

Outline

The Development of Personality Disorders

Biology and temperament
 Agency and a desire to be affiliated
 Anxiety and harm avoidance
 Interpersonal Neurobiology – The concept of neural repair and neural integration

Treatment Strategies

Antisocial Personality Disorder

Anxiety and APD
 Develop harm avoidance
 Utilize active relaxation
 Anxiety in disguise: Find anxiety and tame
 Anger with the anger diary
 Anger escalator tools for anger management

Depression and the Antisocial PD

The hidden emotion
 Cost-benefit analysis of behaviors
 Use HALT tips to modulate expression

Interpersonal Relationships and APD

Turn agency into positive paths
 Journaling to identify implicit memory to increase awareness
 Train the “wise mind” for better self-control
 Storytelling for attunement and empathy

Narcissistic Personality Disorder

Anxiety and NPD
 Diminish the intensity of harm avoidance
 Teach appropriate assertiveness
 Worry management strategies
 Energy therapies and self-soothing
 Dispute irrational fears of humiliation
 Resolve childhood humiliation
 Depression and NPD
 Increase agency
 Accept responsibility for vicious circles of grandiosity and loss
 Battle grandiosity by increasing achievement
 Improving awareness of and attunement to others
 Mindfulness techniques and cost-benefit analysis

Interpersonal Relationships and NPD

Using desire for affiliation
 Reframe indifference to others and motivate connection with dialectical constructs
 Genuine contributions: The path to legitimate self-worth

Obsessive-Compulsive Personality Disorder

Anxiety and OCPD
 Breaking the rule of harm avoidance
 Identify the conflict with inner values
 CBT to change worry and rumination
 Real self- focusing techniques to find feelings
 Discharging anger - the underlying trigger of anxiety
 Learning to tolerate anxiety of making mistakes
 Breaking free from “technology slavery”

Depression and OCPD

Increase positive agency
 Change derogatory self-talk
 Interrupt and dispute compulsive behavior
 Prescribe fun!

Interpersonal relationships and OCPD

Affiliation and anger
 Mindfulness practices to increase attunement to others
 “I” statements and negotiation skills:
 Deflate resistance to increase self/other honesty
 Systems therapy strategies
 Eliminate passive aggression

Borderline Personality Disorder: The Quest for Connection

Anxiety and BPD
 The forgetfulness of harm avoidance
 Fill in skills deficits: Teach and practice conflict resolution skills
 Ground techniques to increase emotional stability
 Journaling techniques
 Depression and the BPD
 The forgetfulness of agency
 Interrupt self-injurious behavior
 EMDR practices to loosen the grip of the past
 Minimize catastrophic rumination w/CBT
 Interpersonal Relationships
 Craving affiliation and its destructive impact
 Improve therapeutic relationships
 Relationship histories
 Practice assertiveness vs aggression


Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (on your own)
4:00 Program ends

For locations and maps, go to www.pesi.com, find your event, and click on the seminar

Seminar on CD or DVD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

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REWIRING the BRAIN

Treatment Techniques for Obsessive Compulsive, Narcissistic, Antisocial and Borderline Personality Disorders



St. Cloud, MN
 Monday
 November 6, 2017

Roseville, MN
 Tuesday
 November 7, 2017

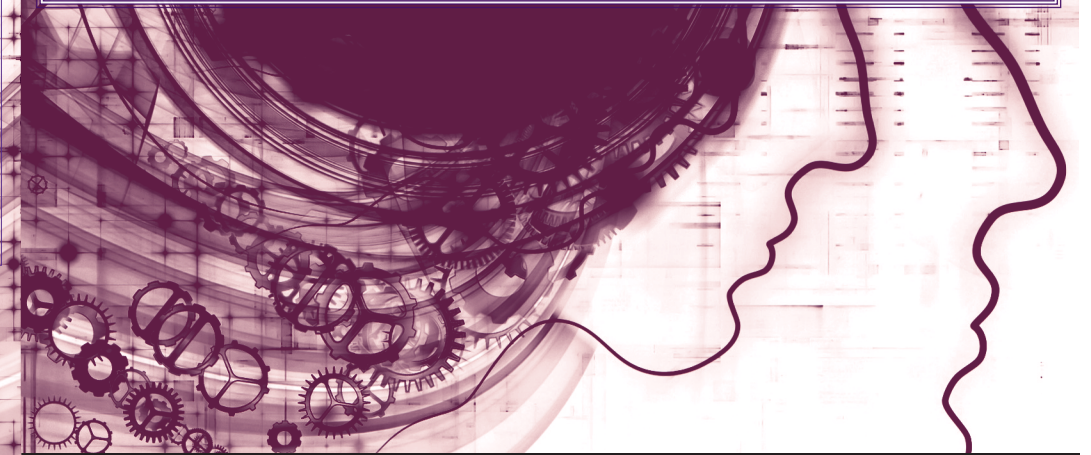
Bloomington, MN
 Wednesday
 November 8, 2017

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REWIRING the BRAIN

Treatment Techniques for Obsessive Compulsive, Narcissistic, Antisocial and Borderline Personality Disorders

- Practical treatment techniques grounded in cutting-edge neuroscience
- Help your clients rewire their brain and alter their personality traits to live a healthier and more stable life
- Use techniques from DBT, Mindfulness, CBT and EMDR



St. Cloud, MN
 Monday
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Roseville, MN
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 Wednesday
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REWIRING the BRAIN

Imagine your sessions with clients with personality disorders. What comes to mind?

