

Friday 27th November 2026

**Medical Psychotherapy Faculty, RCPsych-NI Workshop
Understanding and Managing Personality Disorder in Clinical
Practice: A Practical Introduction to Transference-Focused
Psychotherapy and How it Can Help Clinicians**



In person at the Innovation Factory Belfast and online via Zoom

09:00 – 09:30

Registration and Refreshments

09:30 – 09:40

Welcome and Opening Remarks

Dr David Bell

Chair, Medical Psychotherapy Faculty, RCPsych-NI

09:40 – 10:00

Personality Disorder Services in Northern Ireland: The Current State of the Nation

Dr Iain McDougall

Clinical Lead, Northern Ireland Personality Disorder Managed Care Network

10:00 – 11:00

Transference-Focused Psychotherapy: Key Concepts, Strategies, Tactics and Technique

Application to personality disorder and relevance for general psychiatric practice

Dr Tennyson Lee

Consultant Psychiatrist in General Adult Psychiatry and Medical Psychotherapy,
Lead Clinician DeanCross Personality Disorder Service, ELFT and Chair TFP-UK

11:00 – 11:30

Coffee Break

11:30 – 12:55

Applied Transference-Focused Psychotherapy: Case-Based Discussion

An introduction to how TFP can be applied in psychiatric and wider mental health settings, with clinical illustration

Dr Tennyson Lee, with a local clinical contributor presenting a case discussion

12:55 – 13:00

Closing Remarks and Thanks

Chair, Medical Psychotherapy Faculty, RCPsych-NI