

# **Personality Disorders**

## The Ones Who Make You Mad and Drive Your Crazy

### Part I: Advanced Interventions

### Part II: Treatment and Management That Works

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## **Part I: Advanced Interventions**

1. Definition of “Advanced” Practitioner
2. Understanding the Pathology
  1. The idea of “normal limits”
  2. The idea of “distress” and “impairment”
3. Understanding “Getting Better”
  1. Treatment
  2. Management
4. Knowing What Does NOT Work
  1. “First do no harm” principle
  2. Avoid wasting time, energy, money

### **Personality Disorders Advanced Information**

1. The Eight Unique Characteristics of Personality Pathology
  1. Not “symptomatic”
  2. Not “illness”
  3. Self AND others
  4. Repetition
  5. Blaming, not correcting
  6. Deficit
  7. “Bad” or “wrong”
  8. Genetic role
2. “Better” Looks and Sounds Like
  1. Appropriateness
  2. Corrective ability
  3. Reduced unproductive behavior
  4. Increased productive behavior
  5. “Thinking through”
3. What does NOT Work
  1. Medications
  2. Traditional psychotherapies
  3. Persuasion, reason, “good sense”
  4. Content

4. What DOES Work

1. Regularity of contact
2. Attachment
3. Dialectic
4. “How they are”
5. Filling in missing pieces

## **Part II: Treatment and Management that Works**

1. Work to “Do What”
2. What Techniques Produce those Results

### **Treatment and Management that Works**

1. What You are Trying to Do
  1. The principle of specificity
  2. In Personality Disorders
    1. Decrease bad behavior  
Definition of “bad” behavior
    2. Increase good behavior  
Definition of “good” behavior
    3. Their handling their own life  
Definition of “handling” their life
2. Techniques that Work for Decreasing Bad Behavior
  1. Pattern Interrupts
  2. SET
  3. Clarification
  4. Motive vs. Intent
  5. The Principle of Irrationality
  6. Identifying Patterns
  7. Highlighting Costs
  8. Behavior Chain Analysis
3. Techniques that Work for Increasing Good Behavior
  1. Attractiveness
  2. Storytelling
  3. Reframing
  4. Metaphor
  5. ID’ing Self-Defeating Urges
4. Handling Their Own Life
  1. Toleration
    - Arousal
    - Frustration
    - Imperfection
  2. Problem-Solving
  3. Resilience

## **Personality Disorders Portrayed in Books, Films & Television**

<u>Movie/Book/TV Show</u>	<u>Character/Actor</u>	<u>Personality Disorder</u>
A Fish Called Wanda	Kevin Kline	Antisocial
Alien/Aliens	Ripley/Sigourney Weaver	Paranoid
All That Jazz	Joe Gideon/Roy Scheider	Narcissistic
American Beauty	Ricky Ricky's Father/Chris Cooper Daughter's Friend	Schizotypal Paranoid Histrionic
American Gigolo	Richard Gere	Narcissistic
Animal House	Flounder	Dependent
Annie Hall	Tony Roberts	Narcissistic
Any Given Sunday	Willy Beaman/Jamie Foxx	Narcissistic
As Good As It Gets	Jack Nicholson	Obsessive-Compulsive
Assault on Precinct 13	Laurence Fishburn	Antisocial
Back to the Future	The Professor/Christopher Lloyd	Schizotypal
Basic Instinct	Sharon Stone	Antisocial
Bedazzled (Original)	Raquel Welch	Histrionic
Bedazzled (Remake)	The Devil/Elizabeth Hurley	Antisocial
Being There	Chauncy Gardner/Peter Sellers	Schizoid
The Birdcage	Albert/Nathan Lane Senator Keeley/Gene Hackman Houseboy/Hank Azaria	Histrionic Obsessive-Compulsive Histrionic
Body Heat	Maddie/Kathleen Turner William Hurt	Antisocial Dependent
Breach	Robert Hanssen/Chris Cooper	Narcissistic
Breathless	Richard Gere	Antisocial
Broken Arrow	John Travolta	Antisocial
Buckaroo Banzai	Jeff Goldblum Buckaroo Banzai/Peter Weller	Dependent Narcissistic

