

Outline

Understanding personality disorders

Updates to DSM-5® and future changes
The real purpose of diagnosis
Treatment errors and misdiagnosis
Core vs. surface structures
Four central components to diagnosis

Antisocial character

Understanding psychopathology
Developmental progress in childhood
Oppositional defiance
Attachment and family of origin
Primary defenses and affects
Importance of personal power
Managing in-session violence
Suicide attempts and threats
Blockades – manipulation and power struggles
Risk analysis to self and other
Interpersonal theory techniques
Transference and countertransference
Lessen destructive behaviors
Cognitive-behavioral techniques
Psychopharmacology and applicability
Case studies and treatment exercises
Differential diagnoses

Borderline character

Symptom presentation along the spectrum
Attachment and family backgrounds
Feeling identification and behavioral control
Manage rage, boundaries, self-mutilation and suicidality
Facilitate pattern recognition, create stability, and build therapeutic collaboration
Develop true sense of self and lessen maladaptive need for attention
Underlying wishes and fears
Build DBT core mindfulness skills
DBT techniques to dissolve distraction, calm interpersonal upheavals, and focus on the “genuine relationship”
DBT emotion regulation skills
Psychopharmacology and applicability
Case studies and treatment exercises
Differential diagnoses

Narcissistic character

Narcissism and environmental contexts
Attachment and family backgrounds
Primary defenses and affects
Tackle the veneer of perfectionism
Blockades - power struggles, empathy and criticism
The narcissistic/borderline client
Interpersonal strategies for empathy
CBT techniques to clarify behaviors, values and goals
Tactics to avoid arguing
Motivational interviewing to overcome resistance
Prevent sabotage
Build a sense of true self
Psychopharmacology and applicability
Case studies and treatment exercises
Differential diagnoses

Histrionic character

Moody to excited to flamboyant: the erratic client
Attachment and family backgrounds
Primary defenses and affects
Coquettish behavior, avoidance drama, inauthenticity
Dangers of the histrionic client
Link between emotions and behavior
Interpersonal strategies for expression of true self
Enhance sense of self and lessen the “spotlight”
Motivational interviewing techniques
DBT techniques
Interpersonal strategies for positive relationships
Strengthen self-initiative and independent action
Psychopharmacology and applicability
Case studies and treatment exercises
Differential diagnoses

Target Audience

Counselors • Social Workers
Psychologists • Psychotherapists
Therapists • Addiction Counselors
Marriage and Family Therapists
Case Managers • Nurses
Other Mental Health Professionals

Live Seminar Schedule

7:30 am Registration/Morning Coffee & Tea
8:00 am Program begins
11:50 am - 1:00 pm Lunch (*on your own*)
4:00 pm Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

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BORDERLINE, NARCISSISTIC, ANTISOCIAL AND HISTRIONIC Personality Disorders

Effective Treatments for Challenging Clients

SAVANNAH, GA • Wednesday, August 14, 2019
AUGUSTA, GA • Thursday, August 15, 2019
COLUMBIA, SC • Friday, August 16, 2019



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BORDERLINE, NARCISSISTIC, ANTISOCIAL AND HISTRIONIC Personality Disorders

Effective Treatments for Challenging Clients

- Understand the unique traits of antisocial, narcissistic, histrionic and borderline clients
- Make a clinical breakthrough with effective, evidence-based treatment methods for each disorder
- Gain the knowledge, skills, and abilities to accurately identify and treat your most difficult personality disordered clients!

SAVANNAH, GA • Wednesday, August 14, 2019
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Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Nicole Rate at nrate@pesi.com or 715-855-5291.

Join Dr. Kenneth Cairns as he delivers an intensive workshop and seminar designed to provide you with the knowledge, skills, and abilities to identify and treat your most difficult personality disordered clients. Better understand your clients with Antisocial, Narcissist, Histrionic and Borderline Personality Disorder and make a breakthrough in clinical treatment.

- Manage the manipulative and possibly violent Antisocial Personality Disorder in-session.
- Overcome the Narcissistic Personality Disorder trait of perfectionism and combat their need to overpower you as the therapist.
- Better understand your clients diagnosed with Histrionic Personality Disorder whose intense emotions and need for attention will test your patience and compassion.
- Help the Borderline Personality Disorder client deal with their explosive emotions, self-harm tendencies and cravings for chaos.

Case studies and video examples will be used to illustrate client symptom presentation, treatment, and management of each Cluster B client type. You will explore various modalities that are effective with antisocial, narcissistic, histrionic, and borderline personality disorders, such as Motivational Interviewing, Cognitive-Behavioral, Interpersonal, and Dialectical therapies. Each of these theories will be explored to provide you with solid and useable skills to include in your daily practice.

Speaker

Kenneth B. Cairns, PhD, is a licensed psychologist with 25 years of experience conducting and overseeing the delivery of mental health services to individuals with severe mood and personality disorders. Dr. Cairns received his graduate education at Case Western Reserve University in Cleveland, OH. Since that time, he has spent nearly 19 years providing and overseeing the delivery of mental health services to individuals incarcerated in the Pennsylvania state correctional system. In this capacity, Dr. Cairns has worked with numerous individuals with severe personality and behavioral disorders. At the present time, he oversees the delivery of mental health services to individuals in nine state correctional institutions.

