

# MANAGING PERSONALITY DISORDERS

MINNESOTA GERONTOLOGICAL SOCIETY WEBINAR

Tuesday, February 7<sup>th</sup>, 2017  
12:00 – 1:00pm

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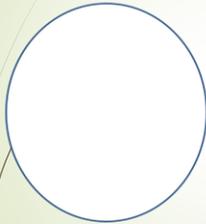
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Normal Personality



Personality Disorder



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## General Criteria for Personality Disorder

1. An enduring pattern of inner experience and behavior that deviates markedly from the expectations of the individual's culture. This pattern is manifested in two (or more) of the following areas:
  - a. Cognition (i.e. ways of perceiving and interpreting self, other people and events)
  - b. Affectivity (i.e. the range, intensity, lability, and appropriateness of emotional response)
  - c. Interpersonal functioning
  - d. Impulse control
1. The enduring pattern is inflexible and pervasive across a broad range of personal and social situations.
2. The enduring pattern leads to clinically significant distress or impairment in social, occupational, or other important areas of functioning.
3. The pattern is stable and of long duration and its onset can be traced back at least to adolescence or early adulthood.
4. The enduring pattern is not better accounted for as a manifestation or consequence of another mental disorder.
5. The enduring pattern is not due to the direct physiological effects of a substance (e.g. drug of abuse, a medication) or a general medical condition (e.g. head trauma).

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## Clusters of Personality Disorder Types

TYPE	MAJOR CHARACTERISTICS
Avoidant	Individuals diagnosed with these personality disorders often appear anxious and fearful
Dependent	
Obsessive-Compulsive	
Antisocial	Individuals with these personality disorders often appear dramatic, emotional or erratic
Narcissistic	
Borderline	
Histrionic	
Paranoid	Individuals with these personality disorders are often seen as odd and eccentric
Schizoid	
Schizotypal	

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## The Personality Disorders

- ❖ **Dependent Personality Disorder** is a pattern of submissive and clinging behavior related to an excessive need to be taken care of.
- ❖ **Obsessive-Compulsive Personality Disorder** is a pattern of preoccupation with orderliness, perfectionism, and control.
- ❖ **Narcissistic Personality Disorder** is a pattern of grandiosity, need for admiration and lack of empathy.
- ❖ **Histrionic Personality Disorder** is a pattern of excessive emotionality and attention seeking.
- ❖ **Borderline Personality Disorder** is a pattern of instability in interpersonal relationships, self-image, and affects, and marked impulsivity.
- ❖ **Antisocial Personality Disorder** is a pattern of disregard for, and violation of, the rights of others.
- ❖ **Avoidant Personality Disorder** is a pattern of social inhibition, feelings of inadequacy, and hypersensitivity to negative evaluation.
- ❖ **Paranoid Personality Disorder** is a pattern of distrust and suspiciousness such that others' motives are interpreted as malevolent.
- ❖ **Schizoid Personality Disorder** is a pattern of detachment from social relationships and a restricted range of emotional expression.
- ❖ **Schizotypal Personality Disorder** is a pattern of acute discomfort in close relationships, cognitive or perceptual distortions, and eccentricities of behavior.

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## Overdeveloped and Underdeveloped Characteristics of Personality Disorder Types

Personality Disorder	Overdeveloped	Underdeveloped
Avoidant	Social vulnerability Avoidance Inhibition	Self-assertion Gregariousness
Dependent	Help seeking Clinging	Self-sufficiency Mobility
Obsessive-Compulsive	Control Responsibility Systematization Details	Spontaneity Playfulness The Big Picture
Antisocial	Combative Exploitativeness Predation	Empathy Reciprocity Social sensitivity
Narcissistic	Self-aggrandizement Competitiveness	Sharing Group identification
Borderline	Manipulation Impulsiveness Abandonment Emotionality	Intra-security Mood stability Predictability Serenity
Histrionic	Exhibitionism Expressiveness Impressionism	Reflectiveness Control of self Systematization
Paranoid	Vigilance Mistrust Suspiciousness	Serenity Trust Acceptance
Schizoid	Autonomy Isolation	Intimacy Reciprocity
Schizotypal	Isolation Suspiciousness Magical thinking Odd traits	Intimacy Trust Empathy Social skills

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