Caddyshack	The Gardener/Bill Murray Ted Knight Rodney Dangerfield	Schizotypal Narcissistic Histrionic
Casino	Joe Pesci Robert De Niro Sharon Stone	Antisocial Obsessive-Compulsive Borderline
Citizen Kane	Charles Foster Kane/Orson Welles	Narcissistic
Cliffhanger	John Lithgow	Antisocial
A Clockwork Orange	Malcolm McDowell	Antisocial
Collateral	Vincent/Tom Cruise Max/Jamie Foxx	Antisocial Avoidant
The Conversation	Gene Hackman	Paranoid
Crimes and Misdemeanors	Alan Alda Martin Landau Angelica Houston	Narcissistic Narcissistic Borderline
CSI	Gil Grissom/William Peterson	Obsessive-Compulsive
Dangerous Liasons	Glenn Close John Malkovich	Borderline Narcissistic
Death of a Salesman	Willie Lowman	Borderline
Defending Your Life	Albert Brooks	Histrionic
Dexter	Dexter	Antisocial
Donnie Darko	Donnie/Jake Gyllenhaal	Schizotypal
Double Jeopardy	Bruce Greenwood Tommy Lee Jones	Antisocial Obsessive-Compulsive
Fatal Attraction	Glenn Close	Borderline
Failure to Launch	Tripp/Matthew McCounaghey	Avoidant
Fatal Attraction	Alex/Glenn Close	Borderline
The Fifth Element	The Fifth Element/Mila Jovovich	Schizotypal
The Firm	Wilford Brimley	Paranoid
Frazier	Frazier/Kelsey Grammar Niles/David Hyde Pierce	Narcissistic Obsessive-Compulsive
Friends	Monica Geller/Courtney Cox Phoebe/Lisa Kudrow	Obsessive-Compulsive Schizotypal

From the Corner of His Eye	Junior	Antisocial
The Fugitive/U.S. Marshalls	Sam Gerard/Tommy Lee Jones	Obsessive-Compulsive
Galaxy Quest	Tim Allen Sigourney Weaver Tony Shaloub Serus	Narcissistic Histrionic Obsessive-Compulsive Antisocial
Ghost Dog	Ghost Dog/Forrest Whitaker Louie Sonny's Daughter	Schizoid Dependent Borderline
Ghostbusters	Venkmann/Bill Murray Egon/Harold Ramos	Narcissistic Obsessive-Compulsive
Girl, Interrupted	Angelina Jolie	Antisocial
The Godfather	Don Corleone/Marlon Brando	Antisocial
Gone With the Wind	Scarlett	Histrionic
The Good Son	McCauley Caulkin	Antisocial
The Great Santini	Robert Duvall	Obsessive-Compulsive
Grosse Point Blank	John Cusak	Antisocial
Groundhog Day	Phil Conners/Bill Murray	Narcissistic
Hannah and Her Sisters	Max von Sydow Mia Farrow	Narcissistic Dependent
House	Gregory House/Hugh Laurie	Narcissistic
I Love Lucy	Lucille Ball Dezi Arnaz	Histrionic Obsessive-Compulsive
In Treatment	Laura/Melissa George	Borderline
Jagged Edge	Jeff Bridges	Antisocial
The Jerk	Steve Martin	Schizotypal
Just Shoot Me	Nina Finch	Histrionic Narcissistic
Kill Bill Vol's I & II	Bill/David Carradine Lucy Liu Daryl Hannah Michael Madsen	Antisocial Antisocial Antisocial Antisocial
Killing Pablo	Pablo Escobar	Antisocial

La Strada	Gelsomina Anthony Quinn	Borderline Narcissistic
Lawrence of Arabia	Lawrence	Narcissistic
Line of Fire	John Malkovich	Antisocial
Little Shop of Horrors	Seymour/Rick Moranis	Dependent
Looking for Mr. Goodbar	Diane Keaton	Borderline
Macbeth	Lady Macbeth	Borderline
The Matrix	“Mouse” “Agent Smith”/Hugo Weaving	Avoidant Obsessive-Compulsive
The Matrix Reloaded/Revolutions	“Agent Smith”/Hugo Weaving The Marovingian Persephone Bane	Narcissistic Narcissistic Histrionic Borderline
Men in Black	Will Smith Tommy Lee Jones Rip Torn	Narcissistic Obsessive-Compulsive Obsessive-Compulsive
Moby Dick	Gregory Peck	Obsessive-Compulsive
Mortal Kombat	Wilson/Sonya Blade	Paranoid
The Net	Sandra Bullock	Schizoid
9 ½ Weeks	Mickey Rourke	Borderline
Oceans Eleven	Danny Ocean/George Clooney	Narcissistic
Of Human Bondage	Mildred	Borderline
Ordinary People	Beth/Mary Tyler Moore Calvin/Donald Sutherland	Obsessive-Compulsive Avoidant
Pirates of the Caribbean	Jack Sparrow/Jonny Depp	Narcissistic
Play Misty for Me	Jessica Walter Clint Eastwood	Borderline Narcissistic
The Player	Tim Robbins	Narcissistic
Primal Fear	Roy/Edward Norton	Antisocial
Raising Arizona	Nicholas Cage John Goodman Holly Hunter Lone Biker of the Apocalypse	Schizotypal Antisocial Histrionic Antisocial

