

Outline

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

- What is emotional manipulation?
- Key personality differences and deficiencies at the 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 errors
- 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 ways emotional manipulators test for these vulnerabilities

Objectives

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



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.

Target Audience:

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

Techniques to Counter Manipulation & Empower Victims to Become Survivors

- Recognize the manipulation process
- Re-structure cognitive distortions
- 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 characteristics
- 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 behaviors
 - Manage countertransference
 - Handle boundary violations
 - Stay calm when your buttons are pushed

Live Seminar & Webcast Schedule:

(Times listed in Eastern)

- 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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Emotional Manipulation

Effective Strategies to Manage the Manipulator & Empower Their Victims

Portland, ME
Wednesday, October 16, 2019

Manchester, NH
Thursday, October 17, 2019

Burlington, VT
Friday, October 18, 2019

Live Video Webcast
Friday, October 18, 2019

Don't miss the **5 red flags** that your client may be **manipulating you!**

- Discover why traditional therapy doesn't work with emotional manipulators and what to do instead
- Identify mental health disorders that are commonly associated with manipulation
- Implement practical techniques to counter manipulation in any setting
- Help clients extinguish destructive relationship patterns and end emotional exploitation

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