

Narcissistic

General Treatment Goals:

<i>Characteristics of Disordered Functioning</i>	<i>Characteristics of Adequate Functioning</i>	<i>Characteristics of Optimal Functioning</i>
Grandiose	Can promote self and ideas	Able to engage with others
Exploits others for own ends	Insightful and shrewd	Able to collaborate
Rage or humiliation in response to criticism	Appropriately handles negative feedback	Appreciates constructive criticism
Believes they and their problems are unique	Good competitors	Able to share with others
Sense of entitlement	Believe in themselves	Believe in others
Demand admiration	Enjoy accomplishments and positive results	Enjoys own and others' achievements
Lacks empathy	Encourages others to go beyond perceived limits	Aware of own and others' feelings
Strong feelings of envy	Behaves in ways designed to encourage others to treat them well	Appreciates others

General Treatment Considerations:

Drama Switch for Therapist to Avoid:

Rescuer to Victim

Being seduced into thinking it's "everyone else" and then being rendered ineffective as a result

How to Avoid the Drama Switch:

Allow (at least initially) without actually believing, their stance that their being seen is only to enhance self-importance or to fix "other" people

Be self-assured, friendly, but not overly solicitous or nurturing

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Remain indifferent to one's own perspective during interviews
Avoid defending oneself or trying to "prove a point"
Avoid confronting their feelings of being "special" too early on
(Unless you don't want them to come back, in which case
feel free)
Use open-ended questions, allow them to expound
Use mirroring and soothing prior to confrontations
Show interest in accomplishments, appropriate appreciation of
talents and abilities
Allow them to "teach" you about themselves
Maintain "polite indifference" of their need to impress you

Profound Treatment for Optimal Functioning

Usage rating:

Yellow (Caution: use only if highly treatable, motivated, and
suffering sufficiently to be able to tolerate challenges to
their self-image)

Primary Targets of Connections and Observations:

Their demand for agreement
Their saying things that are not true or are only part of the story
Their need for the therapist to admire them
Demeaning and devaluing tones and terms
Their coldness
Their self-centeredness
Their ulterior motives
 To be admired
 To feels "special"
 To punish the other when experiencing negative affect
Their unproductive behaviors in the session
How they feel about the therapist
Their fears about the therapist
Their feelings of envy (as opposed to jealousy, very important
distinction)

Stylistic Treatment for Adequate Functioning

Usage rating:

Green (Proceed: useful in many cases)

Primary Targets of Connections and Observations:

- Their arrogant behavior
- Their distorted self-assessment
- Their distorted assessment of others
- Detail their thinking style
- Confront their satisfaction with conclusions they're right rather than conclusions that resolve problems
- Explain others' reactions
- Confront their exaggerations
- Confront behavioral excesses
- Note their opinion of themselves as special
- Point out their need for empathy and understanding of others
- Interpret their mean, angry, rageful, passive-aggressive behavior

Focal Treatment for Targeted Improvement

Usage rating:

Green (Proceed: useful in many cases)

Primary Targets of Connections and Observations:

- One behavioral excess or deficit
- One situation where their conclusions do not produce good results
- Behavioral options for that situation
- Use facts, data, actions, and consequences
- Brainstorm solutions defined as “getting them what they want” or “dealing with troublesome others”

**Additional Issues to Consider as Targets:
(All Treatment Types)**

Their lack of empathy

Their devaluing of others

Evaluating themselves as special and uniquely important

Denial of weaknesses, problems, deficiencies

Unrealistic fantasies of unlimited power, wealth, love, etc.

Discrepancy between accomplishments and self-evaluation

Borderline

General Treatment Goals:

<i>Characteristics of Disordered Functioning</i>	<i>Characteristics of Adequate Functioning</i>	<i>Characteristics of Optimal Functioning</i>
Unstable and overly intense relationships with extremes of valuation and devaluation	Passionate, serious about relationship	Thoughtful and measured in relationships
Impulsive and self-damaging in two or more areas	Active and intense	Responsible for own impulses
Unstable and rapidly shifting moods	Uninhibited, fun-loving	Spontaneous and sensible
Issues with intensity of anger and appropriateness of anger expression	Assertive	Takes initiative and responsibility
Identity disturbance	Free to try new things	Flexible in social roles
Abandonment fears	Able to be involved in intense relationships	Arranges supportive relationships

General Treatment Considerations:

Drama Switch for Therapist to Avoid:

Rescuer to Victim

Joining with their covert belief that you can take away all of their pain, and then becoming the target of their wrath when they discover you cannot

How to Avoid the Drama Switch:

Resist temptation to “jump in with both feet” and:

- Rescue, Persecute, or identify with their Victim stance
- Be consistent, firm, and unequivocal in limits and responses
- Make limits and consequences for unacceptable behavior clear from the beginning of treatment

Avoid being goaded into arguments
Be understanding *and* firm
Be confrontive *and* supportive

Profound Treatment for Optimal Functioning

Usage rating:

Yellow (Caution: use only if treatable, functional, motivated and does not have unmanageable life-threatening patterns or an unbroken history of quitting or misusing treatment or self-harm)

Primary Targets of Connections and Observations:

Their pure, dichotomous thinking
The underlying reasons for their reactions as opposed to *their* conclusions about the reasons for their reactions
Their lack of sense of proportion
“Some things are a hassle, not a horror” (from Linehan)
Their inappropriate reactions to the therapist
Their attempts to avoid feelings
Clarifying their behavior with the therapist and the reasons for it
Consistent limit-setting and confrontation of violation of limits
Relationships with the therapist and how it mirrors their relationship with others

Stylistic Treatment for Adequate Functioning

Usage rating:

Yellow (Caution: use only if they can commit to a course of treatment and do not have life-threatening behaviors)

Primary Targets of Connections and Observations:

Their most serious life-interfering behaviors
Their lack of impulse control
Their behavioral excesses

Their extreme cognitions
Their lack of self-regulation
The presence of possible alternative behaviors
Encouraging logic and analysis even while experiencing feelings
Alternative coping behaviors to replace inappropriate behaviors
Substitution of better behaviors for distress-propagating behaviors
The need to increase their ability to delay impulses
The need to increase their ability to tolerate affect

Focal Treatment for Targeted Improvement

Usage rating:

Green (Proceed: useful in many cases, especially when there are self-harm or life-threatening behaviors, such as in Linehan's model)

Primary Targets of Connections and Observations:

Specific self-damaging or self-destructive behaviors
Alternatives to the self-damaging or self-destructive behaviors
Suggestions about options
Validation of feelings (very important - validate the *nature* and the *existence* of their feelings, not necessarily the *accuracy* of their feelings)
Practical, immediate solutions for consequences and affect tolerance
Building a pattern of responses not involving self-harm or life-threatening behaviors

Additional Issues to Consider as Targets: (All Treatment Types)

Fears of abandonment
Feelings of being powerless and vulnerable
Conclusion that they are inherently unacceptable
View of the world as dangerous and malevolent