

- WESTERN CANADA MENTAL HEALTH SUMMIT -

# IMPROVING SKILLS & COMPETENCIES FOR MENTAL HEALTH & EDUCATION PROFESSIONALS

WEDNESDAY, MAY 24, 2023 – FRIDAY, MAY 26, 2023

Best Western Premier Calgary Plaza Hotel & Conference Centre

1316 33 St NE, T2A 6B6, Calgary, AB

**JEFF RIGGENBACH, PH.D.**

## WORKSHOP #12

The Personality Disorder Toolbox: Practical Strategies for Meeting  
the Challenges of Your Most Difficult Cases

Day Two | 8:30am - 11:45pm



**JEFF RIGGENBACH**  
PH.D.

Jeff Rigenbach, Ph.D. is a best-selling and award winning author who has earned a reputation as an international expert in CBT and personality disorders. Over the past 20 years he has developed and overseen CBT-based treatment programs for Mood disorders, anxiety disorders, addictive behaviour disorders and Personality Disorders at two different psychiatric hospitals and clinics serving over 3,000 clients at multiple levels of care. Dr. Rigenbach trained at the Beck Institute of Cognitive Therapy and Research in Philadelphia, is a Diplomate of the Academy of Cognitive Therapy and a certified cognitive therapist.

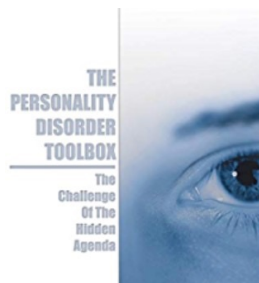
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# The Personality Disorder Toolbox:

Practical Strategies for Meeting the Challenges of Your Most Difficult Cases



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# The Personality Disorder Toolbox:

Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

## Why Personality Disorders are Different

1. Ego-Syntonic
2. External Locus of Control
3. Pervasive
4. Enduring vs. Episodic
5. Inflexible

# The Personality Disorder Toolbox:

Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

Evidence - Based Treatments

1. Dialectical Behaviour Therapy
2. Schema Focused Therapy
3. Systems Training for Emotional Predictability and Problem-Solving (STEPPS)
4. Mentalisation - Based Treatment
5. Transference - Focused Psychotherapy
6. Good Psychiatric Management

# The Personality Disorder Toolbox:

Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

Integrated Evidence - Based Model

Events  Thoughts  Feelings  Actions  Results

# The Personality Disorder Toolbox:

Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

## Motivational Skills!

### The Personality Disorder Toolbox:

Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

#### Motivational Skills



# The Personality Disorder Toolbox:

Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

## Expressions of Concern

Person Expressing Concern	Action Causing Concern	Reason for Concern
1)	1)	1)
2)	2)	2)
3)	3)	3)
4)	4)	4)
5)	5)	5)

# The Personality Disorder Toolbox:

Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

## Pros and Cons

# The Personality Disorder Toolbox:

Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

## DBT Skills

# The Personality Disorder Toolbox:

Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

Integrated Evidence - Based Model

Events  Thoughts  Feelings  Actions  Results

# **The Personality Disorder Toolbox:**

**Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**

## **DBT Skills - Mindfulness**

# **The Personality Disorder Toolbox:**

**Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**

## **DBT Skills - Mindfulness Exercise**

# The Personality Disorder Toolbox:

## Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

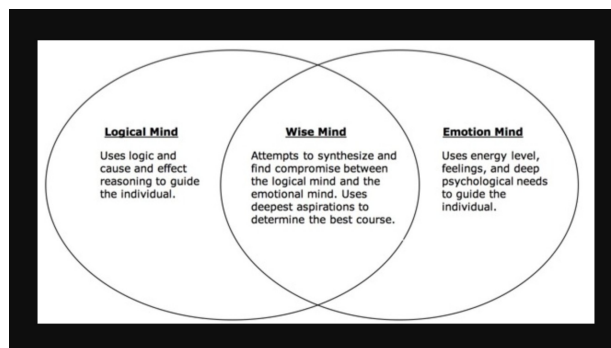
### DBT Skills - Mindfulness

- Being present in the moment focusing on the here & now in a non judgmental manner

# The Personality Disorder Toolbox:

## Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

### DBT Skills - Mindfulness States of Mind





## **The Personality Disorder Toolbox:**

**Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**

### **DBT Skills - Logical Mind**

- Logical part of brain
- Prefrontal cortex Involved
- Pros & Cons

## **The Personality Disorder Toolbox:**

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### **DBT Skills - Mindfulness Emotion Mind**

