

# **How to Work Effectively with Individuals With Personality Disorders**

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**Part I**  
**The Unique Dysfunction of Personality Disorders  
and the Targets for Intervention**

1. The Core Psychological Characteristic of Personality Disorders
  1. Observing Ego Function  
Reflective Function
  2. Effects of Reflective Functioning Deficit  
Motivation  
Self-correction  
Affect tolerance
  
2. The Importance of Knowing the Cause of Personality Disorders
  1. Analytic/Psychological Theory
  2. Biological Theory
  3. Current Conclusions and the importance to interventions

**Part II**  
**Interventions for Personality Disorders**

**1. Treatment Approaches**

**1. Treatment for Profound change**

Works by **overturning the dialogue imperative** until there is an **altering the psychological functioning** of the individual and family on a basic level so they automatically enter problem-solving mode rather than derailment mode when something goes wrong.

- Only highly treatable individuals and families with personality disorders are appropriate for treatment designed to produce profound change

-This treatment addresses the deepest levels and is the most rigorous and demanding and is the most difficult and carries the most risk of escalation and acting out

## **2. Treatment for Moderate Change**

Works by **exposing the individual or family to additional behavioral options** until the social functioning of the individual or family is altered to a **lessened intensity of drama**

-Moderately treatable families and individuals with personality disorders are appropriate for treatment designed to shift from disorder to style

-This treatment addresses a moderate level of the disorder, is moderate in its rigor and demandingness, and carries moderate risks

## **3. Treatment for Targeted Change**

Works by **altering the conditions or contingencies in the situation** or circumstance so that productive **results** are produced in that area of individual or family functioning

-A majority of families and individuals with personality disorders are appropriate for specific, problem-oriented treatment

-This treatment is significantly lower in goal, rigor, and risks

## **4. Core Treatment Techniques**

1. Cause-and Effect Connections
2. "Observing Ego" Comments
3. Behavioral Chain Analysis

## **2. Management Approach**

**Designed to** minimize **the bad external effects** caused by the disorder (viz. disruptive behavior in a residential program or on a medical unit) or to allow for reduced interference with the achievement of specific results

(viz. work projects, business agreements, partnerships)

### **Core Management Techniques**

1. Pattern Interrupts
2. SET
3. Diagnostic Reframing
4. Problem-Solving Confrontation

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