

***I would like to attend the workshop on “Personality Disorders Update: DSM-5 and Today’s Most Powerful Treatment and Management Techniques” presented by Gregory W.Lester, PhD. Please register my application (TICK A BOX)***

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| <input type="checkbox"/> <b>SYDNEY</b> <b>11 September 2013</b><br>Wesley Conference Centre,<br>220 Pitt Street, Sydney NSW                                  | <input type="checkbox"/> <b>ADELAIDE</b> <b>18 September 2013</b><br>Next Generation Health Club,<br>War Memorial Drive, Adelaide SA |
| <input type="checkbox"/> <b>MELBOURNE</b> <b>13 September 2013</b><br>Darebin Arts and Entertainment Centre,<br>Cnr Bell Street & George Street, Preston VIC | <input type="checkbox"/> <b>PERTH</b> <b>20 September 2013</b><br>Wollaston Conference Centre,<br>5 Wollaston Road, Mt Claremont WA  |
| <input type="checkbox"/> <b>BRISBANE</b> <b>16 September 2013</b><br>Broncos League Club,<br>98 Fulcher Road, Red Hill QLD                                   |  |

COST	
EARLY BIRD RATE:	\$299 per person (before 5th August 2013)
STUDENT RATE:	\$270 per person (before 5th August 2013) (applies to self-funded and full time students only)
STANDARD RATE:	\$335 per person

- All prices include GST, Payment is required to secure registration.
- Only cancellations in writing will be accepted.
- NO REFUNDS WILL BE GIVEN FOR CANCELLING LESS THAN 5 WORKING DAYS BEFORE EACH SEMINAR. Cancellation policy is final and not negotiable. TATRA regrets difficult personal circumstances that prevent participants to attend, however the logistics of event management prevent TATRA from assuming responsibility for these contingencies.
- Registrations are transferable to another person in full.
- TATRA is unable to accept responsibility for the failure of the presenter to appear due to extreme weather conditions and/or flight cancellations.
- Morning tea and lunch will be provided.
- Electronic Certificate of attendance will be issued after the workshop. Please provide TATRA with your email address.
- All courses are run subject to minimum numbers.

TIME	9.15am - 4.45pm
PRESENTER	Gregory W.Lester, PhD
TO ENROL	

1. Select the course you wish to attend (tick boxes above).
2. Complete the registration form details below.
3. Send this form with correct payment (cheque, money order EFT or Credit Card Details) to TATRA Corporate & Allied Health Training Services.
4. SHOULD YOU REQUIRE AN INVOICE IN ORDER TO MAKE YOUR PAYMENT THEN MAKE SURE THAT WE HAVE CORRECT DETAILS OF YOUR MANAGER OR ACCOUNTS PAYABLE DEPT. YOU WILL NEED TO SUBMIT THIS REGISTRATION FORM TO TATRA IN ORDER FOR US TO ISSUE AN INVOICE.
5. Remittance notice MUST be forwarded to TATRA upon your EFT payment. We will not secure your booking unless we are advised that payment has been made.
6. Credit card payments incur 1.5% surcharge.

NAME: \_\_\_\_\_

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TEL: \_\_\_\_\_ FAX: \_\_\_\_\_ EMAIL: \_\_\_\_\_

TAX INVOICE TO BE SENT TO: (Include the correct details of your organisation’s Accounts Payable Dept.)

<b>CREDIT CARD DETAILS</b>		<input type="checkbox"/> VISA	<input type="checkbox"/> MASTERCARD
NAME ON CREDIT CARD		CREDIT CARD NUMBER	
EXPIRY DATE	AMOUNT \$		
SIGNATURE	DATE		



**TATRA Corporate and Allied Health Training Services**

A.B.N. 52 173 802 185

23 Morgan Street, South Brighton SA 5048

Tel (08) 8221 6668 Fax (08) 8221 5033

Email [info@tatratraining.com](mailto:info@tatratraining.com)

[www.tatratraining.com](http://www.tatratraining.com)

# TATRA

CORPORATE AND ALLIED HEALTH TRAINING SERVICES

## Personality Disorders Update:

# DSM-5 and Today's Most Powerful Treatment and Management Techniques

1-day workshop for professionals

**Presented by**  
**Gregory W.Lester, PhD**

**APS:** Activities do not need to be endorsed by the APS. APS Members can accrue 7 CPD hours by participating in this activity.

