



# **Antisocial, Borderline, Narcissistic and Histrionic Workbook: Treatment Strategies for Cluster B Personality Disorders**

*Daniel Fox*

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## **Antisocial, Borderline, Narcissistic and Histrionic Workbook: Treatment Strategies for Cluster B Personality Disorders** Daniel Fox

Developed from years of experience working with complex and challenging clients, Daniel Fox, PhD has created the ultimate workbook to effectively treat clients with antisocial, histrionic, narcissistic and borderline personality disorders.

Utilize unique worksheets, checklists and other exercises to diagnose, tackle specific issues, reduce problematic symptoms and keep therapy moving forward. Take advantage of concrete methods to:

Reduce self-mutilation and other risky behaviors

Improve attachment, collaboration and trust

Conquer maladaptive beliefs and diffuse narcissistic resistance

Assess transference/countertransference issues

Determine narcissistic drives for perfection and excellence

Lessen flirtatious behaviors

Apply DBT strategies and skills into treatment

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