

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

**MAUMEE, OH •** Tuesday, December 10, 2019  
**INDEPENDENCE, OH •** Wednesday, December 11, 2019  
**BOARDMAN, OH •** Thursday, December 12, 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!

**MAUMEE, OH •** Tuesday, December 10, 2019  
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Join Dr. Gregory Lester as he delivers an intensive workshop and seminar designed to provide you with the knowledge, skills, and abilities to identify and treat your most difficult personality disordered clients. Better understand your clients with Antisocial, Narcissist, Histrionic and Borderline Personality Disorder 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

**Gregory W. Lester, Ph.D.**, 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 Disclosures:  
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

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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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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.

## 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.

**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.

**Ohio Chemical Dependency Professionals:** This course has been submitted to the Ohio Chemical Dependency Professionals Board for review. Please contact PESI, Inc. for the most current information.

**Counselors:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the 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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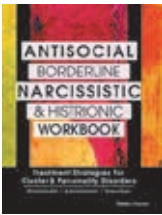
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**Borderline Personality Disorder Toolbox: A Practical Evidence-Based Guide to Regulating Intense Emotions**

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. - 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.

**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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**Ohio Psychologists:** PESI, Inc. is approved by the Ohio Psychological Association, Provider #263896894, to sponsor continuing education for psychologists. PESI, Inc. maintains responsibility for this program and its content. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

**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.

**Ohio Social Workers:** PESI, Inc. is an approved provider with the State of Ohio Counselor, Social Worker and Marriage & Family Therapist Board. Provider approval #RCST071001. Full attendance at this course meets the qualifications for 6.25 clock hours of continuing education credit.

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

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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.

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• **\$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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