



## 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:

Navigating the complexities of narcissistic clients can be both fascinating and formidable. These individuals often present as intelligent, charismatic, and brimming with self-confidence. However, their demeanor can quickly shift to self-absorption, arrogance, and a lack of empathy, challenging even the most seasoned clinicians. Their sense of entitlement and condescending attitudes make therapeutic engagement a delicate balance.

This workshop offers a transformative approach to working with such clients. Delve into advanced clinical techniques designed to establish a firm, empathetic foundation for setting necessary boundaries and holding narcissistic individuals accountable. Through a focus on schema therapy complemented by diverse strategies, you'll gain a comprehensive toolkit for treating narcissism and Narcissistic Personality Disorder (NPD).

You'll also explore the integration of interpersonal neurobiology principles into your practice. This will enhance your understanding of your client's unique schemas and modes, offering deeper insights into their behavior. Additionally, the workshop emphasizes the importance of self-reflection and personal development. By recognizing and managing your own triggers, you can avoid intense reactions and maintain a therapeutic stance that benefits both you and your client.

### 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 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 25 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 (Aaron T. Beck's Institute). Wendy served as the President of the Executive Board of the International Society of Schema Therapy (ISST) from 2010-2014 and served as the Training and Certification Coordinator for the ISST Executive Board from 2008-2010. She is currently the chair of the Schema Therapy Development Programs Sub-Committee for the ISST. 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..." translated in 16 languages. The Third Edition was recently released and was selected by Oprah Daily as one of the top books on the subject of Narcissism. Wendy has a specialty in treating narcissists and the people who live with and deal with them. As an author and subject matter expert on narcissism, she is a contributing chapter 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 work industry business speaking engagements focus on interpersonal conflict resolution. Her private practice is primarily devoted to treating narcissists, partners/people dealing with them, and couples experiencing relationship problems

### **Syllabus**

Powerpoint

A parallel process

When triggered by the narcissist

Narcissism modes

Early maladaptive schemas (part 1)

Early maladaptive schemas (part 2)

Answers to audience's questions

Origins of Narcissism

Answers to audience's questions

Four types of schemas

Descriptions of the schemas

Schemas in Narcissism

Narcissism in relationships

Intimate relationships

Some obstacles in treating Narcissism

Answers to audience's questions

Meeting core needs

Fortify therapy relationship

Answers to audience's questions

Empathic confrontation

Working with the detached mode

Still face experiment

Answers to audience's questions

Therapy for Narcissism

Photos and audio flashcards

Narcissists parents

Audio flashcards

Goals of therapy for Narcissism in mode terms

Progression of therapy (part 1)

Progression of therapy (part 2)

Answers to audience's questions

Introduction to video demonstration

Video demonstration

Answers to audience's questions

Conclusion

Bibliography