

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

Questions?
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REWIRING the BRAIN

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

- Anaheim, CA
Wednesday
November 29, 2017
- Pasadena, CA
Thursday
November 30, 2017
- Studio City, CA
Friday
December 1, 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 to live a healthier and more stable life.
- Use techniques from DBT, Mindfulness, CBT and EMDR

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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 C. Jeffrey Terrell, Ph.D., ABPP, M.S., M.Div., as he teaches you practical treatment techniques grounded in cutting-edge neuroscience. Using techniques from DBT, Mindfulness, CBT and EMDR, your clients can learn to rewire their brain to live a healthier, more stable and productive life.

Speaker

C. JEFFREY TERRELL, Ph.D., ABPP, M.S., M.Div., a licensed psychologist and a nationally certified licensed professional counselor, is the Dean of the College of Education and Human Services and professor of Counseling Psychology at John Brown University. Dr. Terrell focuses his teaching and clinical efforts on working with personality disordered patients including work with high functioning Cluster B individuals. He has been teaching graduate counseling students full-time for 20 years, including courses in personality disorders, psychodynamic therapy, psychopathology, crisis counseling, brief therapy, and ethics.

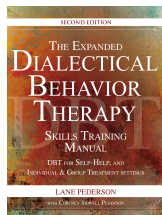
Dr. Terrell was a chief resident at the VA Medical Center in Biloxi, MS and a staff psychologist with the Justice Department. Jeff was on the board of directors and president of the international Christian Association for Psychological Studies. In addition, he was a board member for the Society for the Exploration of Psychoanalytic Therapies and Theology, an editor for the *Journal of Psychology and Christianity*, and an editorial board member for *Spiritual Issues in Behavioral Therapy*. Jeff's seminars always involve audience participation and a wide variety of teaching tools. He is dedicated to helping clinicians make sense out of working with difficult clients.

Speaker Disclosure:

Financial: C. Jeffrey Terrell is in private practice. He receives a speaking honorarium from PESI, Inc.

Non-financial: C. Jeffrey Terrell has no relevant non-financial relationship to disclose.

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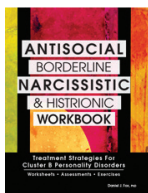


The Expanded Dialectical Behavior Therapy Skills Training Manual, 2nd Edition

DBT for Self-Help and Individual & Group Treatment Settings

By Lane Pederson, Psy.D., LP, DBTC & Cortney 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

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.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Anna Rustick** at arustick@pesi.com or call 715-855-8195.

Objectives

1. Select therapeutic methods for neural repair based on the neuroscience of implicit traits and temperamental characteristics of five 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 clients diagnosed with Narcissistic Personality Disorder.
4. Incorporate techniques that help clients with Obsessive-Compulsive Personality Disorder identify and express emotion.
5. Determine how clients diagnosed with Borderline Personality Disorder can utilize journaling techniques to discover and process implicit memories that create mood and behavioral instability.
6. Integrate tools from EMDR to help all clients move past therapeutic 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



Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" 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 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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MARRIAGE & 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.

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

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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CALIFORNIA NURSES: PESI, Inc. is a provider approved by the California Board of Registered Nursing, Provider Number 13305 for 6.0 contact hours. Full attendance is required. No partial contact hours will be issued for partial attendance. Please bring your license number to the seminar; certificates of successful completion will not be issued without your license number.

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