

### Center for Intensive Treatment of Personality Disorders

CITPD offers specialized, intensive ambulatory treatment for persons diagnosed with a Personality Disorder or personality-related symptoms, including, but not limited to:

- recurrent suicidal thoughts, behaviors or gestures
- self-injurious behaviors
- impulsivity and/or high-risk behaviors
- identity/self-image problems
- interpersonal/relational/family problems and conflicts
- emotional/mood dysregulation
- dissociative symptoms
- social/interpersonal isolation
- problems with intimacy and trust
- sexual/gender-identity problems
- unusual perceptual experiences or thoughts
- body image problems
- addictive behaviors other than substance abuse/dependence
- shyness/inhibitions/fear of rejection
- difficulties in making decisions/excessive perfectionism

### Treatment

The Center offers integrated, intensive, highly individualized individual and group treatment, including:

- Dialectical Behavior Therapy (DBT)
- Psychodynamic Therapy
- Mentalization-Based Therapy
- Cognitive Therapy
- Psychopharmacology

We believe that psychiatric treatment, and psychotherapy in particular, is a unique, intricate and highly personal process of self-examination and self-transformation involving a complex sequence of interactions and interventions between the therapist(s) and the patient(s). It often entails a dialectic between validation and strengthening of what is adaptive in one's behavior and an effort to change that which is maladaptive and/or self-destructive.

As a multidimensional process, psychotherapy involves a thorough exploration of problematic patterns of behaviors, feelings, cognitions, thoughts, interactions as well as other, internal and overt, aspects of one's functioning. It may also necessitate an in-depth exploration of unconscious and conscious aspects of current symptoms and behaviors.

The process of psychotherapeutic change typically initiates and leads to new learning and problem solving, new understanding and insight, acquisition and rehearsal of new skills and behaviors combined with a development of a new, more healthy lifestyle.

### Information and Referral

Patients, families, and friends please contact the Access Center at **(212) 523-8080**.

Providers considering referring their patients to CITPD can contact **Andrew Twardon, Ph.D., CITPD Clinical Director**, at **(212) 523-7881** for more information about the program and the referral process.

### Staff

CITPD programs are staffed by an interdisciplinary team of clinical psychologists, psychiatrists, psychiatric social worker, creative arts psychotherapist, psychiatry residents, psychology externs, interns and postdoctoral fellows undergoing their clinical training at St. Luke's-Roosevelt Hospital Department of Psychiatry.

### Admission Criteria

Admission and program placement are based on a comprehensive assessment and review by CITPD multidisciplinary treatment team using the following criteria:

- principal or secondary DSM-IV diagnosis of a Personality Disorder
- ability and willingness to participate in intensive, group-based treatment
- commitment to 5 days per week attendance and 6 month long treatment cycle
- commitment to drug-free functioning and / or enrollment in concurrent substance abuse treatment, if needed
- ability and willingness to comply with program policies and rules assuring safety of self and others

### Program-Specific Criteria

- **The MORNING (AM) program [9:30-12:00]**—prominent and persistent (DSM Axis I) psychiatric symptoms and serious impairments of daily functioning combined with longstanding personality-related (DSM Axis II) interpersonal problems in treatment adherence, relationships, work or school
- **The AFTERNOON (PM) program [1:00-4:00]**—serious, primarily personality-related, personal and interpersonal (DSM Axis II) problems combined with another, non-psychotic, psychiatric (DSM Axis I) syndrome. Substantial work and/or school experience.
- **The EVENING (IOP) program [4:00-6:30]**—a wide spectrum of acute, primarily personality-related, personal and interpersonal problems (DSM Axis II). Part-time employment or school.
- **The MODIFIED program**—meeting criteria for any of the above three main programs but having difficulties engaging and continuing in treatment or in transitioning to a less intensive level of care.

The **MODIFIED** program consists of three separate tracks:  
**Track I [10:30-12:00]; Track II [2:00-3:30]; Track III [4:00-5:30].**

### Location and Hours of Operation

The Center is open 9:15 AM–6:30 PM, Monday-Friday, and is located at:

#### Roosevelt Hospital

1000 Tenth Avenue, 6th floor, New York, NY 10019  
Main phone #: **(212) 523-6983**

All programs require 5 day/week, Monday-Friday participation.