

## Outline

### Learn the DSM-5® Personality Disorder System

- What is personality, where does it come from and where does it go?
- Attachment-the lifelong problem
- Personality pathology: genes vs. family vs. friends vs. fate
- Personality disorders
- Spectrum or category
- Discrete or complex
- Bump in the road or end of the line
- Why can't we all just get along?

### "It's All About Me." The Challenge of the Hidden Agenda

- The core of the personality disorder: The unchanging agenda
- A review of the DSM-5® personality disorders and their agendas:

#### Criteria changes:

- Schizotypal
- Narcissistic
- Antisocial (and Psychopaths!)
- Borderline
- Avoidant
- Obsessive-Compulsive
- Trait Specified (PDTS) What is that?
- General Criteria for Personality Disorders
- Levels of Personality Functioning
- Personality Trait Domains

### Actually, It's All About You

- Transference & Countertransference
- What does transference and countertransference look like in our work?
- Boundary crossings and boundary violations
- How to tell when you are headed for disaster and how to intervene

### What Works and What Doesn't With Personality Disorders

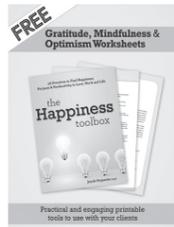
- Polypharmacy and the borderline client
- DBT, CBT and all the rest-which therapy for whom? What's the evidence and what's the truth
- Generic, but incredibly useful, therapy strategies for each disorder
- Are some disorders hopeless?

### Nobody Gets Hurt: Violence, Suicide & Manipulation

- Self-injurious behavior
- The frustration of recurrent suicidal behavior
- Suicide risk assessment
- Keeping yourself safe

### Limitations of Research and Potential Risks

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# PERSONALITY DISORDERS

## The Challenges of the Hidden Agenda

- Therapy strategies for specific personality disorders
- Manage suicidality, self-injurious behavior and violence so that nobody gets hurt

... and more!!

### SHREVEPORT, LA

Tuesday, November 12, 2019

### PLANO, TX

Wednesday, November 13, 2019

### ARLINGTON, TX

Thursday, November 14, 2019

# PERSONALITY DISORDERS

## The Challenges of the Hidden Agenda



- Therapy strategies for specific personality disorders
- Manage suicidality, self-injurious behavior and violence so that nobody gets hurt
- Learn the hidden agendas of each of the personality disorders
- Assess the efficacy of evidence-based treatment including DBT and CBT

## Objectives

- 1 Categorize the essential characteristics of each of the personality disorders in DSM-5® for clinical assessment.
- 2 Determine the "hidden agendas" of each of the personality disorders as they relate to case conceptualization.
- 3 Describe how transference and countertransference can affect clinical management and treatment outcomes.
- 4 Explain the boundary violation traps inherent in each of the personality disorder relationships as it relates to clinical treatment.
- 5 Utilize tools to assess treatability and prognosis early on in the therapy.
- 6 Evaluate the efficacy of various treatment methods for personality disorders including DBT and CBT.
- 7 Manage client's suicidality, self-injurious behavior and violence with clinical strategies.

### 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.

**Target Audience:** Counselors • Social Workers  
Psychologists • Case Managers • Addiction Counselors  
Therapists • Marriage & Family Therapists  
Other Mental Health Professionals • Nurses

### HAVE A SEMINAR IDEA? A MANUSCRIPT TO PUBLISH?

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# PERSONALITY DISORDERS

## The Challenges of the Hidden Agenda

The client whose problems meet the DSM-5® criteria for a Personality Disorder can be the most difficult client in your caseload to treat. They may require more time in therapy, more energy and involvement on your part, experience a greater number of life crises, and create more upset with their family, work, and social systems than virtually any other diagnostic group. Often being “sent” for therapy rather than choosing therapy, their motivation for change may be limited and their personality disorder is likely co-morbid with other exacerbating disorders.

Join Gregory W. Lester, PhD, and take home an integrated approach for working with these challenging clients.

### Take home:

- Evidence-based skills for successful treatment
- Techniques to assess and treat comorbid personality
- A framework for treatment planning
- Skills to assist the client toward greater coping and adaptation

## Speaker

**Gregory W. Lester, PhD**, is a clinical, consulting, and research psychologist with practices in Colorado and Texas. 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. 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 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. Dr. Lester 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.

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.



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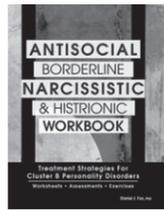
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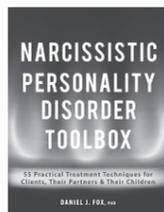


### Antisocial, Borderline, Narcissistic & Histrionic Workbook

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.



### Narcissistic Personality Disorder Toolbox

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

By Daniel J. Fox, PhD

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.

## 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.

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**Counselors (NBCC):** Personality Disorders: The Challenges of the Hidden Agenda has been approved by NBCC for NBCC credit. PESI, Inc. is solely responsible for all aspects of the program. NBCC Approval No. SP-3244. PESI is offering this activity for 6.5 clock hours of continuing education credit.

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**Texas Marriage & Family Therapists:** This activity consists of 6.0 clock hours of continuing education instruction. Texas State Board of Examiners of Marriage and Family Therapists no longer approves programs or providers. PESI activities meet the continuing education requirements as listed in Title 22 of the Texas Administrative Code, Chapter 801, Subchapter K, Section 801.264 Types of Acceptable Continuing Education. Please retain the certificate of completion that you receive and use as proof of completion when required.

### 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.

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### Psychologists & Psychiatrists: Psychiatrists

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. 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.

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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.

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PERSONALITY DISORDERS: THE CHALLENGES OF THE HIDDEN AGENDA

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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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