

Personality Disorders Fellowship

Name of Institution: McGill University Health Centre, Department of Psychiatry

Location: Allan Memorial, 1025 Pine Avenue O.

Number of positions: 1

Type of Fellowship: personality disorders

Length: 1 year

Program Information_(appended):

- Number of fellowship positions requested--1
- Academic affiliation—this program is supervised by two faculty members (Drs. Joel Paris and Ronald Fraser)
- Name of hospitals involved in training--1
 - % time spent by the fellow in each institution
- Background: The program has been in existence since 2001 and has previously trained several residents.
- Research activity: Dr. Joel Paris, and Dr. Lise Laporte (psychologist) are actively pursuing research and have recently completed an FRSQ grant-supported project.
- Publications: see attached CV for Joel Paris
- Mission: to provide high quality specialty care, to teach the management of PDs, and to conduct research.
- Outline how intended fellowship will enhance residency training: A resident in this program would be supervised in advanced methods of group and individual therapy, as well as rehabilitation methods, It would also provide experience in research under the supervision of Joel Paris.

Name of the Fellowship Program Director: Joel Paris

Names of the Teaching Faculty

- Roles: Joel Paris,MD, psychiatrist
Ronald Fraser, MD, psychiatrist
Jennifer 'Russell, PhD, psychologist
Lise Laporte, PhD, psychologist
- Summary of clinical practice: all above are highly experienced clinicians with published research
- Major Strengths: this program is uniquely set up to provide training for an unusually challenging group of patients,

Academic Facilities

- Outline facilities for clinical and academic pursuit

We treat about 30 patients in the 12-week program and 40-50 in the long-term program, Residents can also participate in community consultations conducted by Dr. Paris and learn to use instruments for diagnostic assessment,

- Library access, materials relevant to fellowship training: All residents have access to a modern library and a computer,
- Multimedia learning materials available: We video all assessments in the long-term program, which allows us to critique interviewing skills more precisely.
- Availability of a skills lab if applicable N/A

Fellow Duties and Responsibilities

- Call responsibilities to cover service—no call
- Include whether the fellow is the senior supervisor of residents--no
- Outline whether there are fixed rotations at various institutions--no
- Outpatient clinic responsibilities need to be outlined—consults and treatment as noted
- Outline role of the fellow towards residents on service—n/a
- Teaching responsibilities towards residents n/a
- Outline participation in academic activities involving the residents: seminars, outcome assessment (morbidity and mortality rounds etc)—we have teaching seminars for residents which the fellow could participate in
- Describe any support staff available to the fellow: program coordinator, nurse clinician, secretarial—our clinical coordinator runs the program
- Proposed meetings to be attended by the fellow—personality disorder conferences
- Research productivity and publications expected by the Fellow—a project should be developed and supervised by Dr. Paris, leading to publication

Curriculum

- Intended case load—resident should do two groups and carry about 5-6 patients individually
- Intended Percentage of varieties of cases—most cases will be BPD or recovered from BPD
- Regular reading materials provided (if any)—to be assigned by Dr. Paris
- Conference weekly schedules—two weekly team meetings plus individual supervision from Drs. Paris and Fraser
- Role of the fellow in attending, presenting, supervising, organization—fellow expected to give at least one grand rounds to the department

Personality Disorder Program at MUHC

- The Personality Disorder program consists of two parts: 1) a 12-week treatment for acutely ill patients with borderline personality disorder; 2) a 6 month to 2 year treatment for chronic personality disordered patients.
- The 12-week program is supervised by Dr. Joel Paris. It uses weekly group and individual therapy to deal with crises and to teach patients alternatives to pathological behaviors such as cutting and overdosing.

- The extended care program is supervised by Dr. Ronald Fraser. It is directed at patients who have been treatment failures and who have been in the system for extended periods. It also consists of weekly group and individual therapy, but with a greater emphasis on rehabilitation and life skills. Patients contract for 6 months and can be renewed for up to two years. The model for both programs is eclectic, applying evidence-based methods to this difficult population.
- The program has taught residents for several years. It has also been the basis for research and publications (see CV of Dr. Paris). We are linked through the RUIS structure to similar clinics at JGH, Douglas, and St.Mary's. We do consults on PD patients for the hospital. Finally, we conduct a large number of consults for the community.

