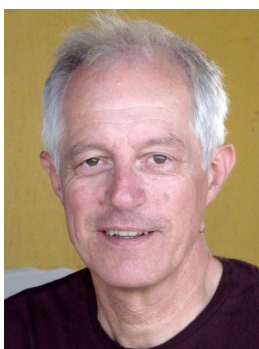
Willow Pearson



The Disorders of Self and most famously Borderline Personality Disorder (BPD) confront us with challenging and bewildering phenomena. The 'personality disorder' construct suggests a one-person-psychology pathological condition but borderline dynamics are most famously associated with difficult or unstable relationships and evoke images of harassed and tormented therapists. 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 Borderline-Narcissistic trauma are also particularly apparent as bodied experiences for both client and therapist. Hyperarousal 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 psycho-motor skills reflect deficiencies in psycho-affective maturation and failures to develop a differentiated psyche-soma relationship. 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. Somatic and relationally informed clinical perspectives are illustrated by case vignettes of BPD psycho-biology and explored through an integration of theoretical discussion and experiential exercises. Participants are invited to contribute clinical case material from their practice for discussion in the group.

This workshop seminar can support therapists from all modalities who work with the Borderline spectrum and meets the needs of experienced practitioners as well as novice therapists.



**Tom Warnecke** (PgDip, ECP, EABP) is a relational body-psychotherapist, writer, artist and faculty tutor at 'Re-Vision' in London. He trained first in Gestalt therapy and later with David Boadella, worked in statutory mental health services, and teaches psychotherapy internationally. His relational-somatic approach to Borderline trauma is utilised by various psychotherapy training institutes and he regularly contributes at European congresses and events. He is a past Vice-chair of the UK Council for Psychotherapy (UKCP) and [www.psychotherapyexcellence.com](http://www.psychotherapyexcellence.com) webcast editor. His publications include book chapters and journal articles, the book *'The Psyche in the Modern World - Psychotherapy and Society'* (Karnac 2015) and most recently, a paper on chronic fatigue phenomena, published in the *Int. Journal for Body, Dance and Movement in Psychotherapy* which he also co-edits.