

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,
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ANTISOCIAL
AND HISTRIONIC
Personality Disorders

Effective Treatments for Challenging Clients

WICHITA, KS
July 28, 2020

TULSA, OK
July 29, 2020

OKLAHOMA CITY, OK
July 30, 2020

OMAHA, NE
August 4, 2020

OVERLAND PARK, KS
August 5, 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!

WICHITA, KS
Tuesday
July 28, 2020

TULSA, OK
Wednesday
July 29, 2020

OKLAHOMA CITY, OK
Thursday
July 30, 2020

OMAHA, NE
Tuesday
August 4, 2020

OVERLAND PARK, KS
Wednesday
August 5, 2020



A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

REGISTER NOW! pesi.com/express/77888

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.

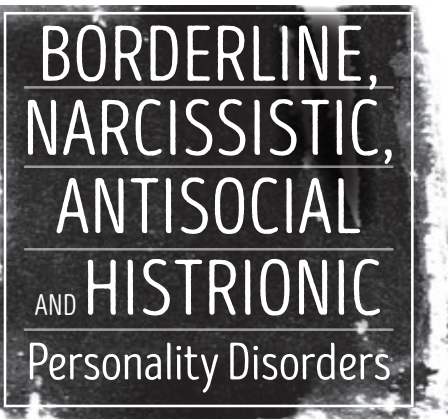
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Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Nicole Rate at nrate@pesi.com or 715-855-5291.



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 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.

ADDITION 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.

OKLAHOMA ALCOHOL & DRUG COUNSELORS: PESI, Inc. is an Oklahoma Board of Licensed Alcohol and Drug Counselors approved provider #20190032. This activity consists of 6.25 clock hours of continuing education instruction.

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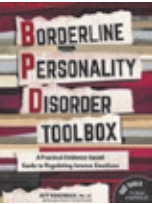
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OKLAHOMA COUNSELORS (WICHITA, TULSA AND OKLAHOMA CITY LOCATIONS ONLY): CE credit is available. This course has been reviewed and approved by the Oklahoma State Department of Health, LPC/LMFT Licensing Board for 6.25 C.E. hours.

TEXAS COUNSELORS: This activity consists of 6.0 clock hours of continuing education instruction. Texas State Board of Examiners of Professional Counselors no longer approves programs or providers. PESI activities meet the continuing education requirements as listed in Title 22 Texas Administrative Code, Chapter 681, Subchapter J, Section 681.142 Acceptable Continuing Education. Please retain the certificate of completion that you receive and use as proof of completion when required.

OKLAHOMA MARITAL & FAMILY THERAPISTS (WICHITA, TULSA AND OKLAHOMA CITY LOCATIONS ONLY): This course has been reviewed and approved by the Oklahoma State Department of Health, LPC/LMFT Licensing Board for 6.25 C.E. hours.

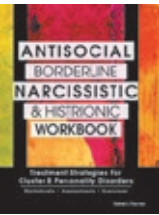
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Borderline Personality Disorder Toolbox: A Practical Evidence-Based Guide to Regulating Intense Emotions

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.

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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IOWA NURSES: PESI, Inc. is an approved provider by the Iowa Board of Nursing. Provider #: 346. Full attendance at this activity qualifies for 6.3 contact hours. Full attendance in the activity is required; no partial contact hours will be issued for partial attendance. These contact hours are used for your license renewal. You will need to provide your license number to PESI. PESI must have this number on file in order for your hours to be valid.

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 ACEME 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.

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KENTUCKY PSYCHOLOGISTS: PESI, Inc. is approved by the Kentucky Board of Examiners of Psychology to offer continuing education for psychologists. PESI maintains responsibility for this program and its content. This activity will qualify for 6.25 contact hours.

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.

KANSAS SOCIAL WORKERS: PESI, Inc. is an approved provider with the Kansas Behavioral Sciences Regulatory Board. Provider #14-006. This course has been approved for 6.0 continuing education hours.

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.

REGISTRATION FORM

BORDERLINE, NARCISSISTIC, ANTISOCIAL AND HISTRIONIC PERSONALITY DISORDERS: EFFECTIVE TREATMENTS FOR CHALLENGING CLIENTS

SAVE TIME! Express Register Online: pesi.com/express/77888

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- ☐ **\$29.99* Borderline Personality Disorder Toolbox** book (PUB084425)
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- **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students (on live seminar and live video webcast tuition). *Advance online registration required.*

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