

Personality Disorder 12-CE Micro-Certification Program

Day 1

- 9am-9:30am CDT - Introductory Remarks and Opening
 - Rationale for the training and “sneak peek behind the curtain”
 - Agenda
 - Etiological Considerations and Biopsychosocial Model
- 9:30am-10am - Making a Personality Disorder Diagnosis
 - Rationale for making the diagnosis and telling the client
 - History of PD conceptualization in DSM-5
 - Clinical considerations in the age of a non-multiracial diagnostic system
 - Categorical vs dimensional models of conceptualization
- 10am-10:30am - Cluster A Diagnoses
 - Schizotypal PD
 - Schizoid PD
 - Paranoid PD
- 10:30am-11am - Cluster C Diagnoses
 - Obsessive-Compulsive PD
 - Avoidant PD
 - Dependent PD

Break (11am-11:15am)

- 11:15am-11:30am - Non-Borderline Cluster B Diagnoses
 - Histrionic PD
 - Antisocial PD
 - Narcissistic PD
- 11:30am-12pm - Making a BPD Diagnosis
 - Subtypes
 - Having “the talk” with clients and family members
 - Differential diagnosis with Bipolar Disorder and PTSD
 - 8 Motivations for non-suicidal self-injury (NSSI) and implications for intervention

****Lunch** (12pm-1pm CDT)**

- 1pm-1:30pm - PD General Interventions
 - Leveraging the therapeutic relationship
 - Use of validation to disarm resistance and foster change
 - The power of process observations in facilitating insight
- 1:30pm-2pm - Motivational Strategies
 - Stages of Change
 - Expressions of Concern
 - Contemplation based cost-benefit analysis
- 2pm-2:45pm - Evidence-Based Treatments
 - Dialectical Behavior Therapy
 - Cognitive Behavior Therapy
 - Schema Therapy
 - Mentalization-based Therapy
 - Transference-focused Psychotherapy

Break (2:45pm-3pm)

- 3pm-4:30pm - Integrated Treatment Approach
 - DBT
 - Mindfulness
 - Emotion Regulation Skills
 - Distress Tolerance Skills
 - Interpersonal Effectiveness Skills
 - CBT Skills
 - Socialization to the model in a way that elicits buy-in and improves outcomes
 - Levels of Cognition
 - Role of Beliefs in Information processing
 - SFT
 - 18 Early maladaptive schemas
 - Role in information processing and symptom production
 - Schema maintenance

Day 2

- 9am-10:00am - Non-BPD Management and Treatment Strategies
 - Developing trust in paranoid patients

- Facing fears with avoidant clients
- Fostering independence with dependent individuals
- Helping perfectionists tolerate the distress of becoming “good enough”
- Promote getting needs met in appropriate ways in histrionic individuals
- Targeting rule-breaking behaviors in antisocial individuals
- Building empathy in and empathically confronting narcissists
- 10am-10:15am - Treatment Set-Up
 - “The Frame” - Treatment expectations and agreements
 - Structure of programming
 - Consent for treatment
- 10:15am-10:45am - Case Conceptualization
 - Roadmap to recovery
 - Treatment planning
 - Documentation
 - Case Study

Break (10:45am-11:00am)

- 11:00am-11:15am - Modes of Treatment and Clinical Rationale for Each
 - Individual Treatment
 - Emotion regulation groups
 - Skills training groups
- 11:15am-12:00pm - Skills Training Groups - CBT Strategies
 - Labeling distortions
 - Restructuring PD cognitions
 - Cognitive continuums
 - Identity development
 - Anger management

****Lunch**** (12pm-1pm CDT)

- 1:00pm-1:45pm - Skills Training Groups - DBT Strategies
 - Mindfulness
 - The function of feelings
 - Improving the moment
 - Developing mastery
 - Distraction techniques
 - Soothing strategies
 - Opposite action

- Radical acceptance
- Interpersonal effectiveness skills
- 1:45pm-2:30pm - Individual Therapy
 - Diary cards
 - Life Interfering behaviors with complex chain analysis
 - Therapy Interfering behaviors
 - Quality of life interfering behaviors and case study

Break (2:30pm-2:45pm)

- 2:45pm-3:45pm - Schema Groups
 - Schema psychoeducation
 - Behavioral pattern-breaking
 - Data Logs and Schema reconstruction
 - Internalization exercises
 - Mode work
- 3:45pm-4:30pm - Relapse Prevention and Ending Well
 - Warning signs
 - Episode management
 - Dealing with cognitions related to ending and loss
 - Self-Therapy and Booster sessions