

Cognitive Behavior Therapy Indonesia

Personality Disorders: 9 sessions

- 1) Overview of CBT
- 2) Conceptualizing personality disorders
- 3) Beliefs of Paranoid personality disorder Histrionic personality disorder, Borderline personality disorder, Dependent & Avoidant personality disorders, Obsessive-compulsive personality disorder Anti-social & Narcissistic personality disorders.
- 4) Therapeutic Relationship
- 5) Session Structure and Goal Setting
- 6) Modifying Dysfunctional Coping Strategies
- 7) Emotion Regulation
- 8) Problems with the Action Plan
- 9) Modifying Core Beliefs
- 10) Using Imagery to Change Meaning of Early Traumatic Experiences
- 11) Working with Schemas and Modes