

Outline

Part I – Gregory W. Lester, Ph.D.

The Challenge of Personality Disorder

The core of the personality disorder: the unchanging agenda

The DSM-5® personality disorders and their agendas:

- Schizotypal
- Narcissistic
- Antisocial (and Psychopaths!)
- Borderline
- Avoidant
- Obsessive-Compulsive
- Trait Specified (PDTS) What is that?
- General criteria for personality disorders
- Levels of personality functioning
- Personality trait domains

Overcome Common Clinician Struggles

Transference & countertransference

What does transference and countertransference look like in our work?

Boundary crossings and boundary violations

How to tell when you are headed for disaster and how to intervene

Objectives

1. Differentiate among the various clinical personality disorder DSM categories.
2. Evaluate how transference and countertransference occurs in therapy sessions with personality disorder clients.
3. Clinically assess for the nature of “drama” that personality disorder diagnosed clients create.
4. Determine how this challenging client population can exploit the vulnerabilities of others.
5. Demonstrate two key strategies of “drama non-participation” that clinicians can teach their clients who are impacted by the personality disorder diagnosed partner/family member.
6. Demonstrate how re-defining the therapeutic approach can improve treatment outcomes.

Part II – Alan Godwin, Psy.D.

Techniques to Counter Manipulation & Empower Victims to Become Survivors

Recognize the manipulation process

Re-structure cognitive distortions

Create healthy boundaries and set limits

Respond instead of react

Make direct requests, expect direct responses

Judge actions, not intentions

Explore their own vulnerabilities and identify risk factors

Acknowledge relational limitations

Resources for ongoing support

Maximize Therapeutic Gains with a Manipulative Client

Accurately assess your client’s personality characteristics

Re-define your therapeutic approach

5 signs your client is manipulating you

Techniques to manage thinking errors and manipulative tactics

Strategies for Common Therapy-interfering Behaviors

Manage countertransference

Handle boundary violations

Stay calm when your buttons are pushed – and carry on!

Live Webinar Schedule (Times listed in Eastern)

8:00 Program begins

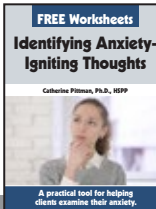
11:50-1:00 Lunch Break

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.

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Demystifying Personality Disorders

Clinical Skills for Working with Drama and Manipulation

Gregory W. Lester, Ph.D. & Alan Godwin, Psy.D.

Live Interactive Webinar Wednesday, February 24, 2021

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Demystifying Personality Disorders

Clinical Skills for Working with Drama and Manipulation

Gregory W. Lester, Ph.D. & Alan Godwin, Psy.D.



- Overcome the frustration of navigating therapy with these challenging clients
- 5 must-have signs that your client is manipulating you!
- Strategies to overcome therapy-interfering behaviors
- Teach assertiveness skills to those who are often caught up in the wake of drama

Live Interactive Webinar Wednesday, February 24, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.

Demystifying Personality Disorders

Clinical Skills for Working with Drama and Manipulation

Join clinical psychologists and personality disorder experts **Drs. Gregory Lester and Alan Godwin** for this compelling seminar that offers practical, must-know interventions for not only treating these challenging clients but also those who are left in their toxic wake.

Dr. Lester begins with a deeper dive into clinical assessment of personality disorders as well as the most common challenges when working with this subset of clients. He'll cover:

- The core of the personality disorder: an ever-changing agenda
- Why this client population functions the way it does
- How to diagnose differentially among the most common, heavily nuanced personality disorders
- Personality Disorder-Trait Specified (PD-TS) and other general criteria for personality disorders
- Meaningful navigation of transference and countertransference issues
- Why therapeutic boundaries may look different with these clients
- How to identify (often subtle) warning signs of manipulation – and what to do!
- And much more!

Dr. Godwin takes it from here, focusing on how to effectively work with both clients with personality disorders and those who (repeatedly?) find themselves in their emotional crosshairs. Known for his straightforward style and practical interventions, Dr. Godwin masterfully covers:

- Psychoeducation for clients to begin recognizing manipulative behavior and patterns in relationships
- How to teach assertive communication, healthy boundaries, and limit setting
- Strategies for maximizing therapeutic gains with clients who are manipulative
- The internal peace of adopting a “non-participation” approach to drama and sidebars in session
- 5 must-know signs your client is manipulating you
- Strategies for addressing common therapy-interfering behaviors
- And more!

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Meet Your Speakers

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.

Speaker Disclosure:

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.

Alan Godwin, Psy.D., is a licensed psychologist in private practice with over 30 years of experience. Dr. Godwin has expertise in working with personality disordered clients and with clients who've been negatively impacted in close relationships with disordered people. Certified in Alternative Dispute Resolution, he has dedicated himself to helping individuals, couples, churches, and businesses develop better ways of handling conflict. In addition to his private practice, Dr. Godwin serves on the adjunct faculty of the graduate counseling department of Trevecca University in Nashville, TN, where he teaches doctoral students and has also taught undergraduate students.

Speaker Disclosure:

Financial: Alan Godwin maintains a private practice. He receives a speaking honorarium from PESI, Inc.
Non-financial: Alan Godwin has no relevant non-financial relationship to disclose.

To view the full bios, visit www.pesi.com/webcast/84361

Target Audience:

Counselors • Social Workers • Psychologists • Case Managers • Addiction Counselors
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Recommended Reading:

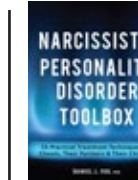


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