

..... Outline .....

The Personality Mystique

DSM-5® criteria  
Treatment errors and misdiagnoses  
Core and/or surface structure and the role of the clinical disorders  
Differential diagnoses  
Five central components to accurate diagnosis  
Insulate your clients against risk factors

Antisocial Spectrum

Oppositional defiance to psychopath  
Attachment  
Manage and avoid in-session violence and threats  
Secondary gains, suicide attempts and threats  
Overcome blockades – manipulation, threats, power struggles and more  
Symptom presentation and risk analysis to self and other  
Interpersonal theory techniques for compliance  
Balance transference and countertransference  
Lessen destructive behaviors  
Cognitive-behavioral experiential techniques to lessen pathology  
Psychotropic medications  
Case studies and treatment exercises

Narcissistic Spectrum

Narcissistic presentation and the environmental context  
Attachment and pathological narcissism  
Tackle the veneer of perfectionism  
Overcome blockades – power struggle, absent empathy, excessive criticism  
The narcissistic/borderline client  
Interpersonal strategies for empathy engagement  
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  
Case studies and treatment exercises

Live Seminar Schedule

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

Histrionic Spectrum

Moody to excited to histrionic: the erratic client  
Attachment  
Coquettish behavior, avoidance drama, inauthenticity  
Dangers of the histrionic client  
Link between emotions and behavior  
Interpersonal strategies to encourage expression of true self  
Enhance sense of self and lessen the “spotlight”  
Motivational Interviewing techniques  
DBT techniques  
Interpersonal strategies to build positive relationships  
Strengthen self-initiative and independent action  
Psychotropic medications  
Case studies and treatment exercises

Borderline Spectrum

Symptom presentation along the spectrum  
Attachment  
Feeling identification and behavioral control  
Manage self-harm and suicidality  
Rage-ful outbursts, self-mutilation, boundary violations  
Create stability and build therapeutic collaboration  
Develop true sense of self and lessen maladaptive need for attention  
Facilitate pattern recognition  
Lessen the impact of maladaptive patterns  
Underlying wishes and fears  
Build DBT core mindfulness skills  
DBT techniques to dissolve the distraction and focus on the “genuine relationship”  
Calm interpersonal upheavals with DBT  
DBT emotion regulation skills  
Psychopharmacology and applicability  
Case studies and treatment exercises

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.

**Seminar on DVD or CD Package:**  
You can purchase a self-study package on the subject. You will receive a set of DVDs or CDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesi.com](http://www.pesi.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.



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**Antisocial, Borderline, Narcissistic and Histrionic**

Effective Treatment for Cluster B Personality Disorders

*Featuring,* **Charles Jacob, Ph.D.**

**JACKSON, MS**  
Wednesday, October 23, 2019

**TUPELO, MS**  
Thursday, October 24, 2019

**MEMPHIS, TN**  
Friday, October 25, 2019

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**PESI®**

**Antisocial, Borderline, Narcissistic and Histrionic**

Effective Treatment for Cluster B Personality Disorders

*Featuring,* **Charles Jacob, Ph.D.**

- 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!

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# Antisocial, Borderline, Narcissistic and Histrionic

## Effective Treatment for Cluster B Personality Disorders

Join national trainer, Charles Jacob, Ph.D., as he delivers an intensive workshop and seminar designed to provide you with the knowledge, skills, and abilities to accurately identify and treat your most difficult personality disordered clients. Better understand your clients with Antisocial, Narcissist, Histrionic and Borderline Personality Disorder client 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.

**Stop being stuck and frustrated with your Cluster B Personality Disorder clients! Sign up for this seminar today!**

## ..... Speaker .....

**Charles Jacob, Ph.D.,** is a psychologist with over 15 years of clinical experience conducting and overseeing the delivery of mental health services to individuals with severe mood and personality disorders as well as their families. He is past president of the Pennsylvania branch of the American Counseling Association and maintains a robust private practice in the suburbs of Philadelphia as a licensed psychologist, professional counselor and marriage and family therapist.

