

"Disarming the "Narcissist". Schema Therapy –The Art of Empathic Confrontation & More...

7-8/4/2011

16 hours/3 days

Coordinator: Wendy Behary, President (2010-2014)

The International Society of Schema Therapy (ISST)

Director of The New Jersey Institute for Schema Therapy, USA

Organization: Greek Society of Schema Therapy (Διοργάνωση ΕΕΘΣ)



Narcissists are notoriously difficult clients—often intelligent, charming, and self-confident, they also tend to be arrogant, condescending, incapable of empathy, and possessed with a sense of entitlement. While sometimes charming, they can also make you feel downright uneasy.

Peeking into the complexities of the narcissist can arouse our curiosity. Treating them can arouse our sense of inadequacy.

Having a firm grasp on our schemas – along with an ability to understand the narcissist's makeup – helps us overcome obstacles in treating them, and allows us a sturdier foothold for (empathically) holding the narcissist accountable. In so doing, we maintain the necessary leverage needed for healing. How can we summon compassion for these clients and engage them in therapy, when they're more likely to attack us than cooperate with us?

In this seminar, we'll discuss how to use empathic confrontation to gain and keep leverage in therapy and avoid power struggles, maintain compassion through curiosity, and help the client begin to understand his or her own behavior and its impact on other people. Empathic confrontation is one of the applied strategies of schema therapy, an active and integrated approach that focuses on changing lifelong emotional and behavioral patterns through cognitive

restructuring, attachment and re-parenting work, behavioral-skills training, and experiential techniques. The seminar will include didactic and video presentations; clinical group exercises, and customized "scripts" for handling particularly challenging moments in therapy.

Objectives

Participants will receive: a working understanding of schema theory and schema mode work, specific clinical applications for working with narcissists. Integrated concepts from interpersonal neurobiology will also be demonstrated as powerful tools for accelerating treatment effectiveness. Didactic and video presentations, clinical group exercises, and customized "scripts" that illustrate the use of empathic confrontation, therapy relationship work, and limit-setting for handling the most challenging moments in therapy with the narcissist will be provided.