

# THE GAMES PEOPLE PLAY AN OVERVIEW OF PERSONALITY DISORDERS



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Personality Disorders are type of mental illness that are commonly viewed as a complex and difficult diagnosis.

What is a diagnosis?

A diagnosis is:

- A Mystery
- A Clinical Interview
- Observation
- Collateral Reports
- Time

A diagnosis is a judgement!

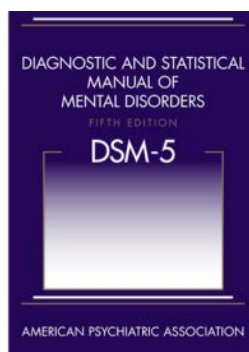
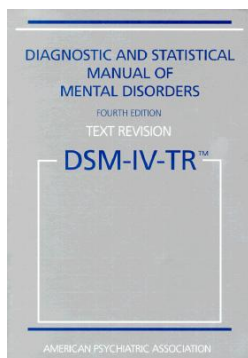
### **Bio-Psycho-Social Approach:**

This model assumes that biological, sociocultural, and psychological factors combine and interact to produce psychological disorders

A mental health diagnosis is based upon an individual's symptoms exceeding a typical standard.

Crossing the line of sanity.

Mental Health Disorders are assigned based upon The Diagnostic Statistical Manual:



## What Is Personality?

The totality of emotional and behavioral traits that characterize the person in day-to-day living under ordinary conditions.

Relatively stable and predictable.

### **A Personality Disorder:**

A personality disorder is identified by a pervasive pattern of experience and behavior that is abnormal with respect to any two of the following: *thinking, mood, personal relations, and the control of impulses*

### **Diagnostic Criteria:**

- A. Enduring pattern of inner experience and behavior that deviates markedly from cultural expectations. Manifested in two or more of the following areas:
  - 1) Cognition
  - 2) Affectivity
  - 3) Interpersonal functioning
  - 4) Impulse control
- B. Pattern is inflexible and pervasive across a broad range of personal and social situations
- C. Pattern leads to clinically significant impairment or distress
- D. Pattern is stable and of long duration and onset can be traced to adolescence or early childhood
- E. Pattern not better accounted for as a manifestation of another disorder
  - F. Not due to substance or GMC (e.g., head trauma)
  - Person must meet the general criteria before a specific PD is diagnosed
  - Coded on Axis II

## **Epidemiology:**

Roughly \_\_\_\_\_ percent of U.S. adults have a personality disorder.

About \_\_\_\_\_ in \_\_\_\_\_ people have a personality disorder.

\_\_\_\_\_ million American adults experience symptoms of at least one personality disorder.

\_\_\_\_\_ % of inpatient psychiatry patients.

## **PREVALENCE**

- |               |      |                |       |
|---------------|------|----------------|-------|
| • OCPD        | 2%   | • Avoidant     | 1-2%  |
| • Paranoid    | 2%   | • Histrionic   | 2%    |
| • Antisocial  | 1-4% | • Borderline   | 2-3%  |
| • Schizoid    | 1%?  | • Dependent    | 0.5%  |
| • Schizotypal | 1%   | • Narcissistic | .5-1% |

Torgerson, S. 2009 The nature and nurture of personality disorders. Scan J psychol 50:624-632

### **ANTISOCIAL PERSONALITY DISORDER:**

Lack of regard for the moral or legal standards in the local culture, marked inability to get along with others or abide by societal rules. Sometimes called psychopaths or sociopaths.

### **DIAGNOSTIC CRITERIA:**

- A pervasive pattern of disregard for and violation of the rights of others occurring since the age of 15 years as indicated by 3 or more of the following:
  - Failure to conform to social norms with respect to lawful behaviors
  - Deceitfulness and conning others for personal profit or pleasure
  - Impulsivity or failure to plan ahead
  - Irritability or aggressiveness as indicated by repeated fights or assaults
  - Reckless disregard for safety of self or others
  - Consistent irresponsibility
  - Lack of remorse
  - There is evidence of Conduct Disorder with onset before age 15

### **AVOIDANT PERSONALITY DISORDER:**

Marked social inhibition, feelings of inadequacy, and extremely sensitive to criticism.

- A pervasive pattern of social inhibition, feelings of inadequacy and hypersensitivity to negative evaluation as indicated by more than 4 of the following:
  - Avoids social occupations that involve significant interpersonal contact
  - Is unwilling to get involved with people unless certain of being liked
  - Is preoccupied with being criticized in social situations
  - Shows restraint in intimate relationships because of fear of being shamed or ridiculed
  - Inhibited in new interpersonal situations because of feeling inadequate
  - Views self as socially inept and unappealing
  - Is unusually reluctant to take personal risks or engage in any new activities because they may prove embarrassing

### **BORDERLINE PERSONALITY DISORDER:**

- Lack of one's own identity, with rapid changes in mood, intense unstable interpersonal relationships, marked impulsivity, instability in affect and in self-image.
- Pervasive pattern on instability of interpersonal relationships, self-image and affects and marked impulsivity as indicated by 5 or more of the following:
  - Frantic efforts to avoid abandonment
  - Unstable and intense interpersonal relationships characterized by alternating between extremes of idealization and devaluation
  - Identity disturbance
  - Impulsivity in at least two areas that are potentially self-damaging
  - Recurrent suicidal behaviors, gestures or threats or self-mutilating behaviors
  - Affective instability due to a marked reactivity of mood
  - Chronic feelings of emptiness
  - Inappropriate anger
  - Transient, stress-related paranoia

