

Royal College of Psychiatrists in Northern Ireland – Medical Psychotherapy Faculty

Understanding and Managing Personality Disorder in Clinical Practice: A Practical Introduction to Transference-Focused Psychotherapy

Hybrid Event | Friday 27th November | 9:00am – 1:00pm | Belfast & Online

Event Overview

We are delighted to invite colleagues to a special morning event featuring **Dr Tennyson Lee**, an internationally recognised leader in **Transference-Focused Psychotherapy (TFP)** and the treatment of personality disorder.

Dr Lee is a psychoanalyst and Consultant Psychiatrist in General Adult Psychiatry and Medical Psychotherapy, the Lead Clinician at the **DeanCross Personality Disorder Service**, an award-winning clinical unit within East London NHS Foundation Trust. He is a certified teacher and supervisor in TFP accredited by the International Society of Transference-Focused Psychotherapy (ISTFP), a member of its certification board and Applied TFP to Psychiatric Services Committee, he is a founding member and **Chair of the TFP-UK group**.

Dr Lee has made significant contributions through a number of influential publications on personality disorder and psychodynamic treatment, including widely cited work in *BJPsych Advances* and *Psychoanalytic Psychotherapy*.

About the Workshop

This workshop will provide an introduction to **Transference-Focused Psychotherapy (TFP)**, a **state-of-the-art, evidence-based treatment** for patients with personality disorder.

While derived from the psychoanalytic tradition, TFP has evolved into a **structured and highly practical model** that is directly applicable across a range of clinical settings. It contributes not only to **specialist psychotherapy**, but also to **general psychiatric management**, including:

- Assessment and formulation
- Treatment planning
- Management of complex clinical encounters

Dr Lee will introduce the **key concepts, strategies, and techniques** of TFP, and demonstrate how these can be applied to everyday psychiatric practice. Particular

focus will be given to **the psychiatric encounter with patients with personality disorder**, including those with borderline and narcissistic presentations.

The workshop will explore how TFP principles can help clinicians navigate:

- Challenging interpersonal dynamics
- Ruptures in the therapeutic alliance
- Risk and emotional intensity in clinical work

The session will be **clinically rich**, incorporating case-based discussion with local clinicians and real-world scenarios. This approach reflects an international programme of teaching delivered by Dr Lee and colleagues, which has demonstrated **measurable improvements in clinician confidence and therapeutic skill** in working with personality disorder.

Who Should Attend?

This event is designed to be **accessible, practical, and relevant** for:

- Psychiatrists (all specialties and grades)
- Mental health nurses, Social workers, counsellors, and allied health professionals
- Psychologists, psychotherapists and psychoanalysts

All clinicians working with patients with **personality disorder or complex relational presentations** will benefit.

Educational Objectives

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

1. **Describe the theoretical origins and core principles of TFP**
 2. **Understand and apply key TFP strategies, tactics, and techniques** in clinical encounters with patients with personality disorder
-

Why Attend in Person?

We warmly encourage local attendees to join us in **Belfast** to benefit from:

- Direct engagement with Dr Lee and colleagues

- Opportunities for discussion, networking, and shared learning
-

Hybrid Option Available

For those unable to attend in person, a **live online option** will provide access to the full programme.

Join Us

Join us for an **insightful, clinically grounded, and highly relevant morning** that will deepen your understanding of personality disorder and enhance your **confidence and effectiveness in everyday psychiatric practice**.

Further details and booking information coming soon.

Selected References

- Lee T, Hersh RG (2019). *Managing the clinical encounter with patients with borderline personality disorder in a general psychiatry setting*. BJPsych Advances.
- Lee T, Levy KN (2023). *Treating narcissistic personality disorders: A case illustration of key clinical contributions from Transference-Focused Psychotherapy*. Psychoanalytic Psychotherapy.

References Long List

Doering, S, Hörz, S, Rentrop, M, et al. (2010) Transference-focused psychotherapy v. treatment by community psychotherapists for borderline personality disorder: randomised controlled trial. *British Journal of Psychiatry*, 196: 389–95

¹Yeomans FE, Clarkin JF, Kernberg OF. "[Transference-Focused Psychotherapy for Borderline Personality Disorder: A Clinical Guide](#)." Washington, DC: American Psychiatric Publishing; 2015

¹Caligor, E, Kernberg, O, Clarkin, J, et al. (2018) *Psychodynamic Therapy for Personality Pathology: Treating Self and Interpersonal Functioning*. American Psychiatric Publishing

¹Diamond, D., Yeomans, F. E., Stern, B. L., & Kernberg, O. F. (2022). *Treating pathological narcissism with transference-focused psychotherapy*. The Guilford Press.

¹Lee, T., & Levy, K. N. (2023). Treating narcissistic personality disorders: A case illustration of key clinical contributions from Transference Focused Psychotherapy for psychoanalytic practitioners. *Psychoanalytic Psychotherapy*, 37(2), 179–192

¹Hersh, R. G., & De Panfilis, C. (2024). *Implementing Transference-Focused Psychotherapy Principles General Psychiatric Care for Personality Disorders*.

Lee T, Hersh RG. Managing the clinical encounter with patients with borderline personality disorder in a general psychiatry setting: key contributions from transference-focused psychotherapy. *BJPsych Advances*. 2019;25(4):229-236. doi:10.1192/bja.2018.63

Kernberg OF. Extensions of Psychoanalytic Technique: The Mutual Influences of Standard Psychoanalysis and Transference-Focused Psychotherapy. *Psychodyn Psychiatry*. 2021 Winter;49(4):506-531

Sinisi, A., Marchi, M., Prior, D., & Lee, T. (2022). The Contribution of Transference Focused Psychotherapy in Improving Psychiatry Trainees' Attitude and Technical Confidence Towards Patients With Personality Disorders. *BJPsych Open*, 8(S1): S10–S11. DOI: 10.1192/bjo.2022.97. PMID: PMC9378122.

Temmingh, H., Bracken, C., Fanidi, I., & Lee T. (2024). Teaching the principles of transference focused psychotherapy to South African mental health practitioners. *South African Journal of Psychiatry*; 30(0), a2315. DOI: 10.4102/sajpsychiatry.v30i0.2315. PMID: 39650196; PMID: PMC11622135.

Arif Abdul Rassip, M.N., Mohamed, S., Razali, S., Rasidi, D., & Lee, T. (2025). The Effectiveness of Teaching Applied Transference Focused Psychotherapy on the Attitudes and Technical Confidence of Psychiatry Trainees in Malaysia, on the Management of Patients with Personality Disorder. *BJPsych Open*, 11(Suppl 1): S78. DOI: 10.1192/bjo.2025.10250. PMID: PMC12242149.

Sinisi, A., Marchi, M., Pingani, L., Ghirotto, L., Iorio, G., Galeazzi, G.m., & Lee, T. (2025). The contribution of Transference-focused Psychotherapy in general adult psychiatry training: improving trainees' technical confidence and attitude towards people with personality disorder *BJPsych Bulletin*, 1-6. DOI: 10.1192/bjb.2025.10185