#### Outline

#### The Manipulator's Mind – Why Traditional **Treatment Doesn't Work**

What is emotional manipulation?

Key personality differences and deficiencies at the Re-structure cognitive distortions heart of emotional manipulation

Framework to identify manipulative tactics

Elements of manipulation associated with disordered and non-disordered individuals

Radically different approach needed for therapeutic success

#### **Manipulative Relationship Dynamics**

Identify healthy vs. manipulative relationships

Explore characteristics of attraction, dependency and role participation

Codependency and addiction

Who stays, who leaves, and why?

How an emotional manipulator operates

- Tactics used to evade responsibility and manipulate others
- Cognitive distortions and common thinking

Short- and long-term psychological damage When attempts to manipulate don't succeed

#### **Qualities and Commonly Exploited Vulnerabilities of Their Victims**

Naïve expectations

Trusting and wanting to please

Empathic and feeling overly responsible

Trying to reason with an unreasonable person Perceive bad qualities of manipulators as strengths

Common wavs emotional manipulators test for these vulnerabilities

#### **Techniques to Counter Manipulation & Empower Victims to Become Survivors**

Recognize the manipulation process

Create healthy boundaries and set limits

Respond instead of react

Make direct requests, expect direct responses Judge actions, not intentions

Explore their own vulnerabilities and identify risk factors

Acknowledge relational limitations Resources for ongoing support

#### Maximize Therapeutic Gains with a **Manipulative Client**

Accurately assess your client's personality

Re-define your therapeutic approach 5 signs your client is manipulating you

Techniques to manage thinking errors and manipulative tactics

Strategies for common therapy-interfering

- Manage countertransference
- Handle boundary violations
- · Stay calm when your buttons are pushed

#### Live Seminar & Webcast 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.

## **Objectives**

- 1. Examine manipulative behaviors, the manipulation process, and its clinical
- 2. Analyze the relationship between reasoning deficiencies and emotionally manipulative behavior to improve clinical outcomes
- 3. Describe behavioral patterns characteristic of clients who tend to be most susceptible to emotional manipulation
- 4. Establish strategies clients can use to effectively counter manipulation in a variety of contexts to improve clients' level of functioning
- 5. Differentiate common limitations of manipulative relationships to inform the clinician's choice of treatment interventions
- 6. Identify the covert manipulative tools of emotional manipulators and demonstrate practical strategies to maximize therapeutic success



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#### Target Audience:

Psychologists • Counselors • Social Workers • Marriage and Family Therapists • Addiction Counselors Case Managers • Pastoral Counselors • School Psychologists • Nurses

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Emotional Manipulation

Effective Strategies to Manage the Manipulator & Empower Their Victims



Effective Strategies to Manage the Manipulator & Empower Their Victims

Portland, ME Wednesday, October 16, 2019

Thursday, October 17, 2019

Live Video Webcast Friday, October 18, 2019



Don't miss the 5 red flags

- Discover why traditional therapy doesn't work with emotional
- Identify mental health disorders that are commonly associated with manipulation



Manchester, NH

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that your client may be manipulating you!

- manipulators and what to do instead
- Implement practical techniques to counter manipulation in any setting
- Help clients extinguish destructive relationship patterns and end emotional exploitation

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# **Emotional Manipulation**

Effective Strategies to Manage the Manipulator & Empower Their Victims

Hidden beneath masks of love, concern, dedication, and friendship, emotional manipulators use gas lighting, guilt, button-pushing, anger, and covert ploys to exploit their victim's weaknesses and keep them doing whatever they want.

In therapy, manipulative clients leave you feeling ineffective and helpless as they suck you into the ups and downs of the dramas they've created. And you may already be working with clients suffering the devastating fallout of having an emotional manipulator in their lives. Their feelings of anxiety, depression, quilt, self-blame, and inadequacy may stem from emotional manipulation that's difficult to detect.

Without proper training, you'll fail to successfully work with emotionally manipulative clients or help clients facing emotional manipulation so they can effectively counter it and form healthy boundaries.

Join Dr. Alan Godwin as he shares key insights to understand the motives behind manipulation commonly associated with disorders such as Borderline Personality Disorder and Narcissistic Personality Disorder, as well as manipulation by those who either do not have a personality disorder or have not yet been diagnosed as such. Effective strategies will empower you and your clients to recognize and counter manipulation in any setting. Dr. Godwin's expert guidance will leave you better able to work with emotional manipulators, those affected by manipulation in your practice, and allow you to establish healthy relational boundaries.

Sign up today and get the comprehensive solutions you need to transform the lives of emotional manipulators and their victims!

### Speaker

**ALAN GODWIN, PsyD,** is a licensed psychologist in private practice with nearly 30 years of experience. Certified in Alternative Dispute Resolution, he has dedicated himself to helping individuals, couples, churches, and businesses develop better ways of handling conflict. In addition to his private practice, Dr. Godwin serves on the adjunct faculty of the Graduate Counseling Department of Trevecca University in Nashville, TN, where he teaches a class for doctoral students. He has been a nation-wide speaker training other mental health professionals for many years. Additionally, he has penned a regular guarterly feature entitled "Ask Dr. Alan" for *Deacon* magazine, writes a weekly email called "The Drama Review: In Relationships and Culture," and has been a quest on numerous radio and television programs across the U.S. and Canada. Dr. Godwin's book, How to Solve Your People Problems: Dealing with Your Difficult Relationships, explains how and why conflict goes badly and how to make it go well with two types of people: reasonable and unreasonable. For more information about Dr. Godwin and his publications, please visit www.peopleproblems.org.

#### **Speaker Disclosures:**

Financial: Alan Godwin maintains a private practice. He receives a speaking honorarium from PESI, Inc. Non-financial: Alan Godwin has no relevant non-financial relationship to disclose.

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55 Practical Treatment Techniques for Clients, Their Partners & Their Children

By Daniel J. Fox, Ph.D.

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101 Mindful Practices to Manage Distress, Regulate Emotions & Build Better Relationships

Lane Pederson, Psy.D., LP

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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, "Evaluatio. 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 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.

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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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