- **PUBLICATIONS**

- a) Recent Articles in peer-reviewed journals

- 119. Zweig-Frank, H, Paris, J, Ng, F, Swartz, G, Steiger, H, Nair, V: Childhood sexual abuse in relation to neurobiological challenge tests in patients with borderline personality disorder and normal controls. *Psychiatry Research* 2006, 141; 337-341
- 120: Brezo, J, Paris, J, Turecki, G: Personality Traits As Risk Factors for Suicidality: A Systematic Review. *Acta Psychiatrica Scandinavica*, 113:180-206, 2006
- 121. Brezo J, Paris' J, Tremblay R, Vitaro F, Hébert M, Zoccolillo, M, Turecki, G: Personality traits as correlates of suicidal attempts and ideation in young adults. *Psychological Medicine*, 36:191-202, 2006
- 122. Predicting and Preventing Suicide: Do We Know Enough to Do Either? *Harvard Review of Psychiatry*, 14: 233-240, 2006,
- 123. McGirr, A, Paris, J, Lesage, A, Renaud, J, Turecki G: Risk factors for suicide completion in borderline personality disorder: a case-control study of cluster B comorbidity and impulsive aggression. *Journal of Clinical Psychiatry*, 2007; 68: 721-729
- 124. Paris, J, Gunderson JG, Weinberg I: The interface between borderline personality disorder and bipolar spectrum disorder. *Comprehensive Psychiatry*, 48:145-154, 2007
- 125. Zelkowitz, P, Paris, J, Guzder J, Feldman, R, Rosval, L: A five-year follow-up of children with borderline pathology of childhood. *Journal of Personality Disorders*, 21: 664-674, 2007
- 126. The nature of borderline personality disorder: Multiple symptoms, multiple dimensions, but one category. *Journal of Personality Disorders* 2007, 21: 457-473
- 127. Why psychiatrists don't diagnose borderline personality disorder. *Psychiatry-2007* 4:1 (online)
- 128. Russell-Archambault, J, Moskowitz, D, Sookman, D, Paris, J: Affective instability in patients with borderline personality disorder. *J Abnormal Psychology* 2007; 116: 578-588
- 129. Intermittent psychotherapy: an alternative for patients with personality disorders. *Journal of Psychiatric Practice* 2007; 13:153-8
- 130. Brezo, J, Paris, J, Tremblay, R, Vitaro, F, Hébert, M, Turecki, G: Distal and Proximal Correlates of Suicide Attempts in Suicidal Ideators: A Population-based Study. *Psychol Med* 2007; 37: 1563-1574
- 131. Brezo J, Paris' J, Tremblay R, Vitaro F, Hébert M, Zoccolillo, M, Turecki, G,: Natural history of suicidal behaviors in a population-based sample of young adults *Psychological Medicine* 2007:1563-1574
- 132. Yu, R, Wang, Z, Qian, F, Jang, KL, Livesley, WJ, Paris, J, Shen, M, Wang, W: Perceived parenting styles and disordered personality traits and in adolescent and adult students and in personality disorder patients. *Social Behavior and Personality* 2007; 35: 587-598
- 133. Personality, gender, and mental health. *Journal of Personality and Mental Health* 2007; 1:14-20

- 134. Brezo, J., Paris, J., Tremblay, R., Vitaro, F., Hébert, M. & Turecki, G. Identifying correlates of suicide attempts in suicidal ideators: a population-based study. *Psychological Medicine* 2007: 1551-1562.
- 135. Brezo J, Paris J, Hebert M, Vitaro F, Tremblay R, Turecki, G:
○ Broad and narrow personality traits as markers of one-time and repeated suicide attempts: a population-based study. *BMC Psychiatry* 2008, 8:15
- 136. An evidence-based approach to the management of suicidality in borderline personality disorder. *Social Work in Mental Health*, 2008, 6: 99-108
- 137. Paris, J: Clinical trials in personality disorders, *Psychiatric Clinics of North America* 2008; 31:517-26
- 138. Brezo, J, Paris, J, Tremblay, R, Vitaro, F, Hébert, M, Turecki, G: Predicting suicide attempts in young adults with histories of childhood abuse. *British Journal of Psychiatry* 193: 134-139
- 139. Brezo, J, Paris, J, Tremblay, R, Vitaro, F, Hevert, M, Turecki, G: DAPP-BQ: Factor structure in French-Canadians. *Journal of Personality Disorders* 22: 538-545
- 140. Recent advances in research on personality disorders (invited paper for *Current Psychiatry Reviews*, on line)
- 141. Brezo, J, Barker, ED, Paris, J, Tremblay, R, Vitaro, F, Turecki, G Childhood personality trajectories of anxiousness and disruptiveness as predictors of suicide attempts. *Archives of Pediatrics and Adolescent Medicine* 2008;162:1015-21
- 142. McGirr, A, Paris, J; Lesage, A; Renaud, J, Turecki, G:
○ An examination of DSM-IV borderline personality disorder symptoms and risk for suicide completion: a psychological autopsy study. *Canadian Journal of Psychiatry* (in press)
- 143. Patten, S, Paris, J: The Bipolar Spectrum—A Bridge Too Far? *Canadian Journal of Psychiatry* 2008; 53:762-768
- 144. The treatment of borderline personality disorder: Implications of research on diagnosis, etiology and outcome. *Annual Review of Clinical Psychology*, 2009, 5:75-88
- 145. The Bipolar Spectrum: A Critical Perspective. *Harvard Review of Psychiatry* (in press)
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