

## Assessment and Treatment of Personality Disorders: Evidence-Based Strategies for Creating Change in Your Most Change-Resistant Clients

Personality disordered individuals are often considered to be some of the most difficult consumers of mental health services for psychologists and other mental health clinicians to treat effectively. Clearing the fog surrounding the different conditions and getting to the core of each individual client makeup is vital to successful treatment outcome. Drawing from the most recent literature, outcome trials, case studies and 20 years of clinical experience, Jeff Rigenbach, PhD will describe the latest evidence based treatment options and show you how to avoid common pitfalls and therapeutic traps of these individuals who often leave clinicians feeling frustrated, stuck, and disheartened. In this full day virtual training, Jeff will describe each of the DSM-5 personality disorders and give you simple but effective engagement, management, and treatment techniques for each. Empirically supported strategies from DBT, CBT, and Schema Therapy will be incorporated into an integrated treatment approach that will transform the way your work with this challenging population. You will leave this conference feeling revitalized - equipped with a new, comprehensive, empowering approach to assess, conceptualize, and treat this difficult population in a way that offers hope for patients and reinvigoration for providers.

### 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. Describe diagnostic criteria and explain key differential diagnosis considerations for each of the 10 DSM 5 personality disorders.
2. Identify etiological and epidemiological factors associated with each.
3. Discuss evidence-based treatment models and apply an integrated cognitive approach to PD population.
4. Explain 18 early maladaptive schemas driving target behaviors including historical, cultural, and other environmental risk factors influencing them.
5. Utilize case conceptualization maps to drive agenda setting, treatment planning, and documentation.

### Seminar Schedule

The webinar outline is attached. See the Live Webinar page for the start and end times.

### Outline

- Making A Personality Disorder Diagnosis (10-10:30 AM ET)*
- Clinical and Legal Rationale for Diagnosing Personality Disorders
  - Protecting Yourself Against Liability
  - Distinguishing Characteristics of Personality Disorders
- 10 Making A Personality Disorder Diagnosis (9:30- 11:00)*
- Clinical and Legal Rationale for Diagnosing Personality Disorders
  - Protecting Yourself Against Liability
  - Distinguishing Characteristics of Personality Disorders
- Evidence Based Treatment (11:00 - 12:00)*
- Empirically Supported Approaches
  - Overview of Treatment Model
- Cluster A Disorders (12:00 - 12:30)*
- Cluster C Disorders (12:15 - 1:15)*
- Lunch
- Non-BPD Cluster B Disorders (2:15 - 3:00)*
- Making a BPD Diagnosis (3:00 - 3:45)*
- Clinical and Legal Rationale
  - Neurobiology of BPD
  - Building Therapeutic Alliance
  - BPD Made Easy: DSM 5 Criteria in Layman's Terms
  - Talking to Clients About the Diagnosis
- Case Conceptualization (4:00 - 4:15)*
- Diagnosis Specific Case Formulation
  - Treatment Planning
  - Conceptualization Driven Treatment
- Individual Treatment*
- Life Interfering behaviors
  - Therapy interfering behaviors

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### Continuing Education Credit

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### The Presenter

Jeff Rigenbach, PhD is a best-selling and award winning author who has earned a reputation as an international expert in cognitive approaches to treating personality disorders. Over the past 20 years he has developed and overseen CBT-based treatment programs for Mood disorders, anxiety disorders, addictive behavior disorders and Personality Disorders at two different psychiatric hospitals and clinics serving over 3,000 clients at multiple levels of care. Dr. Rigenbach trained at the Beck Institute of Cognitive Therapy and Research in Philadelphia, is a Diplomate of the Academy of Cognitive Therapy, and is a certified cognitive therapist. He has trained over 20,000 professionals worldwide including audiences in all 50 United States, The UK, Canada, Mexico, South Africa, Australia and New Zealand.

Dr. Rigenbach is the author of seven publications including his award winning *The BPD Toolbox: A Practical Evidence-Based Guide to Regulating Emotions* and his newly released self help book *Disarming High Conflict Personalities: Dealing with the 8 Most Difficult People in Your Life Before You Burnout*.

Jeff is known for bridging the gap between academia, research findings, and day-to-day clinical practice, and his work has earned him the reputation for being "the practical tools guy." His seminars on CBT, DBT, and Schema-Focused Cognitive Therapy routinely receive the highest evaluations from conference participants in terms of clinical utility as well as entertainment value.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Laura Davie, LICSW, Tina Jenkins, Psy.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2028.

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