

Day 1

WEDNESDAY, MARCH 4, 2020

# Antisocial, Borderline, Narcissistic and Histrionic

Join national trainer, Charles Jacob, Ph.D., as he delivers an intensive workshop and seminar designed to provide you with the knowledge, skills, and abilities to accurately identify and treat your most difficult personality disordered clients. Better understand your clients with Antisocial, Narcissist, Histrionic and Borderline Personality Disorder client 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.

**Stop being stuck and frustrated with your Cluster B Personality Disorder clients! Sign up for this seminar today!**

## 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.

## Outline

### The Personality Mystique

DSM-5® criteria  
 Treatment errors and misdiagnoses  
 Core and/or surface structure and the role of the clinical disorders  
 Differential diagnoses  
 Five central components to accurate diagnosis  
 Insulate your clients against risk factors

### Antisocial Spectrum

Oppositional defiance to psychopath  
 Attachment  
 Manage and avoid in-session violence and threats  
 Secondary gains, suicide attempts and threats  
 Overcome blockades – manipulation, threats, power struggles and more  
 Symptom presentation and risk analysis to self and other  
 Interpersonal theory techniques for compliance  
 Balance transference and countertransference  
 Lessen destructive behaviors  
 Cognitive-behavioral experiential techniques to lessen pathology  
 Psychotropic medications  
 Case studies and treatment exercises

### Narcissistic Spectrum

Narcissistic presentation and the environmental context  
 Attachment and pathological narcissism  
 Tackle the veneer of perfectionism  
 Overcome blockades – power struggle, absent empathy, excessive criticism  
 The narcissistic/borderline client  
 Interpersonal strategies for empathy engagement  
 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  
 Case studies and treatment exercises

### Histrionic Spectrum

Moody to excited to histrionic: the erratic client  
 Attachment  
 Coquettish behavior, avoidance drama, inauthenticity  
 Dangers of the histrionic client  
 Link between emotions and behavior  
 Interpersonal strategies to encourage expression of true self  
 Enhance sense of self and lessen the “spotlight”  
 Motivational Interviewing techniques  
 DBT techniques  
 Interpersonal strategies to build positive relationships  
 Strengthen self-initiative and independent action  
 Psychotropic medications  
 Case studies and treatment exercises

### Borderline Spectrum

Symptom presentation along the spectrum  
 Attachment  
 Feeling identification and behavioral control  
 Manage self-harm and suicidality  
 Rage-ful outbursts, self-mutilation, boundary violations  
 Create stability and build therapeutic collaboration  
 Develop true sense of self and lessen maladaptive need for attention  
 Facilitate pattern recognition  
 Lessen the impact of maladaptive patterns  
 Underlying wishes and fears  
 Build DBT core mindfulness skills  
 DBT techniques to dissolve the distraction and focus on the “genuine relationship”  
 Calm interpersonal upheavals with DBT  
 DBT emotion regulation skills  
 Psychopharmacology and applicability  
 Case studies and treatment exercises

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WEDNESDAY, MARCH 4, 2020

# Antisocial, Borderline, Narcissistic and Histrionic

Effective Treatment for Cluster B Personality Disorders

Day 2

THURSDAY, MARCH 5, 2020

# Cognitive Behavioral Therapy for Post-Traumatic Stress Disorder and Complex Trauma

ANCHORAGE, AK

Wednesday & Thursday, March 4 & 5, 2020



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Featuring,  
Charles Jacob, Ph.D.

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A Non-Profit Organization Connecting Knowledge with Need Since 1979

**Day 2** THURSDAY, MARCH 5, 2020

# Cognitive Behavioral Therapy for Post-Traumatic Stress Disorder and Complex Trauma

Post-traumatic stress disorder and complex trauma are regular aspects of every clinician's practice; and yet, so few are aware of what works and what doesn't work in helping clients move forward with their lives. This seminar pulls from **cutting-edge research to help you identify effective CBT-focused interventions to help clients cope in the aftermath of immediate trauma and in the effective resolution of extensive traumatic histories.**

Through role playing exercises and case examples, **you will learn how to help clients to effectively resolve complex trauma histories.** This seminar will go into advanced training in CBT-themed treatment of trauma, particularly exposure-based practices for PTSD.

A history of extensive trauma exposure (e.g., abuse and neglect, domestic violence, community violence) can lead to substance abuse, mood disorders, and mental health concerns in adulthood. This seminar will cover a variety of CBT-themed interventions to help clients reduce symptomatology and reclaim their lives.

Dr. Jacob will help you understand how and when to use CBT in the treatment of trauma. This seminar will also provide a thorough overview of interventions that DON'T work. **In working with trauma, the line between effective and harmful interventions can be thin, and this seminar will help you to keep your clients (and your practice) safe!**

## Objectives

1. Analyze the assessment and historical concepts of PTSD and how to use CBT to conceptualize clients' presenting concerns as it relates to case conceptualization.
2. Evaluate the risk factors of complex trauma and use CBT interventions to improve client level of functioning.
3. Integrate CBT-focused techniques to use with PTSD and complex trauma and put to practical use in-session.
4. Analyze exposure-based treatment for trauma, clinical assessment, and treatment issues as it relates to treatment outcomes in trauma counseling.
5. Assess treatments that may cause harm when working with trauma as well as alternate interventions supported by current research (CBT and otherwise) as it relates to clinical practice.
6. Utilize mindfulness and CBT in the prevention and management of vicarious trauma in clients.