### **DEPENDENT PERSONALITY DISORDER:**

- Extreme need of other people, to a point where the person is unable to make any decisions or take an independent stand on his or her own. Fear of separation and submissive behavior. Marked lack of decisiveness and self-confidence.
- A pervasive and excessive need to be taken care of that leads to submissive and clinging behaviors and fears of separation as indicated by  $\geq 5$  of the following:
  - Has difficulty making everyday decisions without an excessive amount of reassurance
  - Needs others to assume responsibility for most major areas of his life
  - Has difficulty expressing disagreement with others because of fear of loss of approval
  - Difficulty initiating projects on his own because of lack of self confidence
  - Goes to excessive lengths to obtain nurturance and support from others
  - Feels uncomfortable or helpless when alone
  - Urgently seeks another relationship as a source of care and support when a relationship ends
  - Is unrealistically preoccupied with fears of being left to take care of himself

## **HISTRIONIC PERSONALITY DISORDER:**

- Exaggerated and often inappropriate displays of emotional reactions, approaching theatricality, in everyday behavior. Sudden and rapidly shifting emotion expressions.
- Pervasive pattern of excessive emotionality and attention seeking indicated by  $\geq 5$  of the following:
  - Uncomfortable in situations in which he is not the center of attention
  - Interaction with others often characterized by inappropriate sexually seductive behavior
  - Displays rapidly shifting and shallow expression of emotion
  - Consistently uses physical appearance to draw attention to self
  - Has a style of speech that is excessively impressionistic and lacking in detail
  - Shows self-dramatization and exaggerated emotion
  - Is suggestible
  - Considers relationships to be more intimate than they are

## **NARCISSISTIC PERSONALITY DISORDER:**

- Behavior or a fantasy of grandiosity, a lack of empathy, a need to be admired by others, an inability to see the viewpoints of others, and hypersensitive to the opinions of others.
- A pervasive pattern of grandiosity (in fantasy or behavior), need for admiration, lack of empathy as indicated by  $\geq 5$  of the following:
  - Grandiose sense of self-importance
  - preoccupied with fantasies of unlimited success, power, brilliance or beauty
  - Believes he is special and can only be understood or should associate with other special or high status people
  - Requires excessive admiration
  - Has a sense of entitlement
  - Is interpersonally exploitive
  - Lacks empathy
  - Is often envious of others and believes others are envious of him
  - Shows arrogant, haughty behaviors or attitudes

### **PARANOID PERSONALITY DISORDER:**

- A pervasive distrust and suspiciousness of others such that their motives are interpreted as malevolent.
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- Suspects others are exploiting or deceiving him
- Preoccupied with unjustified doubts of loyalty
- Is reluctant to confide in others because he believes they will use the information against him
- Reads hidden demeaning meanings into benign remarks
- Persistently bears a grudge
- Perceives attacks on his character
- Recurrent suspicions regarding fidelity of spouse or sexual partner

### **SCHIZOID PERSONALITY DISORDER:**

- Pervasive pattern of detachment from social relationships and restricted expression of emotion with 4 or more the following:
  - Neither desires nor enjoys close relationships
  - Almost always chooses solitary activities
  - Little if any interest in sexual experiences with another person
  - Takes pleasure in few in any activities
  - Lacks close friends other than first-degree relatives
  - Appears indifferent to the praise or criticism of others
  - Shows emotional coldness or flattened affect

### **SCHIZOTYPAL PERSONALITY DISORDER:**

- A pervasive pattern of social and interpersonal deficits with reduced capacity for close relationships as well as cognitive or perceptual distortions and eccentricities of behavior with 5 or more of the following:
  - (1) Ideas of reference
  - (2) odd beliefs or magical thinking
  - (3) unusual perceptual experiences, including bodily illusions
  - (4) odd thinking and speech (e.g., vague, circumstantial, metaphorical, overelaborate, or stereotyped)
  - (5) suspiciousness or paranoid ideation
  - (6) inappropriate or constricted affect
  - (7) behavior or appearance that is odd, eccentric, or peculiar
  - (8) lack of close friends or confidants other than first-degree relatives



(9) excessive social anxiety that does not diminish with familiarity and tends to be associated with paranoid fears rather than negative judgments about self

### **OBSESSIVE-COMPULSIVE PERSONALITY DISORDER:**

- A pervasive pattern of preoccupation with orderliness, perfectionism and mental and interpersonal control at the expense of flexibility, openness as indicated by  $\geq 4$  of the following:
- (1) is preoccupied with details, rules, lists, order, organization, or schedules to the extent that the major point of the activity is lost
- (2) shows perfectionism that interferes with task completion (3) is excessively devoted to work and productivity to the exclusion of leisure activities and friendships
- (4) is overconscientious, scrupulous, and inflexible about matters of morality, ethics, or values
- (5) is unable to discard worn-out or worthless objects even when they have no sentimental value
- (6) is reluctant to delegate tasks or to work with others unless they submit to exactly his or her way of doing things
- (7) adopts a miserly spending style toward both self and others; money is viewed as something to be hoarded for future catastrophes
- (8) shows rigidity and stubbornness

### **TREATMENT:**

- Psychotherapy
- Medication
- Group Therapy

### **STRATEGIES:**

- PATIENCE
- SETTING BOUNDARIES
- DOCUMENTATION
- CONSULTATION
- SUPERVISION

### **QUESTIONS???????????????**