- Emotionally Flooded
- More Reactive
- More Impulsive

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**DBT Skills - Mindfulness Wise Mind**

- **Acknowledge feelings and at the same time able to process - acting a way consistent w goals & values**

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**DBT Skills - Goals of Mindfulness**

- Experience and Learn that tolerable and way out of painful emotion is a willingness to relate to them
- Change qualitative relationship to emotions...not right or wrong way to feel in given situations
- Decrease pace of Cognitions

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**Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**

### **DBT Skills - Grounding Exercise**

- 5** Things you can See
- 4** Things you can Touch/Feel
- 3** Things you can Hear
- 2** Things you can Smell
- 1** Thing you can Taste

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**Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**

### **DBT Skills - Emotion Regulation**

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**DBT Skills - Goals of Emotion Regulation**

- **Reduce vulnerability to negative emotions**
- **Decrease acting out on emotions**
- **Decrease emotional intensity experienced**

## **The Personality Disorder Toolbox:**

**Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**

**DBT Skills - Decreasing Vulnerability to Negative Emotions -  
PLEASE MASTER Skills**

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## **The Personality Disorder Toolbox:**

### **Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**

#### **DBT Skills - Decreasing Vulnerability to Negative Emotions - PLEASE MASTER Skills**

#### **Build Master(Y)**

- Get good at something
- Feel competent
- Build positive experiences
- Choose activities/people that will produce positive emotions

## **The Personality Disorder Toolbox:**

### **Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**

#### **DBT Skills - Emotion Regulation Principles**

- **Emotions education**
- **Types of emotions**
- **Intensity of emotions**
- **Function of emotions/Pros and cons of emotions**

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**Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**

DBT Skills - Emotion Education

- **Anxiety = Risk/Resources**
- **Depression - Selective Abstraction of Negative Data**
- **Anger - Values Violation/“Shoulds”**

## **The Personality Disorder Toolbox:**

**Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**

DBT Skills - Opposite Action

<https://www.youtube.com/watch?v=ScV-UWM4Gw>

## **The Personality Disorder Toolbox:**

**Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**

**DBT Skills - Opposite Action**

- **Anxiety**
- **Depression**
- **Anger**
- **Guilt/Shame**

## **The Personality Disorder Toolbox:**

**Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**

**DBT Skills - Distress Tolerance**

# The Personality Disorder Toolbox:

## Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

DBT Skills - Distress Tolerance - Distraction Techniques

- **Distraction Technique** - any coping skill that inherently requires thought

# The Personality Disorder Toolbox:

## Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

DBT Skills - Distress Tolerance - Distraction Techniques

1. Take a hot bath
2. Paint
3. Go for a walk
4. Play a game on my phone
5. Go to a club
6. Stretching exercises
7. Practice Karate/Martial arts
8. Lift weights
9. Play with yarn/stressball
10. Call a friend



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Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

DBT Skills - Distress Tolerance - Wise Mind Accepts

**A**

**C**

**C**

**E**

**P**

**T**

**S**

# The Personality Disorder Toolbox:

Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

DBT Skills - Distress Tolerance - Improve the Moment

**I**

**M**

**P**

**R**

**O**

**V**

**E**

# The Personality Disorder Toolbox:

Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

DBT Skills - Distress Tolerance - VACATION

<https://m.youtube.com/watch?v=pDKiMYgdxSs>

# The Personality Disorder Toolbox:

Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

DBT Skills - Distress Tolerance - Improve the Moment

**I**  
**M**  
**P**  
**R**  
**O**  
**V**  
**E**

# The Personality Disorder Toolbox:

## Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

DBT Skills - Distress Tolerance - Soothing Strategies - Engaging the Senses

1. Vision
2. Hearing
3. Smell
4. Touch
5. Taste

# The Personality Disorder Toolbox:

## Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

DBT Skills - Distress Tolerance - Soothing Strategies - 3 Choices of Radical Acceptance

- “Pain is inevitable, suffering is optional”
  1. Change the situation (if you can)
  2. Accept (if you can't)
  3. Stay Miserable