Dr. Cairns has instructed undergraduate coursework in psychology and criminology at the University of Pittsburgh and Seton Hill University. He has also instructed graduate-level courses in behavioral analysis at Waynesburg University. He has trained law enforcement officers, negotiators, psychologists, and allied health care professionals. Dr. Cairns lectures frequently on topics including personality disorders, psychopathy, behavioral analysis, serial killers, mental preparedness, situational awareness, and a variety of other topics.

Speaker Disclosures:
Financial: Kenneth Cairns has an employment relationship with the Pennsylvania Department of Corrections. He receives a speaking honorarium from PESI, Inc.
Non-financial: Kenneth Cairns has no relevant non-financial relationship to disclose.

Questions? Call customer service at 800-844-8260

Hassle-Free Cancellation Policy:
If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



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PESI, Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

Objectives

1. Determine how the changes with the DSM-5® impacts diagnosis and treatment of the Cluster B Personality Disorders.
2. Identify and diagnose clients with antisocial, narcissistic, histrionic and borderline Personality Disorders to effectively inform your choice of treatment interventions.
3. Utilize case studies to differentiate symptom overlap, effective treatment and emotional management of each Cluster B Personality Disorders client type.
4. Manage the manipulative and potentially violent behaviors with your clients diagnosed with Antisocial Personality Disorder in session to make therapeutic progress.
5. Implement CBT techniques to clarify behaviors, values and goals with clients diagnosed with Narcissistic Personality Disorder.
6. Incorporate techniques to decrease explosive emotions, self-harm tendencies and cravings for chaos for clients diagnosed with Borderline Personality Disorder.
7. Utilize MI and DBT techniques with clients diagnosed with Histrionic Personality Disorder to help manage cognition and improve emotional regulation.

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

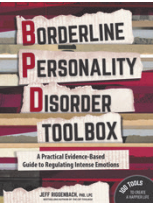
GEORGIA COUNSELORS: 6.25 of Core hours, applied for through the Licensed Professional Counselors Association of Georgia, LPCA.

SOUTH CAROLINA COUNSELORS, MARRIAGE & FAMILY THERAPISTS AND PSYCHO-EDUCATIONAL SPECIALISTS: This program has been approved for 6.0 continuing education hours by the South Carolina Board of Examiners for Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. Provider #4540.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

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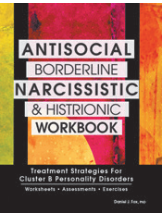
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Borderline Personality Disorder Toolbox: A Practical Evidence-Based Guide to Regulating Intense Emotions

By Jeff Rigenbach, Ph.D., LPC

Drawing from a variety of evidence-based approaches, the *Borderline Personality Disorder Toolbox* is a real-world self-help workbook. Escaping generalizations and stereotypes, this complete guide is filled with practical explanations, along with over 100 worksheets and activities to improve behavior. - Take control of your emotions before they take control of you.



Antisocial, Borderline, Narcissistic and Histrionic Workbook: Treatment Strategies for Cluster B Personality Disorders

By Daniel J. Fox, Ph.D.

Developed from years of experience working with complex and challenging clients, Daniel Fox, PhD has created the ultimate workbook to effectively treat clients with antisocial, histrionic, narcissistic and borderline personality disorders. Utilize unique worksheets, checklists and other exercises to diagnose, tackle specific issues, reduce problematic symptoms and keep therapy moving forward.

NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

FLORIDA BOARD OF PSYCHOLOGY: PESI, Inc., is an approved provider with the Florida Board of Psychology. Provider Number 50-399. This course qualifies for 6.3 continuing education credits. Please make sure to bring your license number to the seminar so that we can report your attendance to CE Broker.

***FLORIDA PARTICIPANTS ONLY:** To be reported to CE Broker, while completing the online post-test/evaluation, please answer YES to the question: "Do you need your hours reported to FL CE Broker?" and include your complete license number when you are prompted (i.e. MH1234, RN9876543, OT159, etc.). After completing and passing the online post-test/evaluation, your information will automatically be sent to cepesi@pesi.com to be reported. If you forget to answer yes, please send an email to cepesi@pesi.com with the following information: full title of the activity, speaker name, date of live broadcast, date you completed the post-test, and your name and your license number. Please allow 3-4 weeks for processing.

SOCIAL WORKERS: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for the course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits for completing this course. Course Level: Intermediate. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation. Full attendance is required; no partial credits will be offered for partial attendance.

OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

QUESTIONS? Call 800-844-8260 or e-mail us at info@pesi.com.

How to Register: BORDERLINE, NARCISSISTIC, ANTISOCIAL AND HISTRIONIC PERSONALITY DISORDERS: EFFECTIVE TREATMENTS FOR CHALLENGING CLIENTS

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2 Check location: (make copy of locations)

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TUITION OPTIONS <ul style="list-style-type: none">• FREE MILITARY TUITION: PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. Limited seats available; advance online registration required.• \$30 Tuition: If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.• Groups of 5 or more: Call 800-844-8260 for discounts.• Discounted Student Rate: As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details. Advance registration required. Cannot be combined with other discounts.	

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