

Personality Disorders

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1. Overview

- Personality disorders are enduring, inflexible patterns of thinking, feeling, and behaving that deviate from cultural expectations and cause distress or impairment.

2. Cluster A (Odd/Eccentric)

- Paranoid, Schizoid, Schizotypal - characterized by social withdrawal and unusual thinking.

3. Cluster B (Dramatic/Erratic)

- Antisocial, Borderline, Histrionic, Narcissistic - characterized by intense emotions and impulsivity.

4. Cluster C (Anxious/Fearful)

- Avoidant, Dependent, Obsessive-Compulsive - characterized by high anxiety and need for control or reassurance.

5. Onset and Course

- Traits typically emerge by adolescence/early adulthood and remain relatively stable over time.

6. Treatment Challenges

- Because traits are ego-syntonic (feel normal to the individual), engagement in therapy can be difficult; long-term psychotherapy (e.g., Dialectical Behavior Therapy for Borderline PD) is often needed.