



LENAPE VALLEY  
FOUNDATION

# Personality Disorders

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# What is a Personality Disorder?

As defined by the American Psychiatric Association a personality disorder is “an enduring pattern of inner experience and behavior that **deviates markedly** from the expectations of the culture of the individual who exhibits it”

# Types of Personality Disorders

- Paranoid
  - Pervasive distrust and suspiciousness of others. Preoccupied with unjustified doubts about the loyalty or trustworthiness of friends. Reluctant to confide in others fearing the information will be used maliciously against them. Bears persistent grudges against others.
- Schizoid
  - Pattern of detachment from social relationships and restricted range of expression of emotions. Does not enjoy or desire relationships with others including their immediate family. Loner. Takes little pleasure in few if any activities. Indifferent to praise or criticism.
- Schizotypal
  - Reduced capacity for close relationships, eccentric behavior and cognitive or perceptual distortions. Ideas of reference, odd beliefs or magical thinking, unusual perceptual experiences, odd thinking and speech, suspiciousness, behavior or appearance that is odd, eccentric or peculiar, social anxiety.

- Antisocial
  - Pervasive pattern of disregard for and violation of the rights of others, starting at age 15. Failure to conform to social norms. Frequent interaction with the law. Deceitfulness, impulsivity, irritable and aggressive. Reckless disregard for the safety of others and lack of remorse.
- Borderline
  - Pattern of instability of interpersonal relationships, self-image and impulsivity. Frantic efforts to avoid real or imagined abandonment. Recurrent self mutilation. Inappropriate intense anger.
- Histrionic
  - Pattern of excessive emotionality and attention seeking. Uncomfortable in situations where they are not the center of attention. Frequent inappropriate sexually seductive or provocative behavior. Uses physical appearance to draw attention to self. Dramatic behavior. Easily influenced by others.
- Narcissistic
  - Pattern of grandiosity, need for admiration, lack of empathy, exaggerates achievements and talents. Preoccupied with fantasies of unlimited success, power, brilliance and beauty. Sense of entitlement, exploits others, lacks empathy. Often envious of others. Arrogant, haughty behaviors and attitudes.

- Avoidant
  - Pervasive pattern of social inhibition, feelings of inadequacy, and hypersensitivity to negative evaluation. Avoids occupations that involve significant interpersonal contact. Preoccupied with being criticized or rejected. Views self as socially inept, unappealing or inferior to others.
- Dependent
  - Pervasive and excessive need to be taken care of that leads to submissive and clinging behavior. Difficulty making decisions without excessive advice and reassurance from others. Needs others to assume responsibility for most major areas of their life. Difficulty expressing disagreement with others due to fear of rejection. Fear being unable to care for self.
- Obsessive-Compulsive
  - Pattern of preoccupation with orderliness, perfectionism, and mental and interpersonal control. Preoccupied with details, rules, lists or schedules. Excessively devoted to work and productivity to the exclusion of leisure activities and friendships. Over conscientious and inflexible. Adopts a miserly spending style toward both self and others, money is hoarded.

# More About Antisocial Personality Disorder

## Complications

- Increased risk of: death (both suicide and violence)
- Unemployment
- Interrupted education
- Divorce
- Homelessness
- Incarceration

## Prevalence

- In the general population 3% of men and 1% of women

## Course

- This is a chronic disorder, but it is usually worse in young adulthood then improves in adulthood.

# The Grinch



## Failure to Conform

Stealing all the trees and presents, getting peoples mail in the wrong box. The Grinch did not realize there are consequences.

## Deceitfulness

The Grinch lied to the little girl why he was stealing her Christmas tree and that he pretend to be a Santa.

## Irritability and Aggressiveness

The Grinch was irritated by being made fun of. He got aggressive and picked up the Christmas tree and threw it across the room,



### Reckless disregard for safety of self or others

He did care for other people safety especially his dog max.

He made his dog do something big than his dog can really do and that it could hurt him.

### Consistent Irresponsibility

He did not care about anyone was irresponsible with his dog and did not care if the dog was injured.

### Lack of Remorse

He had no remorse; he was happy to make people unhappy.

# MRI Scans - Life long antisocial/sociopathic behavior

- ▶ Brains of 672 people show thinning of cortex and reduced cortical surface area
  - ▶ Responsible for thinking, motivation and controlling emotions
- ▶ Compared to individuals who had symptoms from 7 to 26 years of age
  - ▶ No changes in brain.



# Girl Interrupted

<https://www.youtube.com/watch?v=esG4vL96cnU>



# More About Borderline Personality Disorder

## Complications

- Suicide is completed in 8-10% of the cases.
- Self mutilation is very common.
- Unemployment
- Interrupted education
- Divorce

## Prevalence

- 2% of the general population but is 75% more common in females than males.

## Course

- The course is variable and highly dependent on the individual and treatment.



# Silver Linings Playbook

- ▶ [https://www.youtube.com/watch?v=Lj5\\_FhLaaQQ](https://www.youtube.com/watch?v=Lj5_FhLaaQQ)



# Antidepressants

Brand Name	Possible Impact	Possible Side Effects
Zoloft	May reduce anger	Nausea
Prozac	Irritability	Weight gain
Paxil	Impulsivity	loss of appetite
Luvox	Depression	Anxiety
Celexa		Problems sleeping
Lexapro		Drowsiness
		Loss of sexual desire or ability
		Headaches
		Dizziness

# Mood Stabilizers

Brand Name	Possible Impact	Possible Side Effects
Tegretol Lithium Depakote	May control impulsive behaviors	kidney function thyroid function Nausea Trouble sleeping Weight gain Liver function

# Atypical Antipsychotics

Brand Name	Possible Impact	Possible Side Effects
Olanzapine, Risperidone, Quetiapine	May help with anger impulsive behaviors	Tardive dyskinesia Increased risk of stroke Liver function Increased blood pressure



# What do you do?

- ▶ Recognize this is an illness and their behavior is a learned.
- ▶ They are not operating with the same set of norms as the average person.
- ▶ Staying calm and not engaging in their provocative behaviors is your best defense.
- ▶ Challenging them on their actions is usually unsuccessful.
- ▶ Often persons with this diagnosis have been abuse. Be conscious of this during interactions.
- ▶ Their loved ones have often “had it” and are not able to be supportive.
- ▶ When you or your colleagues deal with someone with a personality disorder, you need ongoing support!
- ▶ Do not take what they say or do personally!

# Treatment Options

- ▶ Therapy
- ▶ Medications

