Personality disorders
- Maladaptive behaviors that impair functioning and relationships
- In touch with reality but no idea of what they are doing
- Stress exacerbates symptoms of personality disorders
- May deteriorate to a psychotic state (severe)

Characteristics
- Impulsivity, acting out to manage emotional pain
- "verbal attacks, cutting, banging head, punching self, physical harm, manipulation, drug/alcohol abuse, promiscuity, suicide attempts"
- Client may be preoccupied with self, religion, or sex

Mood characteristics
- Abandonment and depression
- Rage, guilt, fear, emptiness

Impaired judgement
- Inability to solve problems
- Unable to understand consequences of their behavior

Impaired reality testing
- Distortion of reality, projection of feeling onto others

Impaired object relations
- Inflexible, difficulty maintaining intimate relationships

Impaired self perception
- Self hate or self idealization

Impaired thought process
- Concrete or diffuse thinking, inability to concentrate, impaired memory

Impaired stimulus barrier
- Inability to regulate sensory stimuli, ^excitability, ^response to noise or light, poor attention span
- Agitation, insomnia
Clusters A, B, C Types of personality disorders

**Cluster A type**
- Odd eccentric, schizoid, schizotypal, and paranoid

**Schizoid personality disorder**
- Inability to enter close relationships, social detachment, interest in solidarity activities
- Aloof, indifferent, restricted expressions of emotion, lack of interest in others

**Schizotypal personality disorder**
- Unusual thoughts, speech or behavior patterns, relationship deficits
- Suspicious, paranoid, magical thinking, odd thoughts/speech

**Paranoid personality disorder**
- Suspiciousness and mistrust of others, argumentative
- Hostile, aloof, rigid, critical, controlling, grandiose thoughts
Cluster B personality disorders
Over emotional erratic, histrionic, narcissistic, antisocial and borderline

Histrionic personality disorder
- Over dramatic/ over expressive behavior or actions, Enjoys being the center of attention, poor/shallow relationships, Seductive or provocative, dramatizes life and may appear theatrical ,Easily bored and overly concerned w/ looks

Histrionic Personality Disorder
“I CRAVE SIN”
Inappropriate behavior – seductive or provocative

Center of attention
Relationships are seen as closer than they really are
Appearance is most important
Vulnerable to others’ suggestions
Emotional expression is exaggerated
Shifting emotions, Shallow
Impressionistic manner of speaking (lacks detail)
Novelty is craved

Narcissistic personality disorder
- Need admiration, inflates accomplishments .Overestimates abilities, underestimation of contributions of others.Lack of empathy/ sensitivity to needs of others

Narcissistic Personality Disorder
“A FAME GAME”
Admiration required in excessive amounts

Fantasizes about unlimited success, brilliance, etc.
Arrogant
Manipulative
Envious of others

Grandiose sense of importance
Associates with special people
Me first attitude
Empathy lacking for others
**Antisocial personality disorder**
- irresponsible/ antisocial behavior, selfishness, inability to adjust sexually, Inability to maintain relationships, irritable / aggressive, against social norms, Superficial charm, no shame or guilt, self centred, unreliable, easily bored Poor work hx, frustrated easily, manipulative, impulsive, poor judgement

**Antisocial Personality Disorder**

"CULLOUS MAN"

- Conduct disorder before age 15y;
- Current age at least 18y
- Antisocial acts, commits acts that are grounds for Arrest
- Lies frequently
- Lacks a superego
- Obligations not honored
- Unstable – can’t plan ahead
- Safety of self and others ignored
- Money problems – spouse and children are not supported
- Aggressive, Assaultive
- Not occurring exclusively during schizophrenia or mania

**Borderline personality disorder**
- Instability in relationships, unstable mood/ self image, impulsive and unpredictable behavior
- Unclear identity, unstable/ intense, easily angered, bored, self destructive, manipulative, inability to tolerate anxiety, chronic emptiness and fear of being alone, splitting (all good or all bad people) plays people against each other.

**Borderline Personality Disorder**

"I RAISED A PAIN"

- Identity disturbance
- Relationships are unstable
- Abandonment frantically avoided (whether real or imagined)
- Impulsivity
- Suicidal gestures (threats, self-mutilation, etc.)
- Emptiness
- Dissociative symptoms
- Affective instability
- Paranoid ideation (stress-related and transient)
- Anger is poorly controlled
- Idealization followed by devaluation
- Negativistic (undermine themselves with self-defeating behavior)
**Cluster C type personality disorders**

Anxious, fearful, ocd, avoidant, and dependent

**Obsessive compulsive disorder**
- Difficulty expressing warm tender emotion, perfectionism, stubbornness, control issues, devotion to work.
- Overly conscientious, inflexible detail oriented (won’t focus on anything else), excludes leisure time, miserable, hoarding, rituals

**Avoidant personality disorder**
- Social withdrawal, extreme sensitivity to rejection, feels inadequate, hypersensitive to reactions of others, dislikes criticism, social isolation, lack of support system

**Antisocial Personality Disorder**
- Conduct disorder before age 15y; Current age at least 18y
  - Antisocial acts; commits acts that are grounds for arrest
  - Lies frequently
  - Lacunae – Lacks a superego
  - Obligations not honored
  - Unstable – can’t plan ahead
  - Safety of self and others ignored
  - Money problems – spouse and children are not supported
  - Aggressive, Assaultive
  - Not occurring exclusively during schizophrenia or mania
Dependant personality disorder
Lack of confidence, low self esteem, dependant fx (cannot alone), allows others to make decisions.
Great difficulty making life decisions

**Dependent Personality Disorder**
"DARN HURT"
Disagreement is difficult to express
Advice – needs excessive input
Responsibility for major areas delegated to others
Nurture – seeks excessive degree from others
Helpless when alone
Unrealistically preoccupied with being left to care for self
Relationships are desperately sought (when an established one ends)
Tasks – has difficulty initiating projects

**Intervention**
- Maintain safety against self destruction, allow the client to be as independent as possible
- Encourage discussion of feelings rather than actions, discuss expectations and responsibilities
- Discuss consequences, harm to self/others/property is unacceptable
- Assist the client to deal with anger directly, have them keep a journal of feelings daily
- Group therapy, maintain limits to decrease manipulative behavior, remove from group if attention seeking, realistic praise for positive behaviors