The Recruit	Al Pacino	Antisocial
Scarface	Tony Montana/Al Pacino	Antisocial
School of Rock	Dewey/Jack Black Joan Cusak	Narcissistic Obsessive-Compulsive
Scrubs	Bob Kelso Perry Cox The Janitor	Narcissistic Narcissistic Paranoid
Seinfeld	George/Jason Alexander Kramer/Michael Richards Jerry Seinfeld	Dependent/Histrionic Schizotypal Narcissistic
Sex and the City	Charlotte/Kristen Davis Samantha/Kim Cattrell “Mr. Big”/Chris Noth	Obsessive-Compulsive Histrionic Avoidant
sex, lies, and videotape	James Spader Ann/Andie McDowell John/Peter Gallagher Laura San Giacomo	Avoidant Obsessive-Compulsive Narcissistic Antisocial
Silence of the Lambs	Hannibal Lecter/Anthony Hopkins	Antisocial
The Simpsons	Smithers Mr. Burns “Bar Flies” (at Moe’s)	Dependent Narcissistic Avoidant
Sliding Doors	Jean Triplehorn	Borderline
Snake Eyes	Nicholas Cage	Narcissistic
Star Trek (Next Generation)	Data/Brent Spiner Worf/Michael Dorn The Borg	Obsessive-Compulsive Paranoid Obsessive-Compulsive
A Streetcar Named Desire	Blanche/Vivian Leigh	Borderline
Stripes	John Laroquette John Winger/Bill Murray The Drill Sergeant Frances	Schizotypal Narcissistic Obsessive-Compulsive Paranoid
Superman Returns	Lex Luther’s Girlfriend Lex Luther/Kevin Spacey	Histrionic Antisocial
Swordfish	John Travolta	Antisocial
Taxi Driver	Travis	Borderline
Ten	Bo Derek	Histrionic

Terms of Endearment	Shirley MacLaine	Histrionic
The Great Santini	Robert Duvall	Obsessive-Compulsive
Tomorrow Never Dies	Terri Hatcher	Histrionic
Tootsie	Dabney Coleman Terri Garr Jessica Lange	Narcissistic Histrionic Dependent
Unstrung Heroes	John Turturro	Obsessive-Compulsive
Wall Street	Gordon Gecko/Michael Douglas	Narcissistic
What About Bob	Bob/Bill Murray	Dependent
Will and Grace	Jack	Histrionic
The Wizard of Oz	Dorothy/Judy Garland The Cowardly Lion	Histrionic Avoidant

## Part IV: References

### Part I: Highly Recommended Readings On Personality Disorders (With some editorial annotations)

**American Psychiatric Association (1994) *DSM-IV*, American Psychiatric Association Press, Washington, D.C.** (Available from Barnes and Noble, Amazon.com)

Now in its “text revised” edition, this is the standard diagnostic manual from which I took and adapted the “professional” diagnostic section. It is not perfect but it is also not stupid or useless. There is also an expanded edition with case examples and additional references. If you don’t have a DSM in your personal library you certainly need to get one.

**Bleiberg, E. (2001) *Treating personality disorders in children and adolescents: a relational approach*. New York: Guilford Press.** (Available from Guilford Press - 800/365-7006; www.guilford.com, 38.00.)

One of only two books written on personality disorders in children, Bleiberg’s is a fine text. Be ready for some heavy-duty, sometimes head-spinning, object-relations language in the “cause” part of the book. The “treatment” section is not that way at all and is practical and easy to understand.

**Kernberg, P., Weiner, A.S., & Bardenstein, K.K. (2000) *Personality disorders in children and adolescents*. New York: Basic Books.** (Available from Amazon.com, 48.00.)

The other book written on personality disorders in children, Kernberg’s book is excellent. It is very practical, especially on diagnosis (less heavy object-relations language than Bleiberg’s). It scrimps a bit on treatment, however, so Bleiberg’s book’s got it beat there.

**LeDoux, J. (2002) *Synaptic self: how our brains become who we are*. New York: Viking Press.** (Available at bookstores and from Amazon.com, 29.95.)

While not a text on personality disorders per se, LeDoux’s book is the best I’ve seen at describing in understandable terms how the genetic and the experiential combine to form the “functional biological” (which LeDoux calls “synaptic”). Despite the technical-sounding title, it is written in everyday, easy-to-read, layman’s language. It is a fascinating read if you are as into these things as much as I am. If you’re not, I understand - so go read a novel already.

