

Overcoming Roadblocks in Treating Personality Disorder- A Cognitive-Behavioral Approach

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Personality Disorders

- Enduring pattern of inner experiences and behaviour that deviated markedly from the expectations of the individual's culture.
- Manifested in two or more following areas
 - Cognition
 - Affect regulation
 - Interpersonal functioning
 - Impulse control
- Enduring pattern, inflexible and pervasive across personal and social situations
- Stable and long standing pattern

Epidemiology

- Household prevalence:
 - median rate of 0.7 %
 - Men = woman
- Primary care:
 - 4 to 6 %
- Mental Health settings
 - 50%
 - Women > men
- Drug and alcohol treatment
 - Men > women

Relevant Theories

- Psychoanalytic
- Cognitive Behavioural Approach- Beck
- Schema Therapy - Young
- Dialectic Behavioral Therapy - Linehan

Co-morbidities

- History of physical and/or sexual abuse usually at early age
- Depression
- Schizophrenia
- Impulse related, dissociative disorders
- Identity disorders
- Other personality disorders/traits

Attachment process

- Insecure and disorganised attachment relationship
- Result in failure in mentalising capacity
 - Inability/deficiency in understanding and interpreting one's and other's actions on the basis of formulating others and own's mind
- Invalidating family environment in Linehan's conception of BPD

Social Cognition

- Ability to identify and label emotion in themselves and others
- Failure to encourage the person to discriminate between their feelings and experiences and those of caregivers
- Enmeshed relationship

Mood dysregulation

- Invalidating and denying of emotion
- Fear of losing control
 - Detached
 - Not in touch with feelings
 - Not talking

Clinical approach and delivery of intervention

- Time factor
- Re-parenting
- Accepting and validating of emotions
- Experiential
- Skill training
- Never say never

- The ability to tolerate high level of negative emotions, especially anger
- Unrealistic expectation be handled and challenged at early stage

Personal reflection

- Is the diagnosis helping or stigmatizing?
- Treatment target : Axis I or Axis II problem
- Experience of therapist
- Skill level/ breath of skill of therapist
- Flexibility of therapist

Q & A