Personality Disorders
A Class of Their Own
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

-A personality trait is an individual quality that makes one person different from another, but does not constitute abnormal or dysfunctional behavior & never reaches the threshold of personality disorder.
Three Types of Personality Disorders:

- Cluster A
- Cluster B
- Cluster C

Cluster A: eccentric, withdrawal behavior
Cluster B characteristics: dramatic, emotional, erratic/explosive, likes to be center of attention
Characteristics Cluster C: anxious, fearful
Cluster A

- Paranoid
- Schizoid
- Schizotypal

Paranoid disorder: this disorder is characterized by the irrational suspicion of others.
Schizoid disorder: shows a lack of interest in social events and relationships, avoids time with others.
Schizotypal disorder: shows odd behavior of unnatural thinking.
Cluster B

Antisocial
Borderline
Histrionic
Narcissistic

Antisocial disorder: does not care about the law or the rights of others
Borderline disorder: thinking is extreme on either end, lack of stability in relationships, identity, and behavior patterns.
Histrionic disorder: attention-seeking behavior that includes sexual seductiveness and emotions inappropriate in typical society.
Narcissistic disorder: pervasive patterns of grandiosity, need for attention, and a lack of empathy for others.
Avoidant disorder: lack of social drive, low self-esteem, extremely sensitive to criticism.
Dependent disorder: pervasive psychological dependence on other individuals
Obsessive-compulsive personality disorder: shows a strict conformity to rules, moral codes and order.
Don’t confuse Obsessive-Compulsive Personality Disorder with Obsessive-Compulsive Disorder (OCD)

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

• Individuals with **OCD** have obsessions and compulsions that are held in place by rituals, superstitions, and fears.
Disruptive behavior disorders are among the easiest to identify of all coexisting conditions because they involve behaviors that are readily seen. They first attract notice when they interfere with school performance or family and peer relationships, and frequently intensify over time.
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
<table>
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<th>Treatment</th>
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<td>- May include individual, group, or family psychotherapy.</td>
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<td>- Medications may be helpful in relieving some symptoms.</td>
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<td>- Behavior and cognitive therapies may be helpful in resolving symptoms or traits.</td>
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The more you learn about personality disorders the more you will understand that they are illnesses, with causes and treatments. People can improve with proper care. By seeking out information, you can recognize the signs and symptoms of a personality disorder and help yourself or someone you know live a healthier more fulfilling life.
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.mhfa.org/cps/information/get-info/personality-disorders

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