**AASW:** Members can accrue 7 CPD hours by participating in this activity.

**PACFA:** Members can accrue 7 CPD hours by participating in this activity.

**ACA:** Double Points Apply.

*Working with individuals with Personality Disorders has long been identified as one of the most challenging areas of practice. This seminar will present cutting-edge information on Personality Disorders. The DSM 5 structure for understanding and diagnosing Personality Disorders will be presented, along with the most current, effective, and powerful methods for treating and managing Personality Disorders.*

*Despite having familiarity with some specific aspects or models of understanding or treating personality disorders, most professionals find personality disorders to be the most confusing, frustrating, and difficult of all mental health conditions. Fortunately, there have been recent advances in our understanding of personality disorders that offer professionals new, powerful, and highly effective methods for treating and managing these conditions in nearly any mental health, health care, or social service setting.*

*This is a unique training in which Dr. Lester will draw on fifteen years of development and research to teach professionals the cutting-edge methods for diagnosing, treating and managing clients with personality disorders. You will learn the elements common to all personality disorders and the most effective methods to treat and manage clients with personality disorders. The understanding and classification of personality disorders that has been adopted by the DSM 5 will be discussed and explored.*

*This training will focus on teaching the practical methods that have been found to work successfully with this client population, including methods to repair disordered personality, diminish unproductive behaviours, enhance productive behaviours, and generate appropriate and adaptable behaviours. These methods can be applied across a wide variety of mental health and social service settings, and can significantly improve professionals' ability to deal effectively with this difficult client group.*

- **The DSM 5 Model and Understanding of Personality Disorders**
- **Analytic, Behavioural, and Brief Treatment of Personality Disorders**
- **Practical Management of Personality Disorders**
- **Personality Disorders in Marriage, Families, and Children**
- **Long-term, short-term, and brief treatment**

### **Program Objectives**

- To understand the unique, underlying elements common to all personality disorders and what makes them different from all other mental health conditions
- To understand and to be able to apply the DSM 5 changes in the structure for distinguishing and diagnosing personality disorders
- To learn the four definitions of disordered functioning that underlies all successful interventions
- To learn the common principles underlying all effective interventions for personality disorders, including Dialectical Behavioural Therapy, Transference Focused Psychotherapy, Schema, and Mentalization-Based Treatment
- To learn techniques designed to treat a disordered personality
- To learn techniques designed to manage disordered behaviour in a variety of settings
- To learn how to maintain one's composure and emotional equilibrium when dealing with disordered functioning
- To be able to avoid the common pitfalls that professionals are vulnerable to when dealing with a personality disordered population

### **Program Outline**

#### **The Source of Effectiveness: Understanding the Underlying Common Elements in All Personality Disorders**

- What a "disordered personality" really is, and how it differs from all other psychiatric conditions
- The two psychological and neurological elements that underlie disordered personality
- The two effects disordered personality has on an individual's life course and other people

#### **Cutting-Edge Diagnosis: Recent Advances and the DSM 5 Model of Personality Disorders**

- The evolution of our understanding of personality disorder
- The DSM 5 model, the new categories, features, and use
- Prognosis and the DSM 5 personality disorder categories

#### **Treating Personality Disorders**

- The development of the different models of treatment
- Analytic
- Cognitive
- Behavioural
- The consistent features of effectiveness of all treatment models
- The techniques that form the basis of effective treatment
- Long-term, short-term, and brief approaches to treatment
- How to use the techniques and apply the models
- Practice in understanding and applying treatment techniques

#### **Practical Professional Techniques:**

##### **Practical Management of Personality Disorders**

- How management differs from treatment
- The range of management techniques and their effects
- How to apply management techniques
- Practice in understanding and applying management techniques

#### **Special Populations and Personality Disorders**

- Managing and treating personality disorders in couples
- Managing and treating personality disorders in families
- Managing and treating personality disorders in children

### **About Gregory W. Lester, Ph.D.**



Gregory W. Lester, Ph.D. is a clinical psychologist in practice in Colorado and Texas. Dr. Lester has specialised in Personality Disorders for over 25 years, and has been a participant in multiple studies that form the basis for the DSM 5 revision of the section on Personality Disorders. Dr. Lester is considered the most in-demand trainer on the topic of Personality Disorders, and has presented over 2,000 trainings on Personality Disorders, with more than 100,000 professionals in over 130 cities attending throughout the USA. Dr. Lester has served on the graduate faculty of The University of St. Thomas, and is a member of the American Psychological Association, the Texas Psychological Association, the Colorado Psychological Association, and the Houston Psychological Association. He is the author of seven books, including the most widely read frontline clinical manual on "Personality Disorders: Personality Disorders in Social Work, Mental Health, and Health Care", "Power With People: How to Handle Just About Anyone, to Accomplish Just About Anything (Sixth Printing)", "Shrunk Heads: The Insane, the Profane, and the Profound on the Road to Becoming a Psychologist" (2005), "Borderline Personality Disorder: Treatment and Management that Works" (2004), "Personality Disorders in Social Work and Health Care (2003)", "Personality Disorders II: The Advanced Course (2003) Dialectical Behaviour Therapy for the Real World" (2006). Dr. Lester's research and articles have appeared in professional publications including The Journal of the American Medical Association, The Western Journal of Medicine, The Journal of Marriage and Family Therapy, The Journal of Behaviour Therapy, Emergency Medicine News, The Yearbook of Family Practice, The Transactional Analysis Journal, and The Sceptical Inquirer. Dr. Lester's book, "Power with People", is currently in its 9th printing and receives one of the highest ratings of all books from Amazon.com.