

## **The Most Challenging Cluster B Personality Disorders: When Drama and Emotion Dysregulation Predominate**

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### **Learning Objectives**

- Diagnosis: Understand common mistakes in using both the ICD-10 and DSM-5® criteria in ways that make sense for conceptualization of Cluster B disorders.
- Develop methods for describing and discussing highly emotional disorders to the individual, and their family members
- Use automatic thought records to uncover the core beliefs that a person operates under in order to reduce intensity of triggers, emotions and reactions in the short term and the long term
- Learn how to break down symptoms into target components in ways that are manageable and have a higher chance of success
- Identify the most common impediments to change with Cluster B personality disorder clients
- Learn about the most commonly used psychotropic medications with each disorder and the rationale for using them
- Evaluate and interrupt suicidal thinking and planning using the most up to date techniques
- Utilize the most up to date methods of documentation of suicidal ideation response for the patient's safety, and for your peace of mind

### **Program Outline**

#### **The Personality Mystique**

- What is Personality? Overview and Case Example
- ICD-10 and DSM-5® criteria: What is the difference? And does it matter?
- Using diagnostic criteria accurately and avoid common mistakes
- Core beliefs: What are the most common core beliefs for each of the Cluster B disorders
- Understand the role of core beliefs: how to identify them, interrupt them and work with them with Borderline, Narcissistic and Antisocial disorders
- What else could these behaviours mean? When the client seems to have more than one disorder.
- What to do when you experience a strong emotional reaction to the client: Countertransference recognition and interruption
- Attachment issues, suspiciousness and lack of intimacy as it relates to Cluster B
- Developing confidence in diagnosis of Cluster B disorders
- Practice makes perfect: How simple techniques improve the clients ability to respond to stressors

## **Antisocial Personality Disorders**

- Predictors of Antisocial Personality disorder in Childhood
- Case Example: Antisocial Personality Disorder
- The Common Overlap criteria with other disorders
- When charm and charisma are danger signs
- Common impediments to change processes
- How to determine if you have to intervene when inappropriate or dangerous language is used by the client
- “Put down the rope” when you feel like you are in a “tug of war”
- What is happening in the brain that may influence antisocial behavior
- Using CBT and Motivational Interviewing with the reluctant, or oppositional client
- Common Psychotropic Medications used with Antisocial disorders and the risks of some of them

## **Narcissistic Spectrum**

- Narcissistic disorders: Typologies
- Case Example: Antisocial Personality Disorder
- The Common Overlap criteria with other disorders
- Couples and Narcissism: Who do they choose as partners? Overview of dangers and common presentations in couple’s therapy
- Common impediments to change processes
- Do Narcissists know they are Narcissists? And is it important?
- “Thin skinned” perfectionism and hypersensitivity
- Can you develop empathy in someone who lacks empathy?
- Using CBT and Motivational Interviewing techniques to set goals with a Narcissist
- Using CBT techniques to interrupt and modify common thought patterns and behaviors
- How to recognize and discontinue debates, arguments and power struggles

## **Borderline Personality Disorder**

- Is this just one disorder? Borderline as a Spectrum Disorder
- Childhood predictors: Attachment, trust and intimacy
- What is happening in the brain that may influence emotion dysregulation and impulsive behavior
- Using ATRs, CBT and DBT effectively and what is the difference?
- Developing motivation for change: Understanding Incremental Change targets
- Safety: How to manage emotional dysregulation, threats and anger
- What does Countertransference have to do with it?
- Using a therapeutic collaboration with your client to increase stability
- Core beliefs common in Borderline Individuals: How to identify and modify these
- The Five Skill Sets for Borderline Personality Disorder
- Couples and Family issues with Borderline Personality Spectrum
- Addressing fear of abandonment
- Common Psychotropic Medications: Polypharmacy, comorbid conditions and associated risks