



## **Course: treatment strategies for “difficult” patients in health care**

**Address:** <https://asadis.net/en/course/treatment-strategies-difficult-patient-health-care/>

**Duration:** 3h

**Type of course:** continuing education

**Location:** online course

**Individual price:** \$144.00

### **Overview:**

We all have them. Those clients that make us want to pull our hair out! They discount their progress and the progress of others. They know more than you do. They don't trust anyone. They make threats, have emotional outbursts, and play coy when you are only trying to get information to help them. Psychotherapy research has made unthinkable gains in recent decades. We now have evidence-based protocol for dozens of clinical conditions, and clinicians also have a plethora of new tools at their disposal. However, practitioners still run into those clients that don't respond to standard protocols. Some even seem to have aversive reactions to the tools that we have become used to using regularly that so many clients find helpful. These clients can leave clinicians feeling frustrated, stressed out, and sometimes even defeated. Leave this virtual training equipped with evidence-based strategies from an integrated model that incorporates, dialectical behavior therapy (DBT) cognitive behavioral therapy (CBT), and schema modification interventions to help individuals struggling with paranoia, aggression, lack of empathy and other dysregulated emotions not only get better in the short term but stay well in the long term.

### **Learning objectives:**

1. Integrate CBT, DBT, & Schema Therapy into a cohesive treatment approach
2. Address maladaptive coping styles & their risks for relapse
3. Apply treatment strategies for multiple DSM 5 personality traits
4. Deploy effective intervention strategies for paranoia, narcissism & self-injury

**Learning material:**

A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

**Audience:** This training is intended for mental health professionals.

**The expert, Dr. Jeff Rigenbach**

Jeff Rigenbach, Ph.D. is a three-time best-selling and award winning author, speaker, and trainer who uses his 20 years of clinical experience to inform his workshops on assessment and treatment of “challenging” cases. As part of his training with The Beck Institute of Cognitive Therapy and Research in Philadelphia, Jeff developed and directed personality disorder treatment programs in two different psychiatric hospitals. Over the course of 15 years, he and his staff treated over 500 patients with personality disorders. Additionally, he has run cognitive-behavioural based treatment programs for depression, anxiety, OCD and IOP programs for behavioural health as well as addictive behaviour disorders. Dr. Rigenbach has trained audiences in all 50 United States, the UK, Canada, Mexico, Australia, and South Africa. He is known for bridging the gap between academia, research findings and day-to-day application of practical strategies with everyday clients, and his sessions routinely receive the highest evaluations in terms of quality of information as well as entertainment value from conference participants.

**Syllabus**

PowerPoint

Identifying and Understanding Challenging Patient Characteristics

Introduction

What is a difficult patient

The 5 characteristics that make a patient difficult

Cognitive Insights

Belief development

The 3 levels of cognition

Schemas-Beliefs

Beck's beliefs - 3 areas

Schema therapy- domain 1

Schema therapy- domain 2-3-4-5

Characteristics of schemas

Schema reinforcement

Role of beliefs in communication

Self-respect effectiveness

CBT strategies - self-care

CBT Strategies - Behavioral experiments

CBT Strategies- building support and relational work

3 types of cognitive interventions

Cognitive distortions

Cognitive restructuring

Schema modification interventions

Navigating Personality Challenges

Types of difficult personalities

Paranoid personalities

Paranoid personalities- case study

Perfectionistic personalities

Perfectionistic personalities- case study

Dependent personality

The histrionic personality

The antisocial personality

The narcissistic personality

The land mine and the victim

Conclusion

Bibliography