In addition to training in Dialectical Behavior Therapy for the treatment of borderline personality disorder, Dr. Jacob is an expert in Cognitive Therapy and a highly regarded clinician and scholar. He is a recipient of PCA's David W. Hall Advocacy Award, and has been a featured interview in Counseling Today as well as NPR's The Pulse.

Dr. Jacob is a full time faculty member in the Human Development Quantitative Methods Division at the University of Pennsylvania's Graduate School of Education. He received his PhD from The Pennsylvania State University and completed a year of additional training at the Center for Cognitive Therapy at the University of Pennsylvania.

Speaker Disclosures:  
Financial: Charles Jacob is in private practice. He receives a speaking honorarium from PESI, Inc.  
Non-financial: Charles Jacob is a member of the Pennsylvania Counseling Association; American Counseling Association; and the American Mental Health Counseling Association.

### Target Audience

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



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.**

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](mailto:nrate@pesi.com) or call 715-855-5291.

## ..... 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](mailto: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.

**ADDICTION COUNSELORS:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

**MISSISSIPPI ADDICTION COUNSELORS:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/73905](http://www.pesi.com/events/detail/73905).

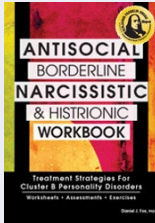
**COUNSELORS (NBCC):** Antisocial, Borderline, Narcissistic and Histrionic: Effective Treatment for Cluster B Personality Disorders has been approved by NBCC for NBCC credit. PESI, Inc. is solely responsible for all aspects of the program. NBCC Approval No. SP-SP-3239. PESI is offering this activity for 6.5 clock hours of continuing education credit.

**ARKANSAS COUNSELORS:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**TENNESSEE COUNSELORS:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**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.

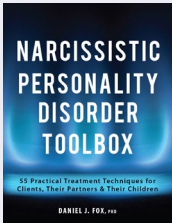
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### Antisocial, Borderline, Narcissistic and Histrionic Workbook: Treatment Strategies for Cluster B Personality Disorders

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.



### Narcissistic Personality Disorder Toolbox 55 Practical Treatment Techniques for Clients, Their Partners & Their Children

By Daniel J. Fox, Ph.D.

Invaluable tools you need to treat clients on the narcissistic spectrum, AND help their partners and children grow beyond the hurt and pain. Narcissism is a treatable condition, but working with these clients is no easy task. Developed from years of experience, Daniel Fox, PhD has created a three-sectioned approach, filled with unique worksheets, checklists and impactful exercises to help clients, their partners and their children.

**MISSISSIPPI MARRIAGE & FAMILY THERAPISTS:** PESI, Inc. has submitted an application for credit approval to the Mississippi Board of Examiners for Marriage & Family Therapists. Credit is pending.

**NURSES, NURSE PRACTITIONERS, AND 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.

**PSYCHOLOGISTS:** This activity consists of 6.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education.

**TENNESSEE PSYCHOLOGISTS:** This course is designed to meet Type II CE of the Tennessee Board of Examiners of Psychology. The Board accepts approvals by any recognized national credentialing body. Please retain all documents to provide to your board should this be requested of you. This activity consists of 6.25 clock hours of continuing education instruction.

**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 this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**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.

PLEASE RETURN ENTIRE REGISTRATION FORM

QUESTIONS? Call 800-844-8260 or e-mail us at [info@pesi.com](mailto:info@pesi.com).

## How to Register:

ANTISOCIAL, BORDERLINE, NARCISSISTIC AND HISTRIONIC: EFFECTIVE TREATMENT FOR CLUSTER B PERSONALITY DISORDERS

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### MAIL

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**2 Check location:** *(make copy of locations)*

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#### ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

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Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

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• **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](http://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](http://www.pesi.com/students) or call 800-844-8260 for details. **Advance registration required.**  
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