

Outline

What You Need to Know that You've Never Heard Before

- Evolution of the disorder and why it matters
- 3 critical concepts to understand for successful treatment outcomes
- Why BPD is so often misunderstood
- Reality of psychopharmacology and its effects on BPD
- Cutting-edge data and its implications for effective interventions
- Predictors in children that indicate future BPD diagnosis

Unique Assessment and Diagnostic Considerations for BPD

- The single biggest predictor of treatment success
- Key to assessing BPD – learn the proper order for interventions to be effective
 - DSM-5[®] criteria, ranked by importance
 - Common features you won't find in the DSM-5[®]
- 5-step process to confidently identify and diagnose BPD
- Avoid misdiagnosis with an accurate differential diagnosis assessment

A Step-by-Step Guide to Create a Treatment Plan that Works

- Determine "treatability" of a BPD client
- Treating vs. managing BPD
- Critical preparation to determine proper intervention approach
- The structure that makes all interventions effective
- Utilize maladaptive BPD behaviors as teaching mechanism

Successful Approaches to Manage Difficult Behaviors

- What is "management" and how will it help my clients?
- 6 reasons to manage rather than treat a BPD client
- When to utilize a management context
- 5 must-have management approaches
 - De-mental health-izing
 - Facilitating specificity
 - Empty context
 - SET
 - Didactic Education

Objectives

- Describe the evolution and cause of Borderline Personality Disorder as it relates to clinical practice.
- Evaluate effective techniques to assess and diagnose Borderline Personality Disorder to improve treatment outcomes.
- Articulate when a management approach would be best to improve client behavior and reduce Borderline Personality Disorder symptoms.
- Assess six criteria to determine if a treatment intervention would be more effective than a management intervention for a Borderline Personality Disorder client to inform the clinician's choice of interventions.
- Discover interventions to diminish self-harm and suicidal behaviors to improve client level of functioning.
- Summarize techniques to assist the clinician in managing countertransference in session.

Treatment Interventions to Repair the Disordered Self

- 6 criteria to determine if treatment is appropriate for your client
- Attainable treatment goals to improve client functioning
- 4 evidence-based treatment options
 - Transference-focused Psychotherapy - Object-Relations Psychotherapy
 - DBT - Behaviorist Psychotherapy
 - Schema therapy - Cognitive-Behavioral Psychotherapy
 - Mentalization-based treatment - Attachment-Based Psychotherapy

Strategies to Keep Your Clients Safe from Self-Harm and Suicidal Behaviors

- Reality of risk factors for BPD clients
- Assessment to determine which self-harm category BPD clients fall into
- Essential distinctions to know:
 - Parasuicidal behavior
 - Chronic suicidality
 - Acute suicidality
- Strategies to manage non-lethal suicidal behavior
- How to protect yourself legally if a client commits suicide

Practitioner Issues – Precautionary Techniques

- Prepare for sessions – what your internal dialogue should look like
- How to recognize and end a power struggle
- 5 subtle signs your boundaries are slipping
- How to handle common counter-transference problems
- De-escalate emotional blackmail and manage liability

Live Seminar & Webcast Schedule (Times Listed in Pacific)

- 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.

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BORDERLINE PERSONALITY DISORDER

Powerful & Effective Strategies to Calm the Chaos

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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

BORDERLINE PERSONALITY DISORDER

Powerful & Effective Strategies to Calm the Chaos

- Get the secret to end therapy interfering behaviors
- Calm escalations and diminish crises
- Confidently distinguish Bipolar Disorder from BPD
- Uncover the truth about self-harm behaviors

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BORDERLINE PERSONALITY DISORDER

Powerful & Effective Strategies to Calm the Chaos

Volatile, hostile, exasperating, and frequently in crisis, individuals with Borderline Personality Disorder (BPD) leave everyone in their path confused, frustrated, or even frightened.

In therapy, clients with BPD quickly wear you out as they attempt to undermine therapeutic boundaries and turn therapy into an endless series of crises to manage. You're left feeling frustrated and ineffective as your treatment efforts fall short again and again with clients who find comfort in chaos.

But it doesn't need to be this way!

Dr. Gregory W. Lester will guide you through cutting-edge methods, empirically-proven to manage and treat the behavior of this often-bewildering client population. Join him as he reveals critical details on the successful treatment of BPD that you've never heard before. And not only do the unique treatment strategies he'll share work, but his expert guidance will give you the confidence you need to more skillfully calm down escalations, reduce self-harming behaviors, and diminish crises at your very next session.

Don't miss out – this practical, hands-on course is a must-have training for all clinicians, sign up today!

Course Director

Gregory W. Lester, PhD, is a clinical, consulting, and research psychologist with practices in Colorado and Texas. In his nearly 40 years of clinical practice, Dr. Lester has treated over 1,000 personality disorder cases and has performed psychological evaluations on over 2,500 individuals. Dr. Lester has presented over 2,000 personality disorders trainings to over 200,000 professionals in every major city in the United States, Canada, and Australia.

Dr. Lester has served on the graduate faculty of The University of St. Thomas and as a special consultant to The United States Department of Justice. Dr. Lester's office served as one of the original research sites for the DSM-5® revision of the personality disorders section where he collaborated with Emory University, the New York State Psychiatric Group, The University of Missouri, The University of Kentucky, and the late Dr. Robert Spitzer, chairman of the DSM-3 committee.

Dr. Lester is a member of the American Psychological Association, the Texas Psychological Association, and the Colorado Psychological Association. He is the author of nine books, including *Power with People*, a manual of interpersonal effectiveness, *Shrunken Heads*, an irreverent memoir of his graduate school training, and *Diagnosis, Treatment, and Management of Personality Disorders*, which is the largest-selling front-line clinical manual on diagnosing, treating, and managing personality disorders. Dr. Lester's research and articles have appeared in publications including *The Journal of the American Medical Association*, *The Western Journal of Medicine*, *The Yearbook of Family Practice*, *The Journal of Behavior Therapy*, *The Journal of Marriage and Family Therapy*, *The Handbook of Depression*, *Transactional Analysis Journal*, *Living Word Magazine*, *The Priest Magazine*, and *The Houston Lawyer*.

Speaker Disclosure:

Financial: Gregory Lester is in private practice. He receives a speaking honorarium from PESI, Inc.

Non-financial: Gregory Lester is a member of the American Psychological Association; the Colorado Psychological Association; and the Texas Psychological Association.

Live Webcast Details and Live Webcast Continuing Education Credit Information

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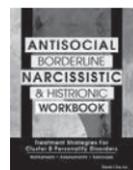


Borderline Personality Disorder Toolbox:

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.



Antisocial, Borderline, Narcissistic & 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.

TARGET AUDIENCE:

Counselors • Social Workers • Psychologists • Therapists • Marriage and Family Therapists • Addiction Counselors
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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.

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California Counselors: The California Board of Behavioral Sciences accepts CE programs that are approved by other approval agencies, including several that approve PESI and its programs. A full list of approval agencies accepted by the BBS can be found at www.bbs.ca.gov/licenses/cont_ed.html under "Where to find CE Courses." This Intermediate level activity consists of 6.0 clock hours of continuing education instruction.

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Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

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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.

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