



Kramer-Mahler Forum:
The Use of Transference-Focused Psychotherapy for
Adolescents (TFP-A) to Treat a Teenager with
Narcissistic Personality Disorder

Presented By:
Joanna Bird, MD
Lina Normandin, PhD

Saturday, January 24th, 2026
9:30 am – 11:30 AM EST
Virtual via Zoom

ABOUT THE PROGRAM

Transference Focused Psychotherapy (TFP) is an evidence-based, manualized psychoanalytic psychotherapy designed to treat adult personality disorders that has been adapted for the treatment of teenagers with personality pathology as Transference Focused Psychotherapy for Adolescents (TFP-A). Drs. Normandin and Bird will review the Structural Object Relations Theory that is the foundation of TFP and discuss a case in which TFP-A was used to treat a 17-year-old male with Narcissistic Personality Disorder (NPD). This presentation will highlight the techniques identified across modalities for successful treatment of pathological narcissism including goal setting, developing a therapeutic alliance, using a treatment contract and addressing treatment interfering behaviors while taking into consideration the reshaping of personality and interpersonal functioning that occurs in adolescents. The discussion will examine how Structural Object Relations Theory informs the assessment, strategies and specific challenges in the treatment of adolescents including differentiating identity diffusion from normative identity confusion, the goal of identity integration, and the collaboration with parents/caregivers.

-
- 2 CE/CME's Available
 - \$80 for Non-Members Seeking CE/CME Credit
 - \$40 for Non-Members not Seeking CE/CME Credit

A blue oval button with a white border and a textured background, containing the text 'RSVP HERE!' in white capital letters.

RSVP
HERE!



Kramer–Mahler Forum: The Use of Transference–Focused Psychotherapy for Adolescents (TFP–A) to Treat a Teenager with Narcissistic Personality Disorder

ABOUT THE PRESENTERS

Joanna Bird, MD, is a child, adolescent and adult psychiatrist with certification and expertise in Transference Focused Psychotherapy (TFP) for personality disorders. She trained in general psychiatry at Weill Cornell Medical Center/New York Presbyterian Hospital during which time she completed a fellowship in psychoanalysis at the New York Psychoanalytic Institute. She graduated from the Child and Adolescent Psychiatry Residency Program at New York Presbyterian Hospital where she was the recipient of the Edward J. Sachar Award for Clinical Excellence. She went on to specialize in early childhood development and perinatal mental health as the Perinatal and Infant Psychiatry Fellow at Weill Cornell Medical Center. Working with parent–child dyads, Dr. Bird observed the interplay between attachment, mentalization and emotional regulation which led to her interest in Structural Object Relations Theory, the theoretical foundation for TFP. She completed the TFP program through the Columbia University Center for Psychoanalytic Training and Research where she now teaches in both the TFP and the Adult Psychotherapy Programs. She recently published a case report of her treatment of narcissistic personality disorder with TFP in the *Journal of Clinical Psychology* in 2024. Dr. Bird maintains a private practice in Morris County, New Jersey where she works with patients of all ages as well as parents, couples and families.

After a two–year postdoctorate fellowship at New York Hospital (Weill Cornell University Medical College), Professor Normandin joined the School of Psychology at Laval University in 1993. She directs funded research on: 1) the validation of a three–dimensional construct of mental activity (or countertransference) in psychotherapy; 2) the assessment and treatment of sexually abused children; and 3) the treatment of adolescent and adult patients with borderline personality disorders. She is also involved in research on the treatment of children with severe emotional distress, mother–child attachment, and more recently, she is working to validate a protocol for the assessment and treatment of personality disorder in adolescence. She is leading a working group at the Personality Disorders Institute in New York, which has undertaken to adapt the transference–focused treatment developed by Otto F. Kernberg to adolescents with severe personality disorders. She is also a member of the Center for Interdisciplinary Research on Conjugal Problems and Child Sexual Abuse (CRIPCAS) recognized by the Quebec Funding of Social Science Research (FQRSC) and holds the Research Fellow status of the International Psychoanalytic Association.



Kramer-Mahler Forum:
The Use of Transference-Focused Psychotherapy for
Adolescents (TFP-A) to Treat a Teenager with
Narcissistic Personality Disorder

ABOUT THE PRESENTERS

Professor **Lina Normandin, PhD** has extensive experience in the assessment and treatment of children and adolescents as well as adults with severe personality disorders. Her experience now benefits Ph.D. students and mental health clinicians by providing clinical training to the Consulting Service of the School of Psychology at Laval University, the Clinique Cherrier in Montreal, a unique private center devoted among others to the treatment of personality disorders and the Psychology Centre de la Cité, a specialized center for the treatment of complex trauma and personality disorders in Quebec. She has also been involved in the development of therapeutic tools with children, the development of treatment manuals for children, adolescents and adults, and the translation and adaptation of questionnaires. From 1994 to 1998, she acted as assistant syndic at the Psychology Disciplinary Board of Quebec.

EDUCATIONAL OBJECTIVES

At the end of this presentation, participants will be able to:

1. Describe the core principles and treatment structure of Transference Focused Psychotherapy for Adolescents (TFP-A)
2. Identify key features of narcissistic personality organization as they manifest in adolescence.

CONTINUING MEDICAL EDUCATION/CONTINUING EDUCATION

Continuing Medical Education (CME):

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of American Psychoanalytic Association and the Psychoanalytic Center of Philadelphia. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physicians.

The American Psychoanalytic Association designates these Live Activities for a maximum of 2 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

IMPORTANT DISCLOSURE INFORMATION FOR ALL LEARNERS: None of the planners and presenters of this CME program have any relevant financial relationships to disclose.



Continuing Education for Psychologists (CE):

The Psychoanalytic Center of Philadelphia is approved by the American Psychological Association to sponsor continuing education for psychologists. The Psychoanalytic Center of Philadelphia maintains responsibility for this program and its content. Every session of this program offers CE credit for psychologists.

Continuing Education for Social Workers, Marriage and Family Therapists, and Professional Counselors (CE): In accordance with the requirements of the Commonwealth of PA dated 12/23/06 [PA Code: Title 49, Ch. 47-49], The State Board of Social Workers, Marriage and Family Therapists, and Professional Counselors recognizes the American Psychological Association (APA) as a preapproved provider of continuing education programs for social workers and clinical social workers, marriage and family therapists, and professional counselors in the State of Pennsylvania. The Psychoanalytic Center of Philadelphia is approved by the American Psychological Association to sponsor continuing education programs.

For more information, please contact the Psychoanalytic Center of Philadelphia:

**Rockland – East Fairmount Park
3810 Mt. Pleasant Drive Philadelphia, PA 19121**

215-235-2345

pcop@philanalysis.org

The Psychoanalytic Center of Philadelphia is committed to reasonable accommodations for any member or program attendee with a disability unless doing so would cause significant hardship to the organization. Advance written notice is necessary to arrange for some accessibility needs. To request accommodations for this program, please [click here](#) to complete an Accommodation Request Form.