

# Personality Disorders: Case Management Approaches

With Dr. Greg Lester



## Training Overview

This training will present essential information required to deal effectively with difficult people who may have a personality disorder condition. Over 50 years of intensive research has enabled us to understand personality disorders, and we have developed effective ways addressing these individuals who are often problematic. These effective approaches, however, have not been widely disseminated and are unfamiliar to many people working in the areas of social service and mental health. This training will provide an overview of personality disorders with various aspects such as: what is a personality disorder, some key characteristics and patterns of personality disorders, how to recognize an individual with a personality disorder, and some helpful techniques to address people with personality disorders. Participants will gain an understanding of this topic and approaches that have been shown to produce good outcomes.

## Learning Objectives

*Participants will be able to:*

- Describe how to recognize three unique aspects of personality disorders;
- Identify two distinct patterns that affect personality disordered functioning;
- Identify at least three characteristics present in personality disordered individuals;
- Identify five specific techniques to intervene with personality disordered individuals; and
- Identify at least three interpersonal techniques to effectively intervene with a personality disordered individual.

## Continuing Education

This course meets the qualifications for three (3) continuing education credits for MFTs, LPCCs, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences. Placer County Systems of Care CAMFT-approved Continuing Education Provider #041035. Placer SOC maintains responsibility for this course and its content.

## About the Instructor

**GREGORY W. LESTER, PhD**, is a clinical and consulting psychologist with practices in Texas and Colorado. Dr. Lester is widely considered to have trained more professionals on the topic of personality disorders than any other individual, with more than 125,000 professionals attending his trainings in 130 cities across the U.S., Canada, and Australia. He is the author and presenter of the largest attended and longest running seminar on personality disorders, and his office served as one of the first research sites for the development of the proposed revision for the Personality Disorders section of the DSM-5. Dr. Lester's work has been widely published and has appeared in publications including *The Journal of the American Medical Association*, *The Western Journal of Medicine*, *The Journal of Marriage and Family Therapy*, and *The Journal of Behavior Therapy*. Dr. Lester consults with health care companies, social service agencies, and has served as a special consultant to the United States Department of Justice. Due to his innovative and practical approaches to the most difficult cases, he is in extremely high demand as a speaker and trainer and is often cited as a voice of authority in his field.

## Training Date and Time

**November 8, 2023  
8:30am—12:00pm**

## Location

**Max's at Holiday Inn  
110 Grass Valley Hwy.  
Auburn CA 95603**

Registration is available in [Placer Learns](#)

For accessibility requests (e.g. ADA access), special needs, questions and/or to provide feedback, please contact Placer County designee, SOC Placer Learns Administrator at: [PlacerLearns-SOCadmin@placer.ca.gov](mailto:PlacerLearns-SOCadmin@placer.ca.gov)

