



Narcissism: Applying Perspectives from Psychoanalysis and Schema Therapy

Schema interventions for working with Narcissistic Personality Disordered clients.

Participants are expected to bring to the workshop a de-identified case of a person in treatment for narcissistic issues. This will be shared in small peer groups and provide a focus for working clinically with such clients. The content of the day will include psychoanalytic and schema therapy perspectives on narcissism. This will lead to an appreciation of the Self Psychology understanding of the structure of the self and the skill of empathic attunement with this focus. The day will include discussion of narcissistic rage and a role-play with practice of attunement. The mode model will be explained from schema therapy with a focus on Self Aggrandizer mode. There will be a role play demonstration of attunement and chair work in schema therapy. Insights from Wendy Behary and a schema therapy mode formulation of Eloise, an elite athlete will be explored along with the notion from Jeff Young of 'entitled dependence'. The idea of hidden or implicit learning as this applies to narcissism will be workshoped with a challenge to come up with three hidden learnings that may have contributed to participant's case study. Then the discovery of

hidden learning using sentence completion and the idea or pre-cognitive choices will be applied.

The booklet Hidden Learning: The way we are wired for intimacy will be given to all workshop participants as either a pdf or paper copy.

Learning objectives of this training:

1. Understand the psychological development of the diagnosis and understanding of narcissism.
2. Appreciate the perspective of Self Psychology in understanding the structure of the self.
3. Increase skills in empathic attunement targeting self structure.
4. Understand the schema therapy mode model in relation to narcissism.
5. Applying chair work in treating the narcissist.
6. Understanding hidden learning in relation to the treatment of narcissism.
7. Using sentence completion to discover and treat underlying narcissistic assumptions.



Dr Bruce A. Stevens (PhD Boston University, 1987) is the Wicking Professor of Ageing and Practical Theology at Charles Sturt University, Canberra, Australia. He founded Canberra Clinical and Forensic Psychology in Canberra with over twenty clinical psychologists. He is an endorsed clinical and forensic psychologist, who has written ten books for publishers such as Random House, Harper Collins, PsychOz Publications, Australian Academic Press, Wiley-Blackwell and New Harbinger. He has written four books on schema therapy, including an influential one on couple therapy and most recently Contextual Schema Therapy, with Eckhard Roediger and Rob Brockman, New Harbinger 2018. His latest book is The Storied Self (Fortress Academic, 2018) on narrative gerontology. He is ISST accredited for training in individual and couple therapy.

This training may qualify for Focused 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.

MELBOURNE: 28th November 2020
MANTRA ON RUSSELL

SYDNEY: 20th November 2020
UTS SHORT COURSE ROOMS

BRISBANE: 6th June 2020
PARK REGIS NORTH QUAY

Our continuing professional development events meet the quality standard recognised by many relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

We recommend checking with your association for the correct calculation of points for this event.

A certificate of attendance for 7 hours of face-to-face training is issued in the week following attendance at this event.

Morning Session

Includes a short morning tea break.

Historical overview of understanding narcissism including DSM-5 diagnosis. Freud, Kernberg and Kohut.
Structure of the self.
Empathic attunement, counter transference and narcissistic rage.
Clinical examples.
Practicing attunement with self structure focus.

Afternoon Session

Includes a short afternoon tea break.

Schema therapy and mode model for narcissism.
Using chair work in treating the narcissist.
Wendy Behary's Disarming the narcissist.
Practicing case formulation with Eloise and Jeff Young's entitled dependence.
Narcissism and hidden or implicit learning.
Reclaiming the unconscious in schema therapy and the notion of pre-cognitive will.
Using sentence completion and homework with card.
Evaluation and closing.

"This workshop brings a more psychoanalytic perspective to schema therapy with implications for treating the narcissist." Professor Bruce A. Stevens

How will you benefit from attending this training?

- Understand empathic attunement with a focus on self structure.
- Learn skills of chair work in treating the narcissist with schema therapy.
- Apply concept of hidden learning and pre-cognitive will to narcissism
- Use sentence completion as an intervention.

Registration details:

Registration fee: **\$298**

A current PDP 'Student and New Graduate' discount code may be applied to this standard registration fee. (Apply online)

This seminar provides 7 hours for CPD points.

Morning tea, lunch and afternoon tea included.
We accept payment by Visa, Mastercard, Amex PayPal, cheque and EFT.

Register at www.PDPseminars.com.au or call us on 1300 887 622

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 form Professor Stevens' recent presentations for PDP:

"Professor Stevens is a genius! So amazing to hear a researcher who also works directly with clients, is engaging and excited about his work. My brain hurt by the end of the day in a very good way."

"Excellent linking of Schema Therapy to other therapies and good learning experience - both practical and theoretical."

"What a delightful way to learn! Bruce is such a professional and he includes his enthusiasm for the topic within a structured format which built our knowledge and skill throughout the day!"

"Bruce was the most passionate and knowledgeable presenter I have ever come across at a workshop. Very, very powerful!!!"

"Bruce has a lovely, passionate manner to help engage us in our learning. Thank you."

"Very, very, very good – that's it!"

"Bruce is a great speaker and very encouraging when it came to 'clunkily' trying to use the techniques. This workshop was incredibly interesting and highly relevant to my work with children, adolescents and families."

"Bruce is a very entertaining character and delivered the material in a professional manner with lots of examples to help with the application of the therapy. Will be looking out for further training presented by Bruce."

"Enjoyed the role plays and exercises very much – presenter was funny and lively whilst I learned so much."