

Personality Disorders: Treatment Options Available



Personality Disorders are a set of serious mental health disorders that affect many people across the world. These disorders are of varied types and have different symptoms as well. Personality disorders manifest as rigid and unhealthy patterns of thinking within a person. Consequently, they also affect functioning and behavior as well. Individuals with these disorders have a difficult time perceiving situations and relating to people. This results in major problems in their personal lives, interpersonal relationships, social relationships, and academic life as well. In many cases, a person may not even be able to understand that they are fighting a personality disorder as their pattern of thinking may seem normal to them.

These disorders usually begin in a person's teenage years, or in early adolescence. As explained beforehand, there are different clusters under which personality disorders fall which include:

Cluster A

These diseases are characterized by odd and eccentric behavior, and they include:

- Paranoid personality disorder
- Schizoid personality disorder
- Schizotypal personality disorder

Cluster B

These diseases are characterized by emotional, dramatic, or unpredictable conduct. The disorders that fall under this category include:

- Antisocial personality disorder
- Borderline personality disorder
- Histrionic personality disorder
- Narcissistic personality disorder

Cluster C

Cluster C illnesses are characterized by anxiety and fear-based behaviors. The illnesses under this category include :

- Avoidant personality disorder
- Dependent personality disorder
- Obsessive-compulsive personality disorders





What causes personality disorders?

Personality refers to the unique blend of ideas, feelings, and behaviors that characterize you. It's how you perceive the world, comprehend it, and react to it, as well as how you see yourself. During childhood, personality develops because of interactions between:

- **Your genes.** Your parents may pass on some personality traits to you through inherited genes. These characteristics are called your temperament.
- **Your surroundings.** This includes your upbringing, experiences in your life, and connections with family members and others.

A mix of these genetic and environmental factors is assumed to be the cause of personality disorders. Your genes may predispose you to have a personality disorder, and a life event may precipitate the disorder's emergence.



Why are personality disorders so hard to treat?

Personality disorders are difficult to treat because persons with them frequently have deviant ideas and actions that impede them from thinking and functioning properly. Most people struggle with denial and refuse to acknowledge that they have a problem; nonetheless, these problems do not go away without therapy. The treatment for a personality disorder is determined by the type of the personality disorder. Medication, institutionalization, and counseling are all options for treatment. To learn more about the many therapy and program choices for certain forms of personality disorder, read on!

How are Personality Disorders diagnosed?

If your doctor feels you have a personality problem, he or she may make the following diagnoses:

- **Examination of the body.** A physical examination and detailed inquiries regarding your health may be performed by the doctor. Your symptoms may be connected to an underlying physical health issue in certain situations. Lab testing and a drug and alcohol screening test may be part of your examination.



- **Evaluation by a psychiatrist.** This may involve a questionnaire to assist pinpoint a diagnosis, as well as a talk about your ideas, feelings, and behavior. Information from family members or others may be useful if you give them permission.
- **The Diagnostic and Statistical Manual of Mental Disorders**, Fifth Edition (DSM-5) contains diagnostic criteria. Your doctor may match your symptoms to the criteria in the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (DSM-5).

What are the treatment options for Personality Disorders?

Medication -

There are no medications specifically created or approved solely for the treatment of personality disorders. However, there are many types of medication that help with the various symptoms presented by different personality disorders. These include:

- **Antidepressants:** These medications can prove to be very effective if the personality disorder you are facing causes you to have episodes of depression, anger, impulsiveness, irritability, or feelings of hopelessness.
- **Antipsychotic Medication:** These medications help individuals who are losing touch with reality as part of the distressing symptoms of the disorders, and if the individual has severe anxiety or anger problems.
- **Anti-Anxiety Medication:** These medications help individuals who are agitated, who are battling anxiety as part of the disorder, or individuals who cannot sleep due to their disorder.
- **Mood Stabilizers:** Mood stabilisers, as its name implies, can assist in smoothing out mood fluctuations and lessen anger, impulsivity, and violence.



Psychotherapy -

Therapy is a broad phrase that refers to the use of procedures to enhance a person's mental or physical health. Psychotherapy is the most common method of addressing and treating mental illnesses such as personality disorders. Patients are encouraged to talk about their health, feelings, ideas, mood, and behavior by therapists, who are also known as "talk therapists." Psychotherapy for mental diseases can take several forms, including:

- Cognitive-behavioral therapy (CBT)
- Dialectical behavior therapy (DBT)
- Interpersonal therapy (IPT)
- Family-focused therapy

CBT -

CBT (cognitive behavioural therapy) helps patients realize and change their erroneous perceptions of themselves, others, and the world around them. To replace a person's toxic thinking with positive and better perspectives, most therapists mix cognitive and behavioural therapy. Aside from cognitive and behavioural therapy, another branch of CBT is dynamic therapy, which involves looking back at a person's early years to see what could have caused their personality problems.

CBT is helpful for those who are unable to take drugs for their problems or who have thoughts and behaviors that show signs of mental illness. It's also utilized in conjunction with antidepressants or drugs while in the hospital, and it's a recommended therapy for persons of all ages with mental illnesses.