Challenging? Overwhelming? Frustrating?

What if you had the tools to make each session feel more productive and that you're actually making progress?

Discover how you can help your client become:

- More emotionally stable
- More empathetic
- More flexible in the way he/she thinks and reacts in trying situations
- Less reactive

All this is possible once you have developed the skills to help your client modify the rigid, maladaptive traits of obsessive compulsive, narcissistic, antisocial, and borderline personality disorders. You can learn how to utilize the motivations and defenses of these disorders to create lasting improvement.

Join Kristina Hallett, Ph.D., as she teaches you practical treatment techniques grounded in cutting-edge neuroscience. Using the best techniques from DBT, Mindfulness, CBT and EMDR, your clients can learn to rewire their brain and alter their personality traits to live a healthier, more stable and productive life.

Speaker

Kristina Hallett, PhD, ABPP, is a licensed board certified clinical psychologist, speaker, and professor. She works for Bay Path University in Longmeadow, Massachusetts, where she is an associate professor in the graduate psychology department, as well as the coordinator of Clinical Training for the Master's in Clinical Mental Health Counseling. Dr. Hallett has a private practice in Suffield, Connecticut, where she specializes in the treatment of dissociative disorders, trauma, women's issues and working with adolescents and young adults. Dr. Hallett is an expert in the field of positive psychology. She employs the tenets of positive psychology in all of her work settings, as well as in her personal life. In addition to her clinical work and teaching, she offers training, consultation and supervision to therapists on working with complex clinical presentations.

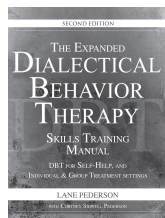
Dr. Hallett's clinical experiences have spanned a broad range of settings, including child and adolescent inpatient psychiatric hospitals, community mental health clinics, medium and maximum security correctional institutions and her current work at Bay Path University. She has a passion for assisting others in living their best life and has provided numerous trainings and workshops on the integration of positive psychology techniques and interventions into everyday life. She is devoted to teaching and engaging with health and mental health professionals to promote high quality clinical services within the greater context of professional self-care.

Speaker Disclosure:

Financial: Kristina Hallett is an associate professor of psychology and coordinator of clinical training at Bay Path University. She receives a speaking honorarium from PESI, Inc.

Non-financial: Kristina Hallett is a member of the American Psychological Association.

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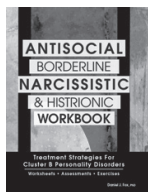


The Expanded Dialectical Behavior Therapy Skills Training Manual, 2nd Edition

DBT for Self-Help and Individual & Group Treatment Settings

By Lane Pederson, Psy.D., LP, DBTC & Courtney Pederson, MSW, LICSW, DBTC

Beyond updates to the classic skills modules, clients and therapists will be enriched by added modules that include dialectics, cognitive modification, problem-solving, and building routines as well as all-new, much-needed modules on addictions and social media. Straightforward explanations and useful worksheets make skills learning and practice accessible and practical for both groups and individuals.



Antisocial, Borderline, Narcissistic and Histrionic Workbook Treatment Strategies for Cluster B Personality Disorders

By Daniel J. Fox, PhD

This workbook contains powerful, yet practical, tools and techniques to provide clients with evidence-based interventions for a broad range of addiction and mental health issues and concerns. Containing over 100 of the top hands-on practical worksheets and exercises to help clinicians integrate CBT into practice.

Questions? Call Customer Service: 800-844-8260

Objectives

1. Select therapeutic methods for neural repair based on the neuroscience of implicit traits and temperamental characteristics of 5 personality disorders.
2. Teach clients with Antisocial Personality Disorder how to manage impulsivity and high-risk behavior through training of the "wise mind".
3. Develop dialectical constructs to enhance awareness and motivation in narcissistic clients.
4. Incorporate techniques that help the Obsessive-Compulsive Personality identify and express emotion.
5. Determine how borderline clients should use journaling techniques to discover and work through implicit memories that create mood and behavioral instability.
6. Integrate tools from EMDR to help all clients move past obstacles posed by histories of trauma or abuse.

Target Audience

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



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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 professions standards.

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COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

MINNESOTA COUNSELORS: Application for MN BBHT continuing education credits has been submitted. Please contact us at 800-844-8260 or info@pesi.com for the status of LPC CE hours.

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MINNESOTA MARRIAGE & FAMILY THERAPISTS: An application has been submitted to the Minnesota Board of Marriage & Family Therapists. Credit is pending.

WISCONSIN MARRIAGE & FAMILY THERAPISTS: This course has been submitted to the Wisconsin Association for Marriage and Family Therapy for review. Credit is pending.

NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This activity meets the criteria for a American Nurses Credentialing Center (ANCC) Activity PESI, Inc. is an approved provider by the American Psychological Association, which is recognized by the ANCC for behavioral health related activities.

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REWIRING THE BRAIN: TREATMENT TECHNIQUES FOR OBSESSIVE COMPULSIVE, NARCISSISTIC, ANTISOCIAL AND BORDERLINE PERSONALITY DISORDERS

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 \$29.99* Antisocial, Borderline, Narcissistic and Histrionic Workbook

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