



## “The psychotherapeutic treatment for Borderline Personality Disorder in adolescence: narration of a clinical case”

**Name: Iliaria Monticone**

**Affiliation:** Lecturer at the ASPIC (Association for the Development of the Individual and the Community graduate school) specializing in Integrated Pluralistic Psychotherapy.

**Country:** Italy

**Email ID:** ilaria\_monticone@hotmail.com

### ABSTRACT (upto 300 words)

The diagnosis of borderline personality disorder has always been a process of difficult evaluation in adolescence on the grounds that the latter mentioned phase displays characteristics similar to those observed in borderline personality disorder such as emotional, behavioral and interpersonal dysregulation. In any case, research in recent years has demonstrated that the borderline personality disorder begins in adolescence, and this is why it is important to effectuate an early diagnosis combined with effective psychotherapeutic treatment. In the following article we will describe the clinical case of an adolescent with borderline personality disorder with the objective to illustrate the psychotherapeutic treatment based on the Integrated Pluralistic Model. The specificity of the multi-faceted model, that connects clinical phenomenology and humanistic psychotherapy, is to utilize diverse theories and techniques of intervention which, in our case, have been adapted to the intervened changes in the adolescent and to the objectives within the therapeutic project.

### BIOGRAPHY (upto 200 words)

**Iliaria Monticone**, psychologist and psychotherapist, is involved in the clinical field dealing with individual and group psychotherapy. Lecturer at the ASPIC (Association for the Development of the Individual and the Community graduate school) specializing in Integrated Pluralistic Psychotherapy. She is a member of ASPICARSA (Applied Scientific Research) and author of several scientific articles published by the journal "Integration in Psychotherapies" the article being, “The psychotherapeutic treatment for Borderline Personality Disorder in adolescence: narration of a clinical case” in the Phenomena Journal, International body of Psychopathology, Neuroscience and Psychotherapy. She has been published by Sovera, her works being "Stress and Burnout of the Teacher" (2015) and "Stress from work" (2014).





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**Contact number:** +393495311411

