

Good Psychiatric Management Fundamentals	
Fundamental	Essential Elements
Conservative psychopharmacology	<ul style="list-style-type: none"> • Adjunctive to psychosocial treatments • No one medication is uniformly or dramatically helpful
Coordination of care	<ul style="list-style-type: none"> • Family psychoeducation is important • Use adjunctive treatments (eg, dialectical behavior therapy skills groups when resources allow) • Collaboration among providers is essential
Diagnostic disclosure	<ul style="list-style-type: none"> • Provides validation and hope • Withholding diagnosis blocks patient from receiving appropriate treatment, can cause iatrogenic harm
Getting a life	<ul style="list-style-type: none"> • Primary goal: Build a meaningful life • Secondary goal: Symptom reduction, self-control
Psychoeducation	<ul style="list-style-type: none"> • Useful treatment in and of itself • Symptoms are rooted in interpersonal hypersensitivity • Prognosis is cautiously hopeful
Suicidality and self-harm management	<ul style="list-style-type: none"> • Suicidality and self-harm are reactions to interpersonal distress • Response: Expression of concern and clear-headed evaluation of level of risk • Collaboration with patient, clinicians to make a safety plan

Source: Finch EF et al, *J College Stud Psychother* 2019;33(2):163-175

From the Expert Q&A:

“Borderline Personality Disorder in the ED”

with **Victor Hong, MD**

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