

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

Target Audience:

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

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

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

HUNTSVILLE, AL • Wednesday, October 23, 2019  
BIRMINGHAM, AL • Thursday, October 24, 2019  
MONTGOMERY, AL • Friday, October 25, 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!

HUNTSVILLE, AL  
Wednesday, October 23, 2019  
BIRMINGHAM, AL  
Thursday, October 24, 2019  
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Friday, October 25, 2019



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Questions? Call customer service at 800-844-8260

Join Dr. Jeff Terrell 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.

## Speaker

**C. JEFFREY TERRELL, Ph.D., ABPP, M.S., M.Div.,** a licensed psychologist and a nationally certified licensed professional counselor, is the dean of the college of education and human services and professor of counseling psychology at John Brown University. Dr. Terrell focuses his teaching and clinical efforts on working with personality disordered patients including work with high functioning Cluster B individuals. He has been teaching graduate counseling students full-time for over 20 years, including courses in personality disorders, psychodynamic therapy, psychopathology, crisis counseling, brief therapy, and ethics.

Dr. Terrell was a chief resident at the VA Medical Center in Biloxi, MS and a staff psychologist with the Justice Department. Jeff was on the board of directors and president of the international Christian Association for Psychological Studies. In addition, he was a board member for the Society for the Exploration of Psychoanalytic Therapies and Theology, an editor for the *Journal of Psychology and Christianity*, and an editorial board member for *Spiritual Issues in Behavior Therapy*. Jeff's seminars always involve audience participation and a wide variety of teaching tools. He is dedicated to helping clinicians make sense out of working with difficult clients.

### Speaker Disclosure

Financial: C. Jeffrey Terrell is in private practice. He receives a speaking honorarium from PESI, Inc.

Non-financial: C. Jeffrey Terrell has no relevant non-financial relationship to disclose.

### 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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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.

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.

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

### 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.*

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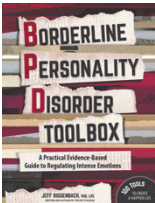
**Addiction Counselors:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will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

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**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.

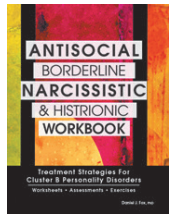
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### **Borderline Personality Disorder Toolbox: A Practical Evidence-Based Guide to Regulating Intense Emotions**

By Jeff Riggerbach, 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 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.

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**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.

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

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

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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.

### WALK-INS

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.

### TUITION OPTIONS

• **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.

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