

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

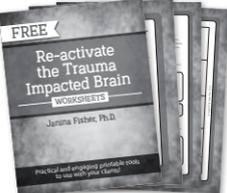
Narcissistic character

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

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BORDERLINE, NARCISSISTIC, ANTISOCIAL AND HISTRIONIC Personality Disorders

Effective Treatments for Challenging Clients

MACON, GA • Tuesday, January 28, 2020
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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!

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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.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Nicole Rate at nrate@pesi.com or 715-855-5291.

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, Narcissistic, 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.

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BORDERLINE, NARCISSISTIC, ANTISOCIAL AND HISTRIONIC Personality Disorders

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.

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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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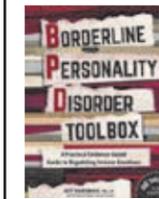
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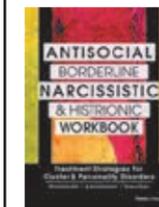
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Borderline Personality Disorder Toolbox: A Practical Evidence-Based Guide to Regulating Intense Emotions

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.

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