

# PERSONALITY DISORDERS: The Challenges of the Hidden Agenda



featuring **Jeff Rigenbach, Ph.D., LPC**

**Monday, February 6, 2012  
or Tuesday, February 7, 2012**

**Class Site:**

Sheridan College C-Tel Auditorium

**Start Time:** 8:30am

**Lunch:** 12:00-12:45pm

**End Time:** 4:00pm

**Tuition:** \$50 Advance Registration  
(\$75 after January 18, 2012)

**Day-of-Seminar Tuition:** \$75

**To Register, Contact:**

Lori Gross  
Sheridan Memorial Hospital  
(307) 672-1022

## Objectives

- 1 Master the essential characteristics of each of the personality disorders in *DSM-IV-TR*<sup>™</sup>.
- 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 Manage suicidality, violence and self-mutilating behavior so no one gets hurt.
- 6 Acquire case conceptualization skills useful for individualizing treatment planning and driving effective treatment.
- 7 Discover how to actually like your Axis II patients! (or at least develop more frustration tolerance).

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

**Hurry! Registration Deadline:  
January 18, 2012**



**A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979**

## Program Outline

### Understanding the DSM-IV-TR™ System

- What is personality?
- Where does it come from?
- Genes vs. family?
- Methods of personality conceptualization
- Disorder vs. traits?
- Spectrum vs. categories?
- A bump in the road or the end of the line

### Making an Axis II vs. Axis I Assessment It's All About Me—The Challenge of the Hidden Agenda

- A review of all the personality disorders and their agendas
  - Antisocial
  - Borderline
  - Narcissistic
  - Histrionic
  - Obsessive-compulsive
  - Avoidant
  - Dependent
  - Paranoid
  - Schizotypal
  - Schizoid

### Actually, it's all about you: The Thinking of the Therapist

- Transference and countertransference
- The thinking of the therapist
- Avoiding getting "buttons pushed"
- Boundary crossings and violations

### What Works and What Doesn't with Personality Disorders

- DBT, CBT and the rest—what works for whom and what does the evidence say?
- Polypharmacy and the borderline client
- Generic but incredibly useful therapy interventions for each disorder

### Nobody Gets Hurt: Violence, Suicide and Manipulation

- The frustration of recurrent suicidal behavior
- Self-injurious behavior
- Suicide risk assessment
- Keeping yourself safe

## Speaker

**Jeff Riggenschbach, Ph.D., LPC** is a licensed professional counselor in the state of Oklahoma. He currently practices at Laureate Psychiatric Clinic and Hospital in Tulsa, Oklahoma, one of the nation's premier psychiatric facilities. He is the developer and coordinator of Laureate's cognitive-behaviorally-based borderline personality disorder program.

Dr. Riggenschbach has spent the majority of the past 10 years researching, practicing and speaking on cognitive behavioral therapies, developing specific expertise in borderline personality disorder and other Axis II conditions. He has completed training with The Beck Institute of Cognitive Therapy and Research and is certified with the Academy of Cognitive Therapy. Dr. Riggenschbach is currently serving as site coordinator for an international multi-site outcome trial with schema-focused cognitive therapy for clients with borderline personality disorder.

Additionally, Dr. Riggenschbach has served as an adjunct professor and lectured in hospital and university settings. He is a member of The Beck Institute's Speakers Bureau, and his seminars routinely receive the highest marks in terms of professional knowledge, practical application and entertainment value.

## Continuing Education Credits

*If your profession is not listed, please contact your board to determine your continuing education requirements and check for reciprocal approval. Many boards will approve this seminar based on other board approvals shown here. CMI provides all attendees with documentation of attendance.*

**COUNSELORS:** CMI Education Institute, Inc. is an approved provider of the National Board of Certified Counselors, NBCC Provider #: 5637. We adhere to NBCC Continuing Education Guidelines. This course qualifies for 6.25 contact hours.



**SOCIAL WORKERS:** CMI Education Institute, Provider #1062, is approved as a provider for continuing education by the Association of Social Work Boards, 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org. ASWB Approval Period: January 27, 2011-January 27, 2014. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6.25 clinical continuing education clock hours in participating in this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.



**PSYCHOLOGISTS:** CMI Education Institute, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. CMI maintains responsibility for this program and its content. CMI is offering this activity for 6.0 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

**MARRIAGE AND FAMILY THERAPISTS:** This activity consists of 375 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.

**ADDICTION COUNSELORS:** CMI Education Institute is an approved provider of continuing education by the National Association of Alcoholism & Drug Abuse Counselors (NAADAC), provider #: 00131. Full attendance is required; no partial credit will be awarded for partial attendance. This course qualifies for 7.5 contact hours.



**NURSES/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS:** This activity meets the criteria for an American Nurses Credentialing Center (ANCC) Activity. CMI Education Institute, Inc. is an approved sponsor by the American Psychological Association, which is recognized by the ANCC for behavioral health related activities. Full attendance is required; no partial credit will be awarded for partial attendance.

This activity qualifies for 6.0 contact hours.

**OTHER PROFESSIONS:** This seminar qualifies for 6.25 continuing education clock hours 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.