



# Recognising personality disorders and managing difficult behaviours.

**Reviewing the ten personality disorders and their associated challenging behaviours with an afternoon focus upon Borderline and Narcissistic disorders.**

How can we differentiate bipolar disorder from borderline personality disorder (BPD), obsessive-compulsive disorder from obsessive-compulsive personality disorder, or a cognitive lack of empathy from the emotional lack of empathy that is part of narcissistic personality disorder (NPD)? Although personality disorders are often talked about, their symptoms can be difficult to recognise - particularly by novice therapists who may be baffled by behaviours associated with personality disorders. This seminar will provide an understanding of the ten DSM-5 listed personality disorders, with an emphasis on: learning to identify the symptoms; understanding the lived experience of consumers; and learning to manage some of the difficult behaviours.

The morning session of the seminar will explore eight personality disorders: paranoid, schizoid, and schizotypal (cluster A); avoidant, dependent, and obsessive-compulsive (cluster C); and histrionic and antisocial (cluster B).

The afternoon session will focus on the two most prominent cluster B personality disorders: BPD and NPD. For all personality disorders, the topics will include: (1) identification of symptoms and behaviours using case studies; (2) causes; (3) comorbidities; (4) the lived experience of consumers using audiovisual material; (5) treatment options (or the lack thereof); and (6) strategies for managing difficult behaviours.

The presentation style will be interactive, encouraging participant contributions and questions.

### Learning objectives of this training:

1. Understanding key characteristics of personality disorders.
2. Recognising associated behaviours.
3. Understanding the lived experience.
4. Learning about strategies to manage some of the challenging behaviours associated with personality disorders, particularly BPD and NPD.



**Renata Porzig-Drummond** is a lecturer at the Australian College of Applied Psychology in Sydney, specialising in the fields of mental health and psychology. She uses an interactive presenting style that encourages participation, and focuses on the practical relevance of the topic for a clinical context. She holds a PhD in Clinical Psychology and a BSc Psychology (Hon) from Macquarie University; a GradDip in Psychology and a BA from the University of Sydney. Renata's research has focused on behaviour change and her research has been published in leading academic journals, including *Behaviour Research and Therapy*, *Australian Social Work* and *Social Science & Medicine*. Her clinical experience includes crisis counselling, psychological assessment, and working with clients with depressive and anxiety disorders. Renata is a member of the Australian Psychological Society (APS) and the International Coaching Federation (ICF).

**This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.**

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**ACA:** Members can accrue 12 CPD points.

**AASW:** Members can accrue 6 CPD hours.



**ACWA:** Members can accrue 6 CPD hours.

**PACFA:** Members can accrue 6 CPD hours.

**APS:** Activities do not need to be endorsed by APS. Members can accrue 6 active hours.

## Morning Session

Brief overview of the 10 personality disorders:

- Causes (psychological and biological)
- Comorbidities and prevalence
- Assessment
- Evidence-based treatments

Exploration of the three Cluster A and three Cluster C personality disorders, as well as Histrionic and Antisocial Personality Disorders (Cluster B):

- Symptoms
- Identification of symptoms in case studies
- Lived experience (including audiovisual material/ interviews with consumers)

Strategies for managing difficult behaviours.

## Afternoon Session

Exploration of the most prominent two Cluster B personality disorders: Borderline Personality Disorder (BPD) and Narcissistic Personality Disorder (NPD):

- Symptoms
- Identification of symptoms using case studies
- Lived experience (including audiovisual material/ interviews with consumers)
- Strategies for managing challenging behaviours

Questions, evaluation and closing.

***“This seminar will focus on skills in (1) identifying symptoms of personality disorders, and (2) managing some of the associated challenging behaviours.”***

Renata Porzig-Drummond

## How will you benefit from attending this training?

- Learn to identify symptoms of the ten personality disorders.
- Learn to recognise the associated behaviours.
- Understand causes, comorbidities, and the lived experience of consumers.
- Learn to manage the challenging behaviours associated with personality disorders.

## Booking process:

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

## We include:

- Presenter travel and accommodation costs.
- Soft copy of all slides, notes and resources and evaluation.
- Individual attendance certificates for all participants.

**Contact our in-house program director 1300 887 622 or [info@PDPseminars.com.au](mailto:info@PDPseminars.com.au) for information, quotation or to have a helpful chat about the needs of your team.**

This seminar has been designed to extend the clinical knowledge and applied skill of Counsellors, Psychotherapists, Coaches, Psychologists, Hypnotherapists, Social Workers, Community Workers, Mental Health Nurses and Psychiatrists.

## Feedback from Renata's recent presentations for PDP:

*“Really informative and beneficial to my practice.”*

*“Loved Renata's presentation style and her extensive knowledge.”*

*“Brought PDs to life. Took them out of the DSM and into real clinical content.”*

*“Excellent presenter and presentation of a potentially difficult subject.”*

*“The whole day was set out fantastically! I learnt so much knowledge on how to recognise behavior from different disorders in such a practical way. Loved it!”*

*“Well organised, tailored training for a broad spectrum of settings.”*

*“It wasn't just about psychologists working with disorders. Relevant to all.”*

*“Very interesting, informative and beneficial. Learnt a lot that I can carry into my practice at work.”*

*“The training was exceptional and offered an overview of each of the personality disorders. Renata was a well of knowledge.”*

*“Renata is wonderful. Thank you! Very informative.”*

*“I really enjoyed the videos that complemented educational material. A good blend of diagnostic and treatment information.”*

*“Fantastic presenter. Well prepared, energetic, lots of resources.”*