

Outline

The Development of Personality Disorders

Biology and temperament
Agency and a desire to be affiliated
Anxiety and harm avoidance
Interpersonal Neurobiology – The concept of neural repair and neural integration

Treatment Strategies

Antisocial Personality Disorder

Anxiety and APD
Develop harm avoidance
Utilize active relaxation
Anxiety in disguise: Find anxiety and tame
Anger with the anger diary
Anger escalator tools for anger management

Depression and the Antisocial PD

The hidden emotion
Cost-benefit analysis of behaviors
Use HALT tips to modulate expression

Interpersonal Relationships and APD

Turn agency into positive paths
Journaling to identify implicit memory to increase awareness
Train the “wise mind” for better self-control
Storytelling for attunement and empathy

Narcissistic Personality Disorder

Anxiety and NPD
Diminish the intensity of harm avoidance
Teach appropriate assertiveness
Worry management strategies
Energy therapies and self-soothing
Dispute irrational fears of humiliation
Resolve childhood humiliation

Depression and NPD

Increase agency
Accept responsibility for vicious circles of grandiosity and loss
Battle grandiosity by increasing achievement
Improving awareness of and attunement to others
Mindfulness techniques and cost-benefit analysis

Interpersonal Relationships and NPD

Using desire for affiliation
Reframe indifference to others and motivate connection with dialectical constructs
Genuine contributions: The path to legitimate self-worth

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

Obsessive-Compulsive Personality Disorder

Anxiety and OCPD
Breaking the rule of harm avoidance
Identify the conflict with inner values
CBT to change worry and rumination
Real self-focusing techniques to find feelings
Discharging anger - the underlying trigger of anxiety
Learning to tolerate anxiety of making mistakes
Breaking free from “technology slavery”

Depression and OCPD

Increase positive agency
Change derogatory self-talk
Interrupt and dispute compulsive behavior
Prescribe fun!

Interpersonal relationships and OCPD

Affiliation and anger
Mindfulness practices to increase attunement to others
“I” statements and negotiation skills:
Deflate resistance to increase self/other honesty
Systems therapy strategies
Eliminate passive aggression

Borderline Personality Disorder: The Quest for Connection

Anxiety and BPD
The forgetfulness of harm avoidance
Fill in skills deficits: Teach and practice conflict resolution skills
Ground techniques to increase emotional stability
Journaling techniques
Depression and the BPD
The forgetfulness of agency
Interrupt self-injurious behavior
EMDR practices to loosen the grip of the past
Minimize catastrophic rumination w/CBT
Interpersonal Relationships
Craving affiliation and its destructive impact
Improve therapeutic relationships
Relationship histories
Practice assertiveness vs aggression

Limitations of the Research and Potential Treatment Risks

RCT’s, efficacy studies and related research
Thinking outside the box, while maintaining a scientific basis
Tried and true treatment strategies

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REWIRING the BRAIN

Treatment Techniques for Obsessive Compulsive, Narcissistic, Antisocial and Borderline Personality Disorders

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Wakefield, MA
Monday, December 16, 2019

Waltham, MA
Tuesday, December 17, 2019

Dedham, MA
Wednesday, December 18, 2019

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REWIRING the BRAIN

Treatment Techniques for Obsessive Compulsive, Narcissistic, Antisocial and Borderline Personality Disorders

- Practical treatment techniques grounded in cutting-edge neuroscience
- Help your clients rewire their brain to live a healthier and more stable life
- Use techniques from DBT, Mindfulness, CBT and EMDR

Wakefield, MA
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REWIRING the BRAIN

Imagine your sessions with clients with personality disorders. What comes to mind?

Challenging? Overwhelming? Frustrating?

What if you had the tools to make each session feel more productive and that you’re actually making progress?

Discover how you can help your client become:

- More emotionally stable
- More empathetic
- More flexible in the way he/she thinks and reacts in trying situations
- Less reactive

All this is possible once you have developed the skills to help your client modify the rigid, maladaptive traits of obsessive compulsive, narcissistic, antisocial, and borderline personality disorders. You can learn how to utilize the motivations and defenses of these disorders to create lasting improvement.

Join Alan Godwin, PsyD, as she teaches you practical treatment techniques grounded in cutting-edge neuroscience. Using techniques from DBT, Mindfulness, CBT and EMDR, your clients can learn to rewire their brain to live a healthier, more stable and productive life.

Objectives

1. Select therapeutic methods for neural repair based on the neuroscience of implicit traits and temperamental characteristics of 5 personality disorders.
2. Teach clients with Antisocial Personality Disorder how to manage impulsivity and high-risk behavior through training of the “wise mind.”
3. Develop dialectical constructs to enhance awareness and motivation in narcissistic clients.
4. Incorporate techniques that help the Obsessive-Compulsive Personality identify and express emotion.
5. Determine how borderline clients should use journaling techniques to discover and work through implicit memories that create mood and behavioral instability.
6. Integrate tools from EMDR to help all clients move past obstacles posed by histories of trauma or abuse.

Speaker

Alan Godwin, PsyD, is a licensed psychologist in private practice with over 30 years of experience. Dr. Godwin has expertise in working with personality disordered clients and with clients who’ve been negatively impacted in close relationships with disordered people. 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 doctoral students and has also taught undergraduate students.

Additionally, he has penned a regular quarterly feature entitled “Ask Dr. Alan” for Deacon magazine, writes a weekly email called “The Drama Review: In Relationships and Culture,” and has been a guest 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: those who are normally-wired and those who are personality disordered. For more information about Dr. Godwin and his publications, visit www.peopleproblems.org.

Speaker Disclosure:

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.

SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!

Trauma Treatment Toolbox for Teens

144 Trauma-Informed Worksheets and Exercises to Promote Resilience, Growth & Healing

By Kristina Hallett, PHD, ABPP - **Seminar Presenter!** & Jill Donelan, PSYD

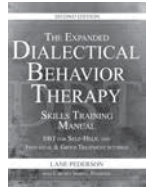
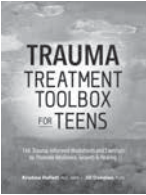
Drawing from evidence-based interventions and the most effective treatment approaches, the *Trauma Treatment Toolbox for Teens* is a practical workbook for clinicians working with teenagers who have experienced trauma, PTSD, and stress. Inside you’ll find **144 unique trauma-informed worksheets and exercises** to connect, relate and engage with teens—and help them understand how trauma impacts the mind and body, to promote growth and healing.

The Expanded Dialectical Behavior Therapy Skills Training Manual, 2nd Edition

DBT for Self-Help and Individual & Group Treatment Settings

By Lane Pederson, Psy.D., LP, DBTC & Cortney Pederson, MSW, LICSW, DBTC

Beyond updates to the classic skills modules, clients and therapists will be enriched by added modules that include dialectics, cognitive modification, problem-solving, and building routines as well as all-new, much-needed modules on addictions and social media. Straightforward explanations and useful worksheets make skills learning and practice accessible and practical for both groups and individuals.



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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 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: 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.

Massachusetts Counselors: Application for MaMHCA/MMCEP continuing education credits has been submitted. Please contact us at 800-844-8260 or info@pesi.com for the status of LMHC CE certification.

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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Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.



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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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