

# 2017 Two-Day Personality Disorders

Cayuga Addiction Recovery Services

## Monday, June 12 & Tuesday, June 13, 2017

### Seminar Information | Both Days

**Start Time:** 9:00am

**Lunch:** 11:50am - 1:00pm (*on your own*)

**End Time:** 5:00pm

#### Location

Borg Warner Room, Tomkins County Public Library

#### To Register Contact

William J. Rusen, LMSW - [brusen@carsny.org](mailto:brusen@carsny.org)

#### Tuition

\$299.99 (both days)

*Refunds will be issued only if requested at least 7 days prior to the scheduled training date.*

### Speaker *Jeff Rigenbach, Ph.D., LPC*

is one of the most sought after educators in North America in the area of CBT and personality disorders. Over the past 15 years he has developed and overseen CBT based Mood Disorder, Anxiety Disorder, Borderline Personality Disorder treatment programs at two different psychiatric hospitals 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 Diplomat of the Academy of Cognitive Therapy, and has presented in all 50 United States, Mexico, and Canada on topics related to CBT, DBT and Personality Dysfunction.

Dr. Rigenbach has authored two best-selling books including *The CBT Toolbox: A Guide for Clients and Clinicians*, and the recently published *The BPD Toolbox: A Guide for Managing Intense Emotions Without Acting Destructively*, which was recently amazon's #1 new release in it's category. Jeff is known for bridging the gap between academia, research findings and day-to-day clinical practice, and his seminars on DBT, CBT, and Schema-Focused Cognitive Therapy receive the highest evaluations in terms of clinical utility as well as entertainment value.

#### Speaker Disclosure

Financial: Jeff Rigenbach has an employment relationship with Brookhaven Psychiatric Hospital. He receives a speaking honorarium from PESI, Inc.

Nonfinancial: Jeff Rigenbach has no relevant nonfinancial relationship to disclose.

### Objectives

- 1 List and summarize the essential characteristics of each of the personality disorders in DSM-5°.
- 2 Identify the hidden agendas of each of the personality disorders.
- 3 Assess the treatability and prognosis of each disorder.
- 4 Evaluate the efficacy of various treatment methods including CBT and DBT.
- 5 Understand the respective roles of group skills training and individual therapy and learn specific interventions appropriate for each.
- 6 Outline case conceptualization skills useful for individualizing treatment planning and driving effective treatment.
- 7 Discover how to actually like your personality disordered individuals! (or at least develop more frustration tolerance).

### Day One: Assessment & Management Skills Outline

#### Overview of Evidence Based Treatment Models

- DBT
- CBT
- SFT

#### Making a PD Dx

- Liability Persoective
- Clinical Persoective

#### Cluster C Disorders

- Obsessive Compulsive PD
- Avoidant PD
- Dependent PD

#### Non BPD Cluster B disorders

- Histrionic PD
- Antisocial PD
- Narcissistic PD

#### Cluster A Disorders

- Paranoid PD
- Schizoid PD
- Schizotypal PD

#### Application to Clinical Practice

- The therapeutic alliance
- Structuring a session
- Phases of Treatment
- Booster Sessions

This educational event brought to you by Cayuga Addiction Recovery Services and is presented by PESI, Inc.

*Hurry! Registration Deadline is*  
**Friday, May 26<sup>th</sup>.**

# Day Two: Treatment Setup & Strategies

## Making a BPD Diagnosis

### Program guidelines

- role of individual therapy
- Roll of skills training group
- treatment agreements
- phone contracts
- release of information

### DBT Skills Training - Interpersonal Effectiveness Skills

- Distress Tolerance Skills
- Emotion Regulation Skills
- Mindfulness

## Case Conceptualization

- PD Tx principles
- Belief Modification Protocol

## Individual Therapy Interventions

### Daily Logs & Check-in

### Chain Analysis

### Integrated DBT/SFT Case Study

### Schema Based Interventions

- Mode Dialogues
- Behavioral Pattern Breaking

### Co-Occurring Substance Use Disorders

### Relapse Prevention Strategies

**Target Audience:** Counselors • Social Workers Psychologists • Case Managers • Addiction Counselors • Therapists • Marriage & Family Therapists  
Other Mental Health Professionals • Nurses

Continuing Education Credits - per day	
<p><b>ADDICTION COUNSELORS:</b> This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.</p> <p><b>NEW YORK ADDICTION PROFESSIONALS:</b> This course has been submitted to OASAS for review.</p> <p><b>COUNSELORS:</b> This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.</p> <p><b>NEW YORK COUNSELORS:</b> PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MHC-0033. This activity will qualify for 15.0 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.</p> <p><b>MARRIAGE &amp; FAMILY THERAPISTS:</b> This activity consists of 760 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.</p> <p><b>NEW YORK MARRIAGE &amp; FAMILY THERAPISTS:</b> PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Marriage and Family Therapists. #MFT-0024. This activity will qualify for 15.0 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.</p>	<p><b>PSYCHOLOGISTS:</b> PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 12.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.</p> <p><b>SOCIAL WORKERS:</b> PESI, Inc. Provider #1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 12.5 (Clinical) continuing education clock hours for this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.</p> <p><b>NEW YORK SOCIAL WORKERS:</b> PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Social Work as an approved provider of continuing education for licensed social workers #0008. This activity will qualify for 15.0 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.</p> <p><b>OTHER PROFESSIONS:</b> This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.</p>

## CAYUGA ADDICTION RECOVERY SERVICES TRAINING INSTITUTE REGISTRATION FORM

Name of Training Program: 2 Day Personality Disorders

Training Dates: June 12 & 13, 2017 - Training Location: Tompkins County Public Library Borg Warner Room Cost: \$299.99 per person for both days

Name: \_\_\_\_\_ Agency: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Telephone No. \_\_\_\_\_ Fax No. \_\_\_\_\_  
 E-mail Address: \_\_\_\_\_

Would you like a confirmation of registration? Yes  No   
 Preferred method of notification Fax  Email

\*\*\*\*\*Payment information\*\*\*\*\*

Payment is due and payable at the time of registration. Admission to the training program will not be permitted unless the registration fee has been paid. If paying by credit card, sign the credit card authorization below, then fax, mail or e-mail this form at least one week prior to the scheduled training date. If alternate payment arrangements are necessary, please contact the CARS Business Office at (607) 387-5535.

Please indicate payment choice:

Check enclosed for \$299.99 (payable to Cayuga Addiction Recovery Services Training Institute)

Charge to my credit card: Type of credit card:  VISA  Mastercard  
 Credit Card Number \_\_\_\_\_ Exp Date: \_\_\_/\_\_\_/\_\_\_

Signature of Authorized Cardholder \_\_\_\_\_

Refund Policy: Refunds will be issued only if requested at least 7 days prior to the scheduled training date.

Questions: E-Mail us at brusen@carsny.org

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