Personality Disorders Training with Dr. Greg Lester

February 1 & 2, 2023

Location: Rocklin Event Center

2650 Sunset Blvd., Rocklin, CA 95677

Training Topic Descriptions

Day 1: February 1st

Full-day – 8:30am-4:30pm

Borderline Personality Disorder: Today's Most Powerful and Effective Treatment and Management

One of the first personality disorders to be identified, and the one that is the most studied, prominent, and difficult borderline personality disorder, is one of the most disruptive of all psychiatric conditions. The good news is Borderline is well-understood, and there have been a number of extremely effective interventions developed. The difficulty for most clinicians is that intervening in Borderline conditions is unique and dramatically different from nearly every other psychiatric conditions. To be effective with Borderline conditions, a clinician needs to understand the metaphors that describe a Borderline disordered individual's dramatically different experience of life and the interventions that are often paradoxical, counter-intuitive, and feel "strange" to someone with a non-Borderline experience of life. Research indicates that these approaches can be highly effective in diminishing Borderline behavior and functioning.

How to Help Someone Deal with a Personality Disordered Person

Clinicians are frequently confronted with clients who have a spouse, parents, or children who meet criteria for a personality disorder. Because the functioning of personality disordered individuals is vastly different from people within normal limits, the usual methods that people use to deal with these individuals are at best ineffective and at worst destructive. This presentation presents methods for clinicians to coach people dealing with personality disordered people in methods to manage them in everyday life and to diminish the distress and disruption produced by personality disordered individuals.

Managing Personality Disorders in Non-Psychiatric Settings

For many years, research into personality disorders concentrated on intensive treatment of the condition in appropriate psychiatric treatments settings. Recently, data on managing personality disorders in settings that do not involve intensive psychiatric treatment has been gathered, and interventions that are not "treatment" interventions have been developed to help those in alternative settings such as medical settings, hospice, emergency rooms, homelessness shelters, and others. This presentation presents the approaches to managing personality disorders that have been shown to be effective when the professional is not in an intensive psychiatric treatment setting.

Personality Disorders Training with Dr. Greg Lester

February 1 & 2, 2023
Location: Rocklin Event Center
2650 Sunset Blvd., Rocklin, CA 95677

Training Topic Descriptions

Day 2: February 2nd

AM Session – 8:30am-12:00pm

Personality Disorders in Children and Adolescents

It was once believed that personality disorders developed gradually over time and only came to full fruition post-adolescence during emancipation. Recent research has demonstrated that this is incorrect, and full personality disordered functioning can be identified in children as young as 5 years old. This presentation presents the findings from the research on children and adolescents and personality disorders, the differences in identifying the conditions in pre-emancipation children, and the interventions that have been found to be helpful in this population.

PM Session – 1:00pm-4:30pm

Aging and Personality Disorders

For many years, the course of personality disorders into older age has been controversial. There were theories that personalities "burn out" and resolve in mid-life, so there is not much personality disordered functioning in older life. Then there were theories that personality disorders are chronic, pervasive, and permanent, and that they extended throughout the entire lifespan. Beginning in the early 2000s, research began on the life-course of personality disorders and revealed that their course through aging is more varied than previously believed. Data now shows which disorders persist into old age, which "cluster" becomes more prominent in aging, and methods to predict which disorders get better, which get worse, and which continue consistently. In addition, methods for intervening during aging have been studied and has identified which approaches are most appropriate during aging.