

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

Objectives

- Determine how the changes with the DSM-5® impacts diagnosis and treatment of the Cluster B Personality Disorders.
- Diagnose clients with antisocial, narcissistic, histrionic and borderline Personality Disorders to effectively inform your choice of treatment interventions.
- Utilize case studies to differentiate symptom overlap, effective treatment and emotional management of each Cluster B Personality Disorders client type.
- Manage the manipulative and potentially violent behaviors with your clients diagnosed with Antisocial Personality Disorder in session to make therapeutic progress.
- Demonstrate CBT techniques to clarify behaviors, values and goals with clients diagnosed with Narcissistic Personality Disorder.
- Integrate techniques to decrease explosive emotions, self-harm tendencies and cravings for chaos for clients diagnosed with Borderline Personality Disorder.
- Utilize MI and DBT techniques with clients diagnosed with Histrionic Personality Disorder to help manage cognition and improve emotional regulation.

Live Webinar Schedule

(Times listed in Central)

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.

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BORDERLINE, NARCISSISTIC, ANTISOCIAL AND HISTRIONIC Personality Disorders

Effective Treatments for Challenging Clients

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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!

LIVE Interactive Webinar Tuesday, July 27, 2021

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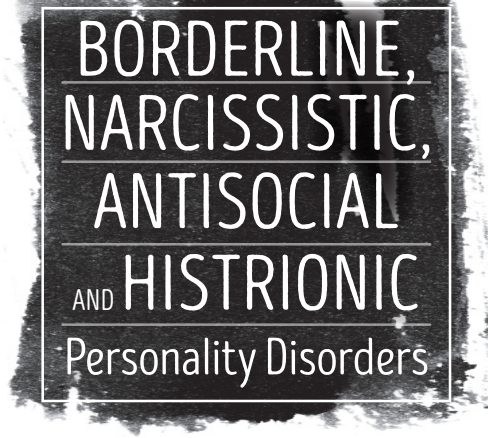
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Join Dr. Gregory Lester as he delivers an intensive workshop and seminar designed to provide you with the knowledge, skills, and abilities to identify and treat your most difficult personality disordered clients. Better understand your clients with 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.



Target Audience:

Counselors • Social Workers • Psychologists • Psychotherapists • Therapists
Addiction Counselors • Marriage and Family Therapists • Case Managers • Nurses
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Meet Your 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, *Shrunkn 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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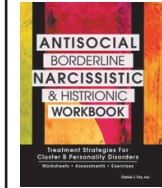
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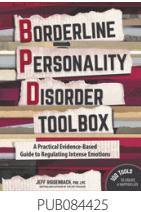
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Recommended Reading:



Antisocial, Borderline, Narcissistic & Histrionic Workbook
Treatment Strategies for Cluster B Personality Disorders
Daniel J. Fox, Ph.D.

~~\$29.99~~ **\$22.99***



Borderline Personality Disorder Toolbox
A Practical Evidence-Based Guide to Regulating Intense Emotions
Jeff Rigenbach, Ph.D., LPC

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