

Narcissistic Personality Disorder (NPD)



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BRILLIANT MENTAL HEALTH

Dr Daniel Fox
Workbook

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Biography



Daniel J. Fox, Ph.D., is a licensed psychologist in Texas, international speaker, and multiple-award winning author. He has been specializing in the treatment and assessment of individuals with personality disorders for over 20 years in the state and federal prison system, universities, and in private practice. His specialty areas include personality disorders, ethics, burnout prevention, and emotional intelligence. He has published several articles in these areas and is the author of *The Clinician's Guide to Diagnosis and Treatment of Personality*

Disorders, the award winning *Antisocial, Borderline, the award winning Narcissistic and Histrionic Workbook: Treatment Strategies for Cluster B Personality Disorders*, award winning *Narcissistic Personality Disorder Toolbox*, the bestselling *The Borderline Personality Disorder Workbook*, and *Complex Borderline Personality Disorder: How Coexisting Conditions Affect Your BPD and How You Can Gain Emotional Balance*.

Dr. Fox has been teaching and supervising students for over 20 years at various universities across the United States, some of which include West Virginia University, Texas A&M University, University of Houston, Sam Houston State University, and Florida State University. He is currently a staff psychologist in the federal prison system, Adjunct Assistant Professor at University of Houston, as well as maintaining a private practice that specializes in the assessment and treatment of individuals with complex psychopathology and personality disorders. Dr. Fox has given numerous workshops and seminars on ethics and personality disorders, personality disorders and crime, treatment solutions for treating clients along the antisocial, borderline, narcissistic, and histrionic personality spectrum, emotional intelligence, managing mental health within the prison system, and others.

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Series Modules and Sessions

Principles of Narcissism

1. Etiology of narcissism

- a. The foundation of narcissism and clinically relevant developmental experiences that increase likelihood of developing NPD.

2. Do narcissists really come into treatment?

- a. Conditions in which those along the narcissistic spectrum come into treatment, which is typically subsequent to a narcissistic wound.

3. Covert and overt narcissism

- a. The comparison and contrast between these two common subtypes of NPD.

4. Distinction between entitlement and NPD

- a. Entitlement is often confused with NPD, and this is a major cause for the misdiagnosis of NPD. I will also discuss the prevalence and probability of developing NPD and the difference in treatment approaches when a client has NPD as opposed to entitlement only.

5. Comorbid NPD conditions

- a. There are several conditions that often co-occur with NPD, such as substance abuse, mania, depression, anxiety, and other personality disorders

Deeper Dive into Narcissistic Pathology

6. Malignant Narcissism

- a. Exploring the telltale signs of malignant narcissism and how it impacts the trajectory of treatment and likelihood of success.

7. Core psychopathological content

- a. Exploration and explanation of the common/classic core pathological structure seen in those along the NPD spectrum: fear, shame, guilt, doubt, and inferiority.

8. Surface maladaptive patterns

- a. Exploration and explanation of the common/classic surface maladaptive behaviors and patterns seen in those along the NPD spectrum: Takes advantage of others to achieve own goals, reacts to criticism with rage, excessive feelings of self-importance, etc.

9. Common defense mechanisms

- a. Exploration and explanation of the common/classic defense mechanisms employed by those along the NPD spectrum when core content gets activated, such as projection, fantasy, acting out, etc.
- b. Common defense differences based upon subtype: covert or overt presentation.

10. Online behavior and NPD

- a. Describing online behavior of those along the NPD spectrum and how these traits are expressed and used to perpetuate NPD pathology online.

Treatment inroads and barriers

11. NPD client at the stages of change

- a. How to apply the stages of change model in the initial session when working with an individual along the NPD spectrum to help plan out treatment trajectory.

12. Speak narcissism

- a. Teaching how to speak to individuals with NPD in way that they hear challenging content while decreasing the likelihood of defense mechanism engagement.

13. Power struggles

- a. Increase therapist awareness of power struggles and how to manage the issues that arise when these common detracting tactics arise.
- b. Presentation and issues that often arise based upon covert or overt presentation.

14. Enhancing empowerment through assertiveness

- a. Discuss distinction between assertiveness, aggressiveness, and passivity and how to enhance assertiveness skills in those along narcissistic spectrum.
- b. Unique barriers to embracing empowerment through assertiveness based upon covert and overt presentation.

Going over these eight insight and commitment strategies does not mean that your client cannot get into any relationship he/she wants to, but it provides a foundation of empowerment with choice to enter a relationship armed with the knowledge and insight he/she is choosing to get in to.

It is my sincere hope that you've enjoyed this course and workbook. If you'd like to learn more about, go to my website: www.drdfox.com

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THIS IS A PREVIEW OF THE NPD WORKBOOK

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