Effective Approaches for Successful Change in Clients with Borderline, Narcissistic and Antisocial Personality Disorders

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Learning Objectives

- Identify and manage critical factors associated with the stage of treatment for clients with narcissistic and borderline pathology.
- Manage borderline and narcissistic pathological expression that disrupts the course of treatment.
- Identify and counter maladaptive patterns that often disrupt your clients’ lives and thwart successful treatment.
- Learn how to implement techniques to address adverse individual and couple patterns and pathology.
- Apply evidence-based treatment modalities in your practice and produce therapeutic change.
- Learn how to implement techniques to address surface and core maladaptive patterns in your clients.
- Implement perpetuation of success strategies for your clients.

Program Outline

**Setting that stage for successful Borderline Personality Disorder (BPD), Narcissistic Personality Disorder (NPD) treatment, and Antisocial Personality Disorder (ASPD)**

- The dichotomous view of personality disorders
- The four phases of successful treatment
- Prevalence Borderline Personality Disorder, Narcissistic Personality Disorder, and Antisocial Personality Disorder in treatment
- Understanding the Cluster B affective/impulsive continuum
- Within diagnosis differences and overlap

**Antisocial Personality Disorder and the Effective Approach to Working toward Improvement**

- First and foundational approach to working with client along the Antisocial Personality spectrum
- Antisocial profiles within the therapeutic relationship
- Making headway or a headache – Risk and protective factors
- Identification and management of suicidal acting out
- How to manage and avoid in-session violence and threats

**Address and change the maladaptive patterns and behaviour of Antisocial Personality Disorder (APD)**

- The “common sense approach” to correct behaviour
- Treatment strategies for mild to moderate Antisocial PD
• Violence risk assessment and management

Uncover and manage the motivations for Antisocial Personality Disorder symptomatology
• The elephant in the room: transference and counter-transference
• Interpersonal effectiveness: “Wants-To-Shoulds” balance
• Emotion regulation: Acting opposite emotion

Psychopathy
• Etiology, epidemiology and course of psychopathy
• Female psychopathy, is there a difference?
• Can you treat, should treat, would you treat?

Narcissistic Personality Disorder and the Successful Treatment Course
• Narcissistic personality disorder from mild to extreme
• Gender differences and Narcissistic Personality Disorder
• Attachment and Narcissistic Personality Disorder
• Narcissistic personality disorder subtypes
• Narcissistic neurology
• Symptom expression
• Identify narcissistic personality structure

Narcissists and their partners
• Treating the invisible client
• Glorify, Belittle, Gaslighting
• What is the goal here anyway?

Address and change the maladaptive patterns and behaviour of Narcissistic Personality Disorder
• Identifying level of motivation to give up maladaptive behaviours/beliefs
• Environments, Emotions, and Thoughts related to problem ID and triggers
• Positive and negative interpersonal influences
• Building and breaking interpersonal connections

Uncover and manage the motivations for Narcissistic Personality Disorder symptomatology
• Identify core content and its purpose
• Discover what is motivating narcissistic personality behaviour
• Defense mechanisms to keep core content safe
• Enhance your client’s personal empowerment
• Fear and beliefs that sustain core content

Borderline Personality Disorder (BPD) and the Successful Treatment Course
• Borderline Personality Disorder from mild to extreme
• Gender differences in borderline personality disorder
• Borderline Personality Disorder subtypes
• The borderline brain
• Symptom expression
• Identify borderline surface structure

Collateral Damage and BPD Relationships
• BPD, attachment, and relationship dysfunction
• Five dysfunctional dynamics
• From relationship rage to dependency
• Dominance/submission
• Evolution of self and maturing of the relationship

Address and change the maladaptive patterns and behaviour of BPD
• Stages of change identification and assessment
• Behaviours, Beliefs, and Benefits that maintain maladaptive behaviours/beliefs
• The shame spiral
• Identification of the 8 Trigger Categories
• Recognition of positive and negative interpersonal relationships
• Situations and adaptive or maladaptive coping

Uncover and manage the motivations for BPD symptomatology
• Getting to the heart of the issue
• Behavioural motivators for borderline personality disorder
• Challenging core content fears, beliefs, and destructive wishes to do it differently
• Contrary mechanisms to keep yourself safe and grow

Perpetuation of success for your clients
• Stressor types and coping
• Identification of potential future stressors
• Sustain self-acceptance
• Strengthening your adaptive behaviours and beliefs