

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