



Northeast Michigan Community Mental Health Authority

Presents:

The Drama Triangle: Putting a Stop on the Drama of Cluster B Personality Disorders

Course Description: Often times when interacting with individuals with Cluster B personality disorders/traits, (Borderline, Narcissistic, Anti-Social and Histrionic Personality Disorders) a “dance-of-power” occurs between them and others they interact with. This “dance-of-power” often leads to unnecessary tension, drama, and conflict in both parties. This training is designed to help individuals understand how to quickly identify Cluster B personality traits, get a general idea behind the drama triangle, and learn common drama patterns individuals with Cluster B personality disorders/traits will engage in. This understanding can help you with becoming more aware of the dysfunctional emotional tendencies they try to engage in with others and tips on how to stay out of the drama triangle.

DATE: Thursday, September 2, 2021

LOCATION: Alpena Community College – Granum Theatre
665 Johnson Street
Alpena, Michigan 49707

TARGET AUDIENCE: Beginner to Advanced – Social Workers, Counselors, Psychologists, and Front Line/Support Staff

COURSE INSTRUCTOR: Josh Smith, MSW, LMSW

DBT-Linehan Board of Certification, Certified Clinician

Founder and CEO of the DBT Institute of Michigan

Biography: Josh Smith, MSW, LMSW, is a Licensed Clinical Social Worker in the State of Michigan, as well as a DBT – Linehan Board of Certification, Certified Clinician™, as well as the CEO and Founder of the DBT Institute of Michigan, PLLC. Upon finishing his Master’s Degree in Social Work in 2002, Josh became an outpatient therapist for Pines Behavioral Health in Coldwater, Michigan. After leaving Pines, Josh went on to lead numerous DBT program development trainings in all levels of care (inpatient, partial/day programs, outpatient, residential, and forensic) for adolescents and adults. From 2005 – 2012, he was a trainer in DBT for PESI, LLC. During this time, he gave over 300 lectures on DBT all over the United States.

Josh is a Clinical Instructor in the School of Social Work and the Department of Psychiatry at Michigan State University, where he teaches DBT to MSW students, as well as psychiatry residents. He currently provides supervision to a number of clinicians in DBT from across the country in a variety of settings. Josh obtained his undergraduate and graduate degrees from Michigan State University and received his 10 – Day Intensive DBT Training by Behavioral Tech in 2004. From 2012 – 2014, he received DBT supervision from international DBT expert and author, Linda Dimeff, PhD. He is currently only one of ten people in Michigan to obtain Certification in DBT by the Linehan Board of Certifiers.

LEARNING OBJECTIVES:

1. Explain the difference between the characteristics of normal personality vs. disordered personality.
2. Identify two of the seven primary traits of drama.
3. Identify personality characteristics in each of the Cluster B Personality Disorders.
4. Identify the functional traits of each of the Cluster B Personality Disorders.
5. Identify the three drama positions in the Drama Triangle.
6. Identify the “home” positions on the Drama Triangle for each Cluster B Personality Disorder and their drama switches.
7. Explain at least three ways to "stay out of the drama" with each Cluster B Personality Disorder.

REGISTRATION & INFORMATION

COURSE OUTLINE:

8:00 a.m. – 8:30 a.m.	Coffee and Check-In [Course will begin promptly at 8:30 a.m.]
8:30 a.m. – 9:00 a.m.	Welcome and Introduction
9:00 a.m. – 10:30 a.m.	Differences Between Normal vs Disordered Personality Characteristics
10:30 a.m. – 10:45 a.m.	Break
10:45 a.m. – 11:15 a.m.	The Drama Triangle and the Primary Traits of Drama
11:15 a.m. – 12:00 p.m.	Anti-Social Personality Disorder*
12:00 p.m. – 1:00 p.m.	Lunch (Provided)
1:00 p.m. – 1:45 p.m.	Borderline Personality Disorder*
1:45 p.m. – 2:30 p.m.	Histrionic Personality Disorder*
2:30 p.m. – 2:45 p.m.	Break
2:45 p.m. – 3:30 p.m.	Narcissistic Personality Disorder*
3:30 p.m. – 4:00 p.m.	Review and Q&A
4:00 p.m.	Adjourn

*Traits and characteristics, drama pattern, drama switch, and ways to stay out of the drama.

FEES AND REGISTRATION: There is no cost for NeMCMHA staff to attend this event and receive their certificate. Coffee and lunch will be provided.

Register by Calling Genny Domke at (989) 358-7842 if you have questions, require more information, or need special accommodations.

Space is limited. Registration closes on Thursday, August 26 at 3 p.m.

Cancellation notice is appreciated.

COURSE COMPLETION AND CONTINUING EDUCATION INFO:

To earn CE credit, social workers must attend the entire course and complete an evaluation. **Certificates of completion will be distributed at the conclusion of the course pending submission of completed course evaluation.**

Northeast Michigan Community Mental Health Authority (NeMCMHA), Provider #1767 is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continue Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. NeMCMHA maintains responsibility for this course. ACE provider approval period: 05/19/2021 – 05/21/2022. Social workers completing this course receive 6 social work continuing education credits.

For more information about NeMCMHA services and training opportunities, please visit: nemcmh.org.

NeMCMHA is funded, in part, by the Michigan Department of Health and Human Services

