

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

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.

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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AND ANTISOCIAL  
HISTRIONIC  
Personality Disorders

Effective Treatments for Challenging Clients

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BORDERLINE,  
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AND ANTISOCIAL  
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 Webcast Schedule  
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8:00 Program begins  
11:50-1:00 Lunch Break  
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.



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.

**BORDERLINE, NARCISSISTIC, ANTISOCIAL AND HISTRIONIC Personality Disorders**


**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, *Shrunk 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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