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 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

Jeff Riggenbach, 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. Riggenbach 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

Evaluation:
To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.
In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.
These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*