

# Personality Disorders: Interventions and Treatment - Cluster B Focus With Dr. Greg Lester



## Training Overview

This training will present advanced and cutting-edge techniques used to manage and treat people who meet criteria for a personality disorder. It will focus on the most difficult and disruptive of personality disorders and will present information on how to address these most difficult cases. Participants should have a basic understanding of the personality disorder phenomenon, such as the nature of the personality disorder structure, function, dysfunction, effect, and interpersonal effects. Following a brief review of these essentials, the training will present the advanced principles and techniques that have been studied and empirically validated in approaches such as Dialectical Behavior Therapy, Transference Focused Psychotherapy, Mentalization Based Treatment, and Interpersonal Reconstructive Psychotherapy. Participants will gain an understanding of Cluster B diagnoses, various techniques, and interventions for the most favorable outcomes.

## Learning Objectives

*Participants will be able to:*

- Identify five essential elements in treating and managing personality disordered individuals;
- Identify three unique characteristics of a Cluster B diagnoses;
- Describe the four roles of advanced interventions;
- Identify the five “Advanced Targets” of advanced interventions; and
- Implement three techniques for intervening in the Advanced Targets.

## 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  
1:00pm—4:30pm**

## 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)