# The Personality Disorder Toolbox:

Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

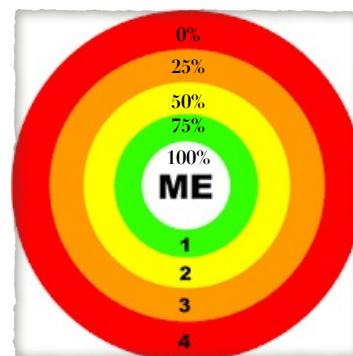
## DBT Skills - Interpersonal Effectiveness Skills

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Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

DBT Skills - Interpersonal Effectiveness Skills

Intimacy = “Into-Me-See”



# The Personality Disorder Toolbox:

## Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

DBT Skills - Interpersonal Effectiveness Skills - 3 Types of Effectiveness

1. Objective Effectiveness
2. Relationship Effectiveness
3. Self-Respect Effectiveness

# The Personality Disorder Toolbox:

## Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

DBT Skills - Interpersonal Effectiveness Skills - Objective Effectiveness

**D**

**E**

**A**

**R**

Question: What is My Goal?

**M**

**A**

**N**

# The Personality Disorder Toolbox:

Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

DBT Skills - Interpersonal Effectiveness Skills - 3 Types of Effectiveness

**G**

**I**

**V**

**E**

Question: How do I want the other person to feel about me afterward?

# The Personality Disorder Toolbox:

Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

DBT Skills - Interpersonal Effectiveness Skills - 3 Types of Effectiveness

**F**

**A**

**S**

**T**

Question: How do I want to feel about myself afterward?

## **The Personality Disorder Toolbox:**

**Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**



## **The Personality Disorder Toolbox:**

**Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**

**Standard CBT Skills**

## **The Personality Disorder Toolbox:**

**Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**

### **Standard CBT Skills**

- 1. Restructuring Cognitions**
- 2. Relationship Awareness and Problem-Solving**
- 3. Identity Work**
- 4. Continuums**

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**Standard CBT Skills - Cognitive Restructuring - Identifying and  
Responding to Automatic Thoughts**





## **The Personality Disorder Toolbox:**

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**Standard CBT Skills - Restructuring Paranoid Cognitions:  
Considering Alternative Explanations**

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**Standard CBT Skills - Restructuring Perfectionistic Thoughts**

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## **Standard CBT - Identity Work**

# **The Personality Disorder Toolbox:**

**Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**

## **Standard CBT - Identity Work**

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Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

## Standard CBT - Cognitive Continuums

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Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

## Standard CBT Skills - Continuums

<p><b>“Since my parents have \$ and help me, they have it completely all together.”</b></p>	<p>I ————— I</p>	<p><b>“Since mom is critical and nosy and drinks too much I don’t know if I can be in her life anymore.”</b></p>
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## **The Personality Disorder Toolbox:**

**Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**

**Standard CBT Skills - Continuum Card**

"Mom is not perfect...she can be critical and nosy and aggressive and she drinks too much...but she has done a lot right as a parent over the years - even though some of her behaviors are unacceptable, I know she still loves me and I can still love her"

## **The Personality Disorder Toolbox:**

**Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**

**Standard CBT Skills - Continuum Card**

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## **The Personality Disorder Toolbox:**

**Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**

### **Schema Focused Skills**

## The Personality Disorder

Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

### Toolbox:

Beck's 3 Areas of Core Beliefs

1. Beliefs about self
2. Beliefs about others
3. Beliefs about the world

## The Personality Disorder

Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

### Toolbox:

Core Beliefs/Schemas

- Term “schema” Coined in 1926 by Piaget - “Structures that integrate meaning into events
- Beck - “Cognitive structures that organize experience and behavior”
- Landau & Goldfried - “mental filters that guide the processing of information”

# **The Personality Disorder Toolbox:**

**Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**

## **Schema/Belief Modification Skills**

- 1. Schema Psychoeducation**
- 2. Schema Modification**
- 3. Data Logs**
- 4. Internalisation Exercises**

# **The Personality Disorder Toolbox:**

**Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**

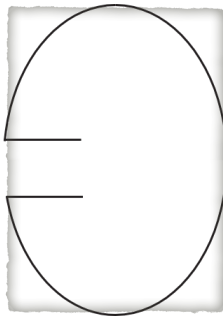
## **Schema Psychoeducation**



## The Personality Disorder Toolbox:

Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

### Core Beliefs/Schemas



Judith Beck, 2011

## The Personality Disorder Toolbox:

Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

### Schema Psychoeducation

- **Domain #1: Disconnection and Rejection**
  - Abandonment
  - Mistrust
  - Defectiveness
  - Emotional Deprivation
  - Social Isolation