## Outline

**Trauma**  
 Concepts & definition  
 An historical perspective of trauma  
 High-risk characteristics  
 Early life trauma  
 "On Going" vs. "Single Event" trauma

**Complex Trauma**  
 History and assessment  
 Risk factors  
 Long-term implications

**The Traumatized Brain**  
 Activation and hyper-arousal of threat response system  
 The sensitized brain through conditioned traumatic cues  
 Dissociation and the importance of freeze discharge: Neuroception, bodily reactions and biological changes

**Timing, Techniques, and Research Support for CBT-Focused Interventions**  
 When to use CBT and when to use other techniques  
 Prochaska's stages  
 Problems with critical incident stress debriefing  
 Problems with recovered memory techniques and dissociation  
 Narrative Therapy and CBT in resolving complex trauma

Writing exercises  
 In-session activities

**CBT in Managing Crisis, Crisis Intervention and Client Safety**  
 Essentials and risk factors  
 CBT to keep your clients safe: Intervention techniques  
 Matching versus calming  
 Breathing exercises  
 CBT and safety planning  
 Specifics of assessment and crisis planning  
 Concerns and criticism regarding safety contracts  
 Role playing exercises/case examples

**PTSD and Complex Trauma CBT Interventions**  
 Essentials of Exposure-based Treatment  
 Current research regarding exposure  
 Exposure-based treatment in managing symptoms of PTSD  
 Assessment and treatment issues in CBT-themed trauma treatment  
 Overview of specific assessments of trauma and PTSD

Structured assessment methods vs. less formal assessment methods  
 Critical incident stress debriefing techniques  
 Interfering with the natural process of coping  
 Recovered memory techniques and the treatment of dissociation  
 Role playing exercises/case examples

## Your Speaker

**Charles Jacob, Ph.D.,** is a psychologist with over 15 years of clinical experience conducting and overseeing the delivery of mental health services to individuals with severe mood and personality disorders as well as their families. He is past president of the Pennsylvania branch of the American Counseling Association and maintains a robust private practice in the suburbs of Philadelphia as a licensed psychologist, professional counselor and marriage and family therapist.

In addition to training in Dialectical Behavior Therapy for the treatment of borderline personality disorder, Dr. Jacob is an expert in Cognitive Therapy and a highly regarded clinician and scholar. He is a recipient of PCA's David W. Hall Advocacy Award, and has been a featured interview in Counseling Today as well as NPR's The Pulse.

Dr. Jacob is a full time faculty member in the Human Development Quantitative Methods Division at the University of Pennsylvania's Graduate School of Education. He received his PhD from The Pennsylvania State University and completed a year of additional training at the Center for Cognitive Therapy at the University of Pennsylvania.

Speaker Disclosures:  
 Financial: Charles Jacob is in private practice. He receives a speaking honorarium from PESI, Inc.  
 Non-financial: Charles Jacob is a member of the Pennsylvania Counseling Association; American Counseling Association; and the American Mental Health Counseling Association.

**Target Audience:** Counselors • Social Workers • Psychologists • Psychotherapists • Therapists • Addiction Counselors • Marriage and Family Therapists • Case Managers • Nurses • Other Mental Health Professionals

## Live Course 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. A 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 cpe@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 laws 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.

**Antisocial, Borderline, Narcissistic and Histrionic: Effective Treatment for Cluster B Personality Disorders**

**ADDICTION 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.

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**NARRATIVE & 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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**Cognitive Behavioral Therapy for Post-Traumatic Stress Disorder and Complex Trauma**

**ADDICTION 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.

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Antisocial, Borderline, Narcissistic and Histrionic:  
 Effective Treatment for Cluster B Personality Disorders &  
 Cognitive Behavioral Therapy for Post-Traumatic Stress Disorder and Complex Trauma

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**2 Select Location** (make copy for your records)

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**DAY 2: Cognitive Behavioral Therapy for Post-Traumatic Stress Disorder and Complex Trauma ANCHORAGE, AK • March 5, 2020 (78066ANC)**  
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**3 Select Tuition**

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**\$249.99** – per person standard tuition for one seminar day.

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**\$29.99\*** *Antisocial, Borderline, Narcissistic and Histrionic Workbook* (PUB083610)

**\$29.99\*** *Narcissistic Personality Disorder Toolbox* (PUB085505)

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## DON'T FORGET TO SAVE BY INCLUDING THESE PRODUCTS WITH CONFERENCE REGISTRATION

**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.

**Narcissistic Personality Disorder Toolbox 55 Practical Treatment Techniques for Clients, Their Partners & Their Children**

By **Daniel J. Fox, Ph.D.**  
 Invaluable tools you need to treat clients on the narcissistic spectrum, AND help their partners and children grow beyond the hurt and pain. Narcissism is a treatable condition, but working with these clients is no easy task. Developed from years of experience, Daniel Fox, PhD has created a three-sectioned approach, filled with unique worksheets, checklists and impactful exercises to help clients, their partners and their children.

**Live Seminar Schedule Both Days**

**7:30** Registration/Morning Coffee & Tea

**8:00** Program begins

**11:50-1:00** Lunch (on your own)

**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.

**Questions?**  
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