



WEBINAR

**COLLABORATIVE
MENTAL HEALTH CARE
AND THE NARCISSISTIC
PERSONALITY**

 **PROJECT AIR**
A PERSONALITY DISORDERS STRATEGY

 **mhpn**
Mental Health Professionals' Network

The slide features a dark grey background on the left with white text. On the right, there is a graphic composed of several overlapping triangles in shades of blue and yellow. These triangles contain white icons representing weather conditions: a tornado, a lightning bolt, a rain cloud with raindrops, and a sun.

This webinar

Is the result of a collaborative partnership
between **Project Air Strategy for
Personality Disorders** and **Mental
Health Professionals' Network**

Tonight's panel



Dr Monica Moore
General Practitioner &
Psychotherapist



Mr Tom O'Brien
Social Worker &
Psychotherapist



Mr Andrew Staniforth
Clinical Psychologist



Facilitator:
Dr Mary Emeleus
General Practitioner &
Psychotherapist



COLLABORATIVE MENTAL HEALTH CARE AND THE NARCISSISTIC PERSONALITY



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Learning outcomes

Through a facilitated panel discussion about Garry, at the completion of the webinar participants will be able to:

- describe the prevalence, distinguishing features of and prognosis for narcissistic personality disorder including its impact on families and carers
- identify the evidence based approaches which are most effective in supporting people with narcissistic personality disorder
- name how different disciplines, as well as families and carers, contribute to supporting and managing people with narcissistic personality disorder.



COLLABORATIVE MENTAL HEALTH CARE AND THE NARCISSISTIC PERSONALITY



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GP perspective

NPD in General Practice – red flags

- ‘Everyone else is “less” than me.’
- ‘I don’t have a problem.’
- Jessie describes ‘charming, romantic.’
- Problems in multiple areas – substance use, employment, relationship with wife, parenting, family of origin, friends.
- Our gut-feeling – feeling devalued, irritated, bored.



Dr Monica Moore

GP perspective

NPD in General Practice

- Listen gently, be interested in the “person inside.”
- Allow grandiose statements to pass unchallenged.
- Normalise ‘being good-enough’ early for example receptionists are people too, we all have ‘off’ days.
- Model good boundaries.



Dr Monica Moore

GP perspective

NPD in General Practice

- Validate good self-care 'It's good that you are here, looking after your health is important.'
- Invite discussion about stress-management – referral to psychologist.
- Be curious about alcohol use and gently express concern about effect on health for example '...perhaps using alcohol to self-medicate, other healthier options?'



Dr Monica Moore

GP perspective

First consultation

- Identify priority as GP – physical health care may be a way of engaging with patient.
- Offer health check – physical examination, blood tests.
- Book longer review appointment.



Dr Monica Moore

GP perspective

Ongoing appointments

- Gently guide focus back to what the patient needs.
- Offer regular review.
- Keep time boundaries, avoid 'special treatment' (for example bulk-billing, longer appointments)
- High risk of suicide – screen regularly



Dr Monica Moore

GP perspective

Helpful tips

- Practice “inner patience”. Don’t take it personally.
- A sense of humour helps!
- Discuss case with peers/supervisor.
- Acceptance that sometimes patient will only engage with psychologist/psychiatrist after major loss (for example divorce).



Dr Monica Moore

Social Worker perspective

Working with Garry and his world

What do we know? What don't we know?

- **Garry**
Motivation, Work, Family, Alcohol
Personal history
- **Jessie**
Motivation, Family, Safety
- **Boss**
Plans



Mr Tom O'Brien

Social Worker perspective

How do we start to think about what's going wrong for Garry and his world?

- Serious **alcohol** problems
- **Narcissistic** functioning: arrogant, contemptuous presentation with limited achievement
- **Safety** for Garry and his family



Mr Tom O'Brien

Social Worker perspective

What do we do? Who does what?

- Which problem needs attention first?
 - Alcohol, Narcissism, Safety
- Who does what and when?
 - Timing?
 - Specialist role/GP/MH clinician?



Mr Tom O'Brien

Social Worker perspective

How to work with Garry?

- **Relationship** is the main thing we can influence that works in therapy.
- True for **all MH work**, the evidence is in!
- Garry is a **thin skinned** narcissist. Be careful **not to humiliate Garry**
- **Keeping working** no matter what happens



Mr Tom O'Brien

Psychologist perspective

- Dual assessment – the clinician and Garry assessing each other
 - From Garry, there is a likelihood of being challenged/criticised or being told we are amazing
- How we respond to this is important
 - Demonstrate our interest in the clients experience
 - What could the comment indicate about how they do the problem with others?



Mr Andrew Stanforth

Psychologist perspective

- Main tasks in initial assessment are to develop:
 - working therapeutic relationship
 - shared understanding of the presenting issues
- The personality information will emerge alongside



Mr Andrew Stanforth

Psychologist perspective

- Vignette gives us clues re presentation and impact on family and at work
 - Need to empathically explore these areas
 - Show genuine interest and curiosity
- Our assessment needs to be anchored in his goal of returning to work



Mr Andrew Stanforth

Psychologist perspective

- If treating privately the referral may:
 - Not indicate PD issues
 - Likely to indicate some of the factors we know from the Hx e.g. social conflict, interpersonal struggle, mood, alcohol use, risk
- Help seeking primarily for NPD is not common



Mr Andrew Stanforth

Psychologist perspective

- Therapeutic relationship is key
 - To treat NPD they must be retained in treatment!
 - Be careful not to wound
 - Narcissistic character will be revealed to us in person as the relationship emerges
- Remain steady and consistent in our approach
 - Patient in attuning to inner experience
 - As the relationship builds, we can make gentle observations/ reflections & then notice the reaction as cue for what next



Mr Andrew Stanforth

Help guide tonight's discussion

The following themes were identified from the questions you provided on registration:

- How to engage with the narcissistic personality
- Managing transference, counter transference, collusion and boundaries
- Narcissism's relationship with ego, age, personality and mental health
- Parenting and narcissism
- Differences/similarities in characteristics and treatment b/w personality disorders

A pop up will appear on your screen shortly, listing the themes. Choose the one you'd most like the panel to discuss.

Q&A session



Dr Monica Moore
General Practitioner &
Psychotherapist



Mr Tom O'Brien
Social Worker and
Psychotherapist



Mr Andrew Staniforth
Clinical Psychologist



Dr Mary Emeleus
General Practitioner &
Psychotherapist
(Facilitator)



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- Please complete the feedback survey before you log out (it will appear on your screen). If it doesn't, click the Feedback Survey tab at the top of the screen.
- Attendance Certificates will be emailed within two weeks.
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Audience tip:
Your feedback is important
– please click the Feedback
Survey tab to open the
survey.



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