

Schema Therapy for Narcissistic Personality Disorder: Tools for Clinicians Working with Youth and Families

TRAINING OVERVIEW

On January 31, 2023, Wendy Behary, LCSW facilitated a 3-hour training via Zoom. This training introduced clinicians to schema therapy, an innovative psychotherapeutic approach developed by Dr. Jeffrey Young. **Schema therapy** is a useful approach both for working with individuals with Narcissistic Personality Disorder (NPD) and for providing support to their family members. Schema therapy helps clients to break free from self-defeating patterns and coping styles and thus get back in touch with their core feelings.



PARTICIPATION OVERVIEW

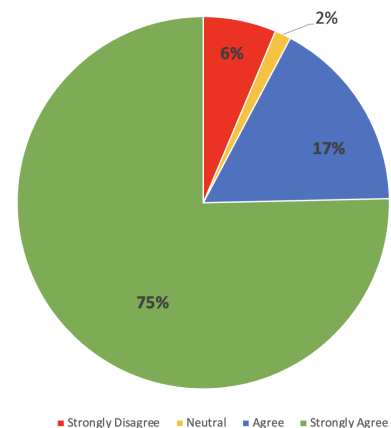
- 285 individuals attended the webinar
- 81 individuals (28%) completed the pre and post surveys
- 142 individuals (50%) completed the after training feedback survey

EVALUATION TAKEAWAYS:

Participation in the training led to significant increases in knowledge and understanding about working with individuals with NPD/narcissistic traits, understanding about schema therapy, and confidence in their ability to work with individuals with NPD/narcissistic traits.

TRAINING FEEDBACK

I Learned Something New (n=142)



Strongly Disagree Neutral Agree Strongly Agree



• 92% (n=131) of training participants strongly agreed or agreed they learned something new.



• 100% (n=142) of training participants would recommend this training.

TRAINING IMPACT



KNOWLEDGE

Participants can describe how schema therapy addresses the specific challenges that present themselves with NPD individuals.



SKILLS

After the training, participants were more likely to agree that they have the knowledge and skills needed to address the clinical challenges that present in working with individuals with NPD/narcissistic traits.



COPING

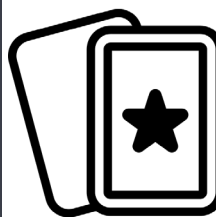
Participants are able to support individuals with NPD/narcissistic traits in identifying and replacing self-defeating patterns with healthier alternatives.



TRIGGERS

After the training, participants were more likely to agree that they see the value in understanding their own triggers when working with clients with NPD/narcissistic traits.

Learner Feedback



"I learned some helpful strategies for interrupting someone with narcissistic traits, in a way which is both firm and empathetic. I liked the tips about the picture of the client as a child, and the audio flashcard - I had not been familiar with these before. I also appreciated the support strategies for children or partners of people with narcissistic traits. Thank you!"



"[I learned] the concept of empathic confrontation and how to support a person while becoming aware of self-defeating/hurtful behaviors and while developing alternative coping strategies."

Click [here](#) to know more information about CTAC, including information about upcoming trainings and webinars.