

Understanding and Responding to Personality Disorders

The aim of this seminar is to provide insight into the complex world of Personality Disorders and equip the participants with more strategies for effectively responding to complex behaviours displayed by clients with personality disorders.

This workshop will foster high levels of self-sufficient practice among professionals who are not mental health practitioners but who work with personality disordered clients on an ongoing basis. The range of presented strategies and techniques is aimed to improve good client outcomes.

Objectives

- Understand the origins of Personality disorders and utilise this knowledge in order to engage, validate and improve client's insight.
- Apply engagement and assessment strategies for ten types of personality disorders.
- Utilise techniques from CBT and DBT into an integrated universal model that is applicable across all ten types of Personality Disorders.
- Gain ability to recognise the personality disordered behaviours in order to apply relevant and effective strategies and increase client outcome success.
- Develop the ability to successfully assess in order to improve client outcomes.
- Learn to recognise behavioural overlap between different types of personality disorders.

Program Outline

Personality Disorders

- Defining personality disorders. Types, how they develop and the underlying causes behind each of them.
 - Common traits.
 - Neuroscience and personality disorders.
 - Etiology
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- The principles of assisting people with personality disorders.
 - 12 universal strategies to respond to personality disordered behaviours.
 - Structured intervention strategies for personality disorders.
 - Therapeutic treatment modalities that are effective with personality disorders. What can be implemented in a non-therapeutic environment? What should not be attempted within the limitations of the role and purpose of an organisation? What works and what does not work.
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- Validation Techniques.
 - Setting Boundaries.
 - Hidden Agendas.
 - Relationship and Treatment seeking behaviours that are commonly misinterpreted by practitioners.

Management Strategies:

- **Borderline Personality Disorder – Engagement Strategies**
 - Case studies group exercises.
 - **Narcissistic PD**
 - Strategies and case examples.
 - **Obsessive – Compulsive Pd**
 - Strategies and case examples.
 - **Schizoid PD**
 - Strategies and case examples.
 - **Antisocial / Psychopathic.**
 - Strategies and case examples.
 - **Dependent PD**
 - Strategies and case examples.
 - **Avoidant PD**
 - Strategies and case examples.
 - **Histrionic PD**
 - Strategies and case examples.
 - **Paranoid PD**
 - Strategies and case examples.
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- **Assessment practice: Learning How to recognise personality disordered behaviours in order to correctly match management techniques.**
 - **Mixed presentations / overlaps.**