**Linehan, M.J. (1993) *Cognitive behavioral treatment for borderline personality disorder*. New York: Guilford Press.** (Available from Guilford Press - 800/365-7006, www.guilford.com, 52.00.)

Widely regarded as the reigning guru of borderline personality disorder, Linehan’s model is practical, realistic - and dauntingly demanding. If you want to understand borderline conditions from a cognitive-behavioral perspective (even if you lack the resources to institute her model), hers remains the essential text. Extensive, densely packed and detailed, it can be hard to read but is well worth the effort. She not only taught me a thing or two that I needed to know, but you gotta admire her guts - she *only* works with suicidal and parasuicidal borderline patients.

**Sperry, L. (1995) *Handbook of diagnosis and treatment of the DSM IV personality disorders*. New York: Brunner/Mazel.** (Available from BarnesandNoble.com, 38.95.)

When people ask me for the one book that contains the best summary overview of personality disorders, I always send them to Sperry’s 1995 book. Perhaps I like him so much because he sees the conditions in ways that are largely similar to the ways I see them, or because I have taken the liberty of adapting some of his work to my own. But for whatever reason I always find Sperry’s work to be an impressive mix of the practical, realistic, easy to understand with the sophisticated. Millon’s books are similar in scope but are much more complex and detailed (is there anything in this field that man does *not* understand?). Sperry, on the other hand, is a “bottom line” kind of guy, so he’s a bit easier for most of us, and I like that.

**Wright, W. (1999). *Born that way: genes, behavior, personality*. New York: Routledge.** (Available from Amazon.com.)

If you can *still* manage to deny the important role of biology in the creation of personality and personality disorders, this book will show you the error of your ways. Interesting and at times even a little spooky, Wright chronicles the trials and tribulations of those investigating the role of genes and biology in behavior.

**Part II: Biographical Literature Containing Depictions of “Real” People that are Consistent with Personality Disorder Diagnoses**

(the accuracy of the depictions is unknown)

*“The best training for therapists is to have lunch with novelists and sea captains.”*

Eric Berne, origin unknown (which means I forgot which book it's in)

**Anderson, C. (1999) *Bill and hillary: the marriage.*** (Available in bookstores and from Amazon.com)  
Narcissist

**Bowden, M. (2001) *Killing pablo: the hunt for the world's greatest outlaw.*** New York: Atlantic Monthly Press. (Available at bookstores and Amazon.com)  
Antisocial

**Douglas, J.E. (2000) *The anatomy of motive; the fbi's legendary mind hunter explores the key to understanding and catching violent criminals.*** (Available from Amazon.com)  
Paranoid (among others)

**Downing, M. (2001) *Shoes outside the door: desire, devotion, and excess at san francisco zen center.*** Washington, D.C.: Counterpoint Press. (Available at bookstores)  
Narcissist

**Jorgensen, E.W. & Jorgensen, H.I. (1984) *Eric berne, master gamesman.*** (Available from out-of-print booksellers)  
Schizotypal

**Layton, D. (date?) *Seductive poison: a jonestown survivor's story of life and death in the people's temple.*** (Available from Amazon.com)  
Borderline

**Levy, S. (date?) *Rat pack confidential: frank, dean, sammy, peter, joey, and the last great showbiz party.*** (Available at bookstores and from Amazon.com)  
Narcissist, Borderline

**Michel, L., & Herbeck, D. (2001) *American terrorist: timothy mcveigh and the tragedy at oklahoma city.*** (Available at bookstores and from Amazon.com)  
Obsessive-Compulsive

**Pierson, R. (1989) *The queen of mean: the unauthorized biography of leona helmsley.*** (Available from Amazon.com)  
Borderline

**Rule, A. (date?) *The stranger beside me - ted bundy, the classic case of serial murder.*** (Available from Amazon.com)  
Antisocial

**Smith, S.B., (2000) *Diana in search of herself; portrait of a troubled princess.*** (Available at bookstores and Amazon.com)  
Borderline

**Vise, David A. (2002) *The bureau and the mole.*** New York: Atlantic Monthly Press. (Available at bookstores and from Amazon.com)  
Narcissist

**Weiner, T. (1995) *Betrayal: the story of aldrich ames, an american spy.*** (Available from Amazon.com)  
Narcissist

**Watts, C., & Shors, D. (date?) *Unabomber: the secret life of ted kaczynski.*** (Available from Amazon.com)  
Schizoid

### **Part III: Additional Recommended Readings on Personality Disorders**

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Carlson, J., & Sperry, L. (Eds.) (1998). *The disordered couple.* New York: Brunner/Mazel.

Chessik, R. (1985) *Psychology of the self and the treatment of narcissism.* New York: Jason Aronson.

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