

# Innovations in Treating Personality Disorders

Personality disorders are a common co-occurring condition in about half of the patients seeking outpatient mental health treatment. While most clinicians regularly see patients with a personality dysfunction, it is not always identified and may complicate treatment. Left untreated, personality disorders place a great burden on health care systems, families and communities. When you are equipped with a basic knowledge of personality disorders and their treatment, you can incorporate strategies to increase effectiveness in reducing therapeutic ruptures and achieve better outcomes. Personality dysfunction complicates and reduces efficacy of first line treatment approaches to clinical syndromes such as anxiety, depression, and addiction, as well as increasing the challenge of working with couples and families. When patients with personality dysfunction are unidentified and untreated, therapist frustration may ensue and lead to unintended therapeutic ruptures and treatment dropouts. Early identification and appropriate treatment reduce susceptibility to addictions and other comorbid disorders. Clinicians who understand and identify personality disorders and possess a cohesive conceptual framework can effectively treat personality dysfunction, optimize treatment and improve outcomes. This seminar provides you with the foundation necessary for identification, conceptualization, effective management, and treatment of personality dysfunction.

## Target Audience

Psychologists      Social Workers      Counselors  
Therapists      Psychiatrists      Nurses

Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

1. Utilize a structural system for diagnosing personality dysfunction
2. Identify four evidence-based approaches to treating personality disorders
3. Utilize the essential components of various treatment models to more effectively conceptualize and treat personality dysfunction
4. Identify how unresolved trauma can manifest in personality dysfunction and what to do
5. Develop effective treatment plans and strategies that work

## Seminar Schedule

Typically begins at 10:00 AM and ends at 1:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

## Outline

- Begin 10 AM EST
- Ethical Considerations
- Therapist characteristics & self-assessment
- Personality System
- Classification of personality disorders
- Etiology
- Neuroscience
- Classification & comorbidity
- 11:30 11:45 Break (15 min)
- Essential Components
- Emotion, defense, cognition
- Key concepts
- Treatment
- Formulating core issues
- Alliance maintenance
- Anxiety regulation
- Complex trauma
- Treatment packages
- Ends 1:15

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

## Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

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## The Presenter

Jeffrey J. Magnavita, Ph.D., ABPP is a clinical psychologist with over three decades of clinical experience working with personality dysfunction. He is an internationally recognized speaker who has published eleven professional volumes on personality disorders, personality theory, psychotherapy, clinical decision making, and technology in mental health practice. His psychotherapeutic work has been featured in two APA psychotherapy videos. He served on the APA Clinical Practice Guideline Committee and was invited to serve on the Advisory Work Group on the Implementation of Evidence-Based Practice. He served as the President in 2010 of the Society for the Advancement of Psychotherapy. He is the Founder and CEO of Strategic Psychotherapeutics, LLC the developer of StratPsych ® an online learning system for psychotherapists.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2022.

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