VVP webinar

Complex PTSD and borderline personality disorder across the lifespan: clinical specificities and tailored management strategies

Complex Post-Traumatic Stress Disorder (C-PTSD) and Borderline Personality Disorder (BPD) share **significant clinical overlap**, particularly in domains of emotion dysregulation, interpersonal instability, and self-identity disturbance. However, **important differences** exist in their aetiologies, trajectories, and treatment approaches. Misdiagnosis or conflation of these two conditions can lead to **suboptimal care**, especially in adolescents and young adults where early intervention is crucial.

This course aims to provide an in-depth understanding of the phenomenology, neurobiological underpinnings, developmental and clinical aspects, as well as **evidence-based therapeutic strategies** for C-PTSD and BPD. The session will highlight current diagnostic challenges, review recent research findings, and offer clinical tools for differential diagnosis and personalized treatment planning across developmental stages.

Interactive clinical vignettes will illustrate key distinctions and therapeutic decision points. Attendees will gain practical insights into trauma-informed care models, including the integration of stabilization techniques, psychotherapeutic modalities (e.g., DBT, EMDR, TF-CBT), and the management of comorbidities.

14 october & 4 november
20.00u - 21.30u

Speaker: Hala Kerbage; Psychiatrist and Researcher at CHU de Montpellier; MD, PhD

Moderator: Kirsten Catthoor

In collaboration with the European Psychiatric Association (EPA)

For more information and registration, please scan the QR code. Or check the agenda on https://vvponline.be/