

Evidence Based Techniques for Working Effectively with Clients with Complex Needs

Jeff Riggerbach, PhD

Objectives

- Develop knowledge to intervene at the deepest levels to help clients with chronic depression recover
- Understand the role of behavioural activation in treatment and management of persistent depression
- Add a variety of skills to your toolbox that will help dissipate the most intense symptoms of anxiety (including panic attacks)
- Learn how you can help clients who demonstrate volatile behaviours reduce behaviours that negatively impact their quality of life.
- Acquire techniques for helping clients struggling with substance use disorder and other “addictive behaviours” to manage urges and to create life worth living
- Apply strategies for relapse prevention
- Learn strategies for reducing clients volatile behaviours
- Learn new ways of implementing emotion regulation skills for your clients that struggle with Borderline Personality Disorder and/or self-destructive behaviours
- Develop strategies for building trust and in depth engagement
- Learn Communication Strategies for Clients who seem to be stuck
- Learn how you can empower clients and help them change long standing problematic behaviours
- Use schema mode strategies for intervening at the deepest levels to prevent relapse in clients with personality disorders

Outline

What Makes Clients with complex needs “complex?”

- Long standing Problems
- Co-occurrence – multiple overlapping of disorders
- Present in multiple areas of life
- Problems repeat themselves in other areas
- Deeply engrained dysfunctional beliefs often viewed as “treatment resistant”

The Client with Persistent and Severe Depression

- Behavioural Activation
- Mastery/Pleasure/Meaning related activities proven to help depression lift
- Address Problematic relationships that maintain depressive symptoms
- Build support to decrease isolation
- Belief Modification Work
- Strategies to instill hope and reduce sense of hopelessness
- Charting Mood Swings
- Cognitive Vulnerabilities for Suicide
- Initiate daily gratitude practice to reduce vulnerability to relapse

The Client with Intense and Seemingly Uncontrollable Anxiety

- Metacognitive approaches for GAD
- Interoceptive Strategies for Panic Disorder
- Modify approval seeking schemas in social anxiety disorder
- Rescripting and imagery rehearsal techniques for decreasing recurring nightmares

Volatile Clients in need of Anger Management

- Channeling Anger in Adaptive Ways
- Responding to Values Based Triggers
- Techniques to Decrease Resentment

Clients with Substance Use or Other “Addictive Disorders”

- Increase Awareness of Triggers
- Managing Urges
- Function of Usage
- Developing Self-Control

Clients with Personality Issues/ Disorders:

- **Clients with Narcissistic Traits**
 - Types of Narcissists
 - Dealing with Entitlement
 - Empathic Confrontation
- **Clients with Histrionic Traits**
 - Harnessing Emotionality
 - Adaptive Ways of “Getting Noticed”
 - Constructing Self-Worth

- **Clients with Paranoid Traits**
 - Validating Suspicion
 - Developing Trust
 - Use of YOUR Relationship to Facilitate Endorsement of Alternative Explanations

- **Perfectionistic Clients**
 - Validating Standards
 - Becoming “good enough”
 - Clients with BPD Traits

- **Clients with BPD Traits**
 - Decreasing Self-Destructive Behaviours
 - Complex Cognitive Behavioural Chain Analysis

Communication Strategies for Reducing Conflict in Client’s personal life and Improving Multiple Symptom Sets

- Interpersonal Effectiveness Skills
- The Role of Schemas in Validation and Communication
- Experiential Activation Exercises

Practical way to facilitate deeper and longer lasting change in clients.

- Schema Mode Work
- Analysis of development of schema
- The three levels of schema change
- Intervening at the deepest level (a hybrid between traditional analytic approaches & cbt approach)
- Exercises for helping clients to internalize new information at **both the cognitive and emotional levels so that they develop more deeply ingrained life-time habits.**