# The Personality Disorder Toolbox:

Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

## Schema Psychoeducation

- Domain #2: Impaired Autonomy & Performance
  - Dependence
  - Vulnerability
  - Enmeshment
  - Failure

# The Personality Disorder Toolbox:

Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

## Schema Psychoeducation

- Domain #3: Impaired Limits
  - Entitlement/Grandiosity
  - Insufficient Self-Control

## **The Personality Disorder Toolbox:**

**Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**  
**Schema Psychoeducation**

- Domain # 4: Others Directness
  - Subjugation
  - Self-Sacrifice
  - Approval Seeking

## **The Personality Disorder Toolbox:**

**Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**  
**Schema Psychoeducation**

- \* Domain #5: Overvigilance
  - Negativity
  - Emotional Inhibition
  - Unrelenting Standards
  - Punitiveness

# **The Personality Disorder Toolbox:**

**Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**

## **Schema Modification**

# **The Personality Disorder Toolbox:**

**Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**

### **Schema Focused Skills - Belief Modification Protocol**

- 1. Identify the Maladaptive Belief**
- 2. Identify Alternate Adaptive Belief**
- 3. Rate Baseline Believability**
- 4. Interventions**
- 5. Rate Believability at Regular Intervals**

# **The Personality Disorder Toolbox:**

**Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**

**Schema Focused Skills - Belief Modification Protocol**

# **The Personality Disorder Toolbox:**

**Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**

**Data Logs**

# The Personality Disorder Toolbox:

Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

## Internalisation Exercises

# The Personality Disorder Toolbox:

Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

## Internalisation Exercises - Adding a “But”

~~Evidence Supporting Adaptive Belief:~~ “Took initiative to make dinner for my husband and kids”

~~Discounting “But”:~~ “But its no big deal – all good mothers do it.”

~~Add a “But”:~~ “But I did something all good mothers do”

## **The Personality Disorder Toolbox:**

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### **Integrated Skills**

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### **Cognitive Behavioural Chain Analysis**

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Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

## Integrated Skills

1. CB Chain Analysis
2. Integrated Case Study

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## Cognitive Behavioural Chain Analysis





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### **Cognitive Behavioural Chain Analysis - Standard Chain**

- link 1: What made you vulnerable
- Link 2: What was the trigger
- Link 3 : What was the target behavior
- Link 4 : What were the results

## **The Personality Disorder Toolbox:**

**Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**

### **Integrated Skills**

1. **CB Chain Analysis**
2. **Integrated Case Study**

## **The Personality Disorder Toolbox:**

**Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**

# **Integrated Case Study**

## **The Personality Disorder Toolbox:**

**Integrated Case Study - Key Cognitions, Beliefs**

### **Key Cognitions**

- “Since you impose rules/requirements, you don’t care
- “Since you won’t pay for this one, I am not willing to look for any others”
- “You should pay for anything i need - since you wont you probably wish I was dead (never born)”

### **Key Schemas**

- “Others take advantage of you”
- “Others are Controlling/Uncaring”
- “I am Unlovable”
- Dependent Entitlement

# **The Personality Disorder Toolbox:**

**Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**

**Integrated Case Study - Data Log**

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**Practical Strategies for Meeting the Challenges of Your Most Difficult Cases**

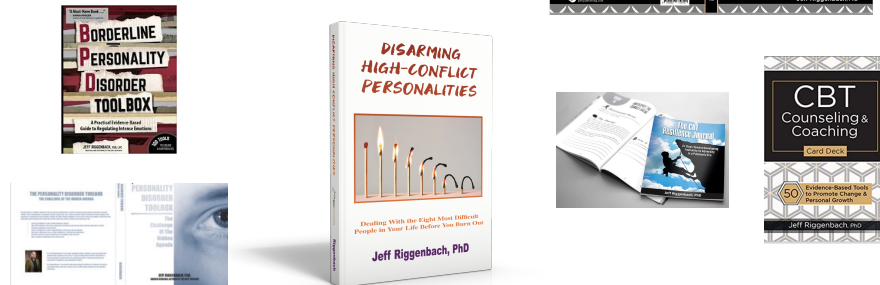
**Integrated Case Study - Schema Flashcard**

## LET'S CONNECT!

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## THANK YOU!