Personality Disorders

A Class of Their Own
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What is a personality disorder?

- an enduring pattern of maladaptive behavior
- features of these disorders usually become recognizable during adolescence or early adult life
- should not be confused with personality trait
Three Types of Personality Disorders:

Cluster A
Cluster B
Cluster C
Cluster A

- Paranoid
- Schizoid
- Schizotypal
Cluster B

Antisocial
Borderline
Histrionic
Narcissistic
Cluster C

Avoidant
Dependent
Obsessive-Compulsive
Don’t confuse Obsessive-Compulsive Personality Disorder with Obsessive-Compulsive Disorder (OCD)

Obsessive-Compulsive Personality Disorder individuals are “neat-freaks”.
Disruptive Behavior Disorders

- Temper Tantrums
- Physical Aggression
- Excessive argumentativeness
- Stealing
- Defiance
- Resistance to authority
Personality Disorder Basics

- Rhoda Hahn (Psychiatrist) gives expert video advice on:
  - What is a “personality disorder”?
  - What are “Cluster A” personality disorders?
  - What are “Cluster B” personality disorders?
  - What are “Cluster C” personality disorders?
- [http://www.videojug.com/interview/personality-disorder-basics](http://www.videojug.com/interview/personality-disorder-basics)
Treatment

- May include individual, group, or family psychotherapy.
- Medications may be helpful in relieving some symptoms.
- Behavior and cognitive therapies may be helpful in resolving symptoms or traits.
Resources

Websites:

- Personality Disorders
  Source: Medline Plus
  - Trusted health information for you

- Types of Personality Disorders
  - Source: Mental Help America
  - Personality disorders and clusters of personality disorders
  - www.nmha.org/go/information/get-info/personality-disorders

Videos:

- Personality Disorders Basics
  Rhoda Hahn (Psychiatrist)
  http://www.videojug.com/interview/personality-disorder-basics