

OUTLINE

Narcissism Along a Spectrum: Origins and Subtypes

Conceptualization of narcissism and early unmet needs
Narcissism, DSM® and Schema Theory
Entitled types
Full-blown character pathology
Sociopathic profiles
Limitations of related research and risks

The Narcissist in Treatment

Unmet needs and coping styles
Imbedded states of mind
Modes and schema of the narcissistic client

Treating the Narcissist: From Assessment to Enduring Change

Specific assessment tools to guide treatment
Establish agreements regarding mutual respect
Imagery, for linking problematic behavior with early maladaptive experiences
Identifying and bypassing the detached modes in order to access the lonely child
The power of candid “realness” to build trust
Address intellectualism, avoidance, and approval-seeking barriers
Confront overcompensating grandiosity
Effectively tackle aggressiveness – taking the “high road”
How to remain sturdy, credible, and empathic to masked vulnerability

Overcoming the Challenges When Treating a Narcissistic Client

How to respond when the narcissist provokes the therapist
Avoiding sabotaging impulses: How to reconcile our own schemas and modes when activated
Gaining leverage—Identifying meaningful consequences to maintain consistent treatment
Working with the narcissist’s spouse or significant other

How to Implement Interventions: Demonstrations and Role Plays

Video presentation/case discussion
Imagery
Cognitive and emotion-focused chair work: Mode dialogues
Empathic confrontation
The power of the therapeutic relationship
Limit setting

Live Webinar Schedule (Times listed in Eastern)

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.

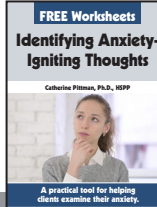
OBJECTIVES

- 1 Demonstrate specific clinical strategies to apply with narcissistic clients.
- 2 Integrate concepts from interpersonal neurobiology as powerful tools for accelerating treatment effectiveness.
- 3 Categorize personal schemas and modes accurately to overcome major obstacles to treatment.
- 4 Utilize self-work to bypass intense personal triggers, activated by the narcissist.
- 5 Create and adapt custom-fitting scripts to fortify leverage, to utilize “empathic confrontation” and to set limits...under a variety of conditions relevant to narcissism.
- 6 Utilize the “Therapy Relationship” as an effective strategy for changing maladaptive reactions; and as powerful agent for change – generalizing newly adapted behaviors from the treatment room to the narcissist’s world.

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DISARMING^{THE} NARCISSIST

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Wendy T. Behary, MSW, LCSW

LIVE Interactive Webinar Monday, February 22, 2021

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Surviving and Thriving with the Self-Absorbed



International Presenter and
Author of the Best-Selling Book
Disarming the Narcissist

Wendy T. Behary, MSW, LCSW

“...Wendy Behary walks us through easy-to-understand explanations of how the mind of a narcissist works...”

–Daniel J. Siegel, MD

“*Disarming the Narcissist* offers sound suggestions and keen insights – a breakthrough in one of psychology’s toughest cases.”

–Daniel Goleman, Ph.D.

Live Interactive Webinar Monday, February 22, 2021

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DISARMING THE NARCISSIST

Narcissists are notoriously difficult clients. While often intelligent, charming, and self-confident, they also tend to be highly self-absorbed, arrogant, demanding, condescending, incapable of empathy, and possessed with a sense of entitlement. As therapists, the complexities of the narcissist can arouse our curiosity but treating them can arouse our sense of inadequacy.

While their exploitative and arrogant demeanor can leave you weary, irritated, intimidated and even defeated—**all you really want is to feel competent, confident, and effective with making a difference in their lives; and even more so, in the lives of the narcissist's family.**

Join best-selling author and narcissist expert, Wendy T. Behary, MSW, LCSW, as she guides you through highly effective techniques that have transformed her clinical practice!

That's right, **no more feeling frustrated** with the lack of treatment progress. **No more feeling intimidated** and **defeated. No more feelings of dread in the pit of your stomach** when their name is on your schedule!

Wendy's innovative techniques will help you navigate and breakthrough narcissistic self-defeating patterns and achieve enduring change! Learn how to skillfully:

- Set healthy limits, bypass obstacles, hold the client accountable
- Confront avoidance, approval-seeking, entitlement, and aggression
- Connect with the vulnerable part of the narcissist
- Conquer the most challenging moments in sessions

Sign up today, to learn how to transform your treatment approach to these challenging clients!

Target Audience:

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Marriage & Family Therapists • Addiction Counselors • Nurses
Mental Health Professionals • Occupational Therapists



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MEET YOUR SPEAKER

Wendy T. Behary, MSW, LCSW, with over 25 years of professional experience and advanced level certifications, Wendy is the founder and director of The Cognitive Therapy Center of New Jersey and The Schema Therapy Institutes of NJ-NYC-DC. She has been treating narcissist clients, partners/people dealing with them, and couples experiencing relationship problems; training professionals; and supervising psychotherapists for more than 20 years. Wendy was on the faculty of the Cognitive Therapy Center and Schema Therapy Institute of New York (until the Institutes merged in 2012), where she trained and worked with Dr. Jeffrey Young since 1989. Wendy is a founding fellow and consulting supervisor for The Academy of Cognitive Therapy (Aaron T. Beck's Institute). She served as the President of the Executive Board of the International Society of Schema Therapy (ISST) from 2010-2014, and is currently the chair of the Schema Therapy Development Programs Sub-Committee for the ISST; and also served as the Training and Certification Coordinator for the ISST Executive Board from 2008-2010.

Wendy Behary has co-authored several chapters and articles on Schema Therapy and Cognitive Therapy. She is the author of an international bestselling book, *Disarming the Narcissist...* (New Harbinger, 2nd edition) translated in 12 languages. Wendy has a specialty in treating narcissists and the people who live with and deal with them. As an author and an expert on the subject of narcissism, she is a contributing chapter author of several chapters on schema therapy for narcissism for professional readers. She lectures both nationally and internationally to professional and general audiences on schema therapy, narcissism, interpersonal relationships, anger, and dealing with difficult people. She receives consistent high praise for her clear and articulate teaching style and her ability to *bring the therapy to life* through dramatic demonstrations of client interactions in the treatment room.

Speaker Disclosure:
Financial: Wendy Behary is the Co-Founder/Clinical Director of The Cognitive Therapy Center of New Jersey and The Schema Therapy Institute of NJ-NYC-DC. She receives a speaking honorarium from PESI, Inc.
Non-financial: Wendy Behary has no relevant non-financial relationship to disclose.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, Marriage and Family Therapists, Nurses, Occupational Therapists, Occupational Therapy Assistants, Physicians, Psychologists, Social Workers**

For specific credit approvals and details, visit www.pesi.com/webcast/84433

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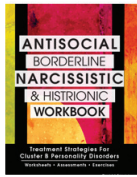
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Recommended Reading:

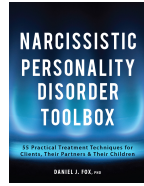


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Daniel J. Fox, PhD

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