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""Narcissistic Personality Disorder and It's Subtypes."" ""Harm to Self and Other""; ""Building Mastery""; ""Attachment and the Narcissistic Spectrum""; ""Perfection Versus Excellence""; ""Surmount the Power Struggle""; ""Physical and Emotional Empathy""; ""Narcissism Key Target Areas for Treatment""; ""Maladaptive Beliefs About Self and Emotions""; ""Defuse Narcissistic Resistance""; ""Avoiding Session Sabotage""; ""Part Four: Histrionic Personality Disorder Spectrum""; ""Histrionic Personality and Its Subtypes""; ""Histrionic Personality Spectrum""; ""Histrionic/Borderline Distinction"" ""Attachment and the Histrionic Spectrum"" ""Histrionic Spectrum and Suicide Risk""; ""Flirtation, Avoidance, and Inauthenticity""; ""Histrionic Client Dangers""; ""Boundary Securement""; ""Emotional and Behavioral Record""; ""False Self/True Self""; ""Self-Worth Enhancement""; ""Managing the Session With a Histrionic Spectrum Client""; ""DBT: The Six Levels of Validation""; ""Dependent Versus Independent Action""; ""Part Five: Borderline Personality Disorder Spectrum""; ""Borderline Personality and Its Subtypes""; ""Borderline Personality Spectrum"" ""Distinction Between Borderline Spectrum and Bipolar Disorder"" ""Lessening Self-Mutilation""; ""Attachment and The Borderline Spectrum""; ""Identifying the Transitional Object""; ""Concept of "IT" .""; ""Motivations and Triggers""; ""Identifying Maladaptive Patterns""; ""Unconscious Wishes and Fears""; ""Part Six: Dialectical Behavioral Therapy Worksheets""; ""Mindfulness""; ""Observe, Describe, Participate""; ""Feel The Moment""; ""Ready, Breathe, Draw""; ""Let It Melt (Chocolate!!!)""; ""Participating to Do It Differently""; ""Interpersonal Effectiveness"" ""Healthy/Hopeless Relationships""

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