The Pinocchio Plague: Understanding and Managing Lying In Therapy
With Sandra Wartski, PsyD

Lying, distortions, omissions and fibbing are complex human behaviors known to exist within a number of interpersonal contexts, but therapists may underestimate the degree to which dishonesty presents in therapy. Despite therapists being well-versed in understanding human behavior and trained in orienting carefully to non-verbal cues, they can still be blindsided, baffled or even belligerent when lying presents in a relationship assumed to be based on authentic, open communication with clear, mutual goals. People lie for many different reasons and to varying degrees, and the impact of lying in therapy can range from distracting to derailing. Therapists themselves also struggle with dishonesty urges at times, but these are often not acknowledged or examined adequately. This workshop will explore significant research findings about dishonesty and uncover some truths about the lying process, as knowing more about the very common but not well understand behavior can be vital for therapists. We will discuss how dishonesty can be more effectively handled – with clients and with therapists themselves – in order to further inform and possibly even to ultimately enhance treatment interventions.

Fee: NCPA Members - $15.00; Non-members - $30.00

Instructional Level: Intermediate

Educational Format: Primarily utilize slides and lecture with an opportunity for some questions and virtual discussion.

Learning Objectives:
By the end of the institute, participant will be able to:

1. Describe some of the common myths and truths about dishonesty;
2. List several of the most usual reasons for lying in therapy; and

Instructor:
Sandra Wartski, Psy.D. is a licensed psychologist who received her undergraduate degree from the University of Rochester in 1988 and her doctoral degree from Widener University in 1993. As a licensed psychologist in North Carolina for the past 28 years, Dr. Wartski has been conducting individual, family and group therapy with special interests in mood disorders, anxiety, eating disorders, relationship issues and crisis intervention. One of her favorite parts of being a therapist is the opportunity to build relationships allowing room for positive growth and change. Dr. Wartski is also an active advocate for North Carolina Psychological Association (NCPA) and is currently serving as President of the North Carolina Psychological Foundation (NCPF).

Continuing Education Information:
This workshop is sponsored by the North Carolina Psychological Association (NCPA). NCPA is approved by the American Psychological Association to offer Continuing Education (CE) for psychologists. NCPA maintains responsibility for this program and its content. This workshop is offered for 1 hour of Category A credit.

Attendance Requirement for CE Credit:
To receive CE credit, you must attend the entire workshop. No credit will be given to participants who are more than 15 minutes late at the beginning of the workshop. You must be present at the close of the workshop and sign-in and sign-out. You may not be excused early. Partial credit is not provided.