



Course: navigating narcissism with schema therapy

Address: <https://asadis.net/en/course/navigating-narcissism-schema-therapy/>

Duration: 6h

Type of course: continuing education

Location: online course

Individual price: \$200.00

Overview:

Narcissists are notoriously difficult clients. While often intelligent, charming, and self-confident, they also tend to be highly self-absorbed, arrogant, demanding, condescending, incapable of empathy, and possessed with a sense of entitlement. The complexities of the narcissist can arouse our curiosity, but treating them can arouse our sense of inadequacy. Clinicians require advanced clinical skills to establish a sturdier foothold for setting necessary limits and empathically holding narcissistic clients accountable. In this workshop, you will learn to use schema therapy as well as other strategies when treating narcissism and narcissistic personality disorder. You will learn to integrate concepts drawn from interpersonal neurobiology into your clinical practice, identify your client's personal schemas and modes, and use self-work to bypass intense reactions linked to personal triggers.

Learning objectives:

1. Use schema theory and schema mode work as applied to Narcissism and Narcissistic Personality Disorders, including specific clinical strategies with narcissistic clients.
2. Integrate concepts from interpersonal neurobiology—demonstrated as powerful tools for accelerating treatment effectiveness.
3. Identify your client's personal schemas and modes—a major obstacle to treatment.
4. Use self-work to bypass intense reactions linked to personal triggers, activated by the narcissist and customize scripts to fortify leverage, to utilize “empathic confrontation”, and to set limits under a

variety of conditions relevant to narcissism.

Learning material:

This workshop includes theory as well as clinical examples. It includes videos ranging from 5-15 minutes in length. The PowerPoint of the workshop can be downloaded.

Audience: This training is intended for mental health professionals.

The expert, Wendy Behary

With over 25 years of professional experience and advanced level certifications, Wendy Behary is the founder and director of The Cognitive Therapy Center of New Jersey and The Schema Therapy Institutes of NJ-NYC-DC. She has been treating clients, training professionals, and supervising psychotherapists for more than 20 years. Wendy was on the faculty of the Cognitive Therapy Center and Schema Therapy Institute of New York (until the institutes merged in 2012), where she trained and worked with Dr. Jeffrey Young since 1989. She is a founding fellow and consulting supervisor for The Academy of Cognitive Therapy (the Aaron T. Beck Institute). Wendy served the President of the Executive Board of the International Society of Schema Therapy (ISST) from 2010-2014 and is currently the chair of the Schema Therapy Development Programs Sub-Committee for the ISST. She also served as the Training and Certification Coordinator for the ISST Executive Board from 2008-2010. Wendy Behary has co-authored several chapters and articles on schema therapy and cognitive therapy. She is the author of an international bestselling book, *Disarming the Narcissist* (New Harbinger, 2nd edition), which has been translated in 12 languages. Wendy has a specialty in treating narcissists and the people who live with and deal with them. As an author and an expert on the topic of narcissism, she is a contributing author of several chapters on schema therapy for narcissism for professional readers. She lectures both nationally and internationally to professional and general audiences on schema therapy, narcissism, interpersonal relationships, anger, and dealing with difficult people. She receives consistent high praise for her clear and articulate teaching style and her ability to bring the therapy to life through dramatic demonstrations of client interactions in the treatment room. Her industry and business speaking engagements focus on interpersonal conflict resolution. Her private practice is primarily devoted to treating narcissists, partners/people dealing with narcissists, and couples experiencing relationship problems.

Syllabus

Narcissism modes

Early maladaptive schemas (part 1)

Narcissism in relationships

Intimate relationships

Therapy for Narcissism

Photos and audio flashcards