Therapeutic Options -

Other types of CBT are also thought to be beneficial in the treatment of personality disorders. Dialectical behavior therapy, for example, is used to treat borderline personality disorder, which is characterized by suicidal ideation and self-mutilation. The therapist informs the patient that their behavior is understandable and valid during a DBT session. The patient should be able to modify disruptive or unhealthy behavior at the conclusion of the therapy.

The focus of interpersonal therapy is on how patients interact with their families and friends. This type of treatment is frequently used to address and treat depression on a one-on-one basis. It's founded on the premise that how a person communicates with others has an impact on their moods and feelings, and that developing communication skills can help with depression. Family-focused treatment, on the other hand, is primarily used to treat bipolar illness. The treatment instructs the patient's family about their loved one's disease and how to successfully deal with or live with the challenges that come with it.

Rehabilitation

Personality disorders are chronic in nature and may need long-term therapy. If the symptoms are severe or other medical or mental illnesses are present, treatment for the disorder may necessitate admission to a personality disorder recovery center. Depending on the kind and degree of the patient's personality disorder, residential or inpatient treatment institutions can provide an acute or long-term therapy program. Because of their inability to manage and regulate their emotions and behaviors, patients with borderline personality disorder require inpatient therapy.

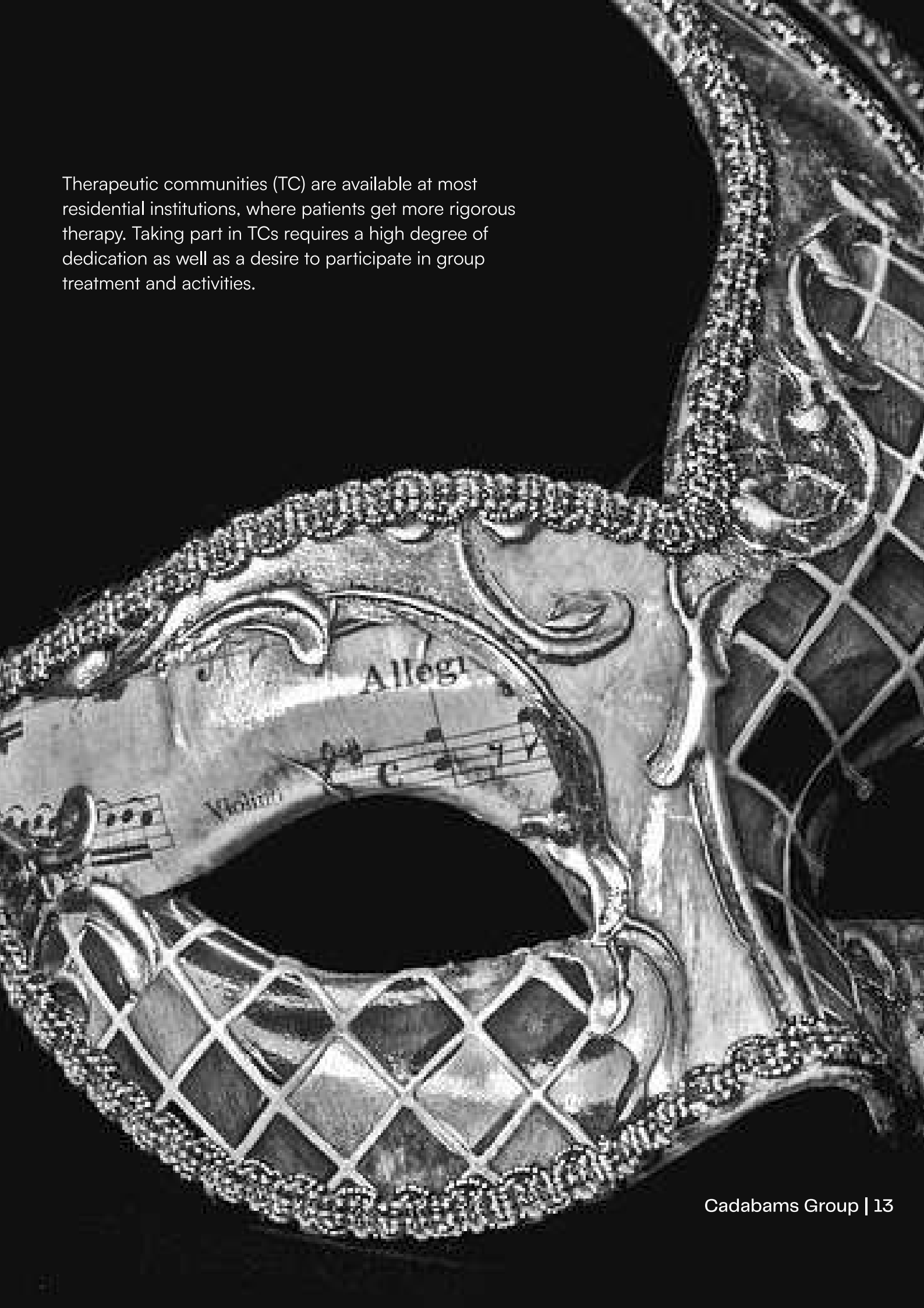




Benefits of Rehabilitation

Because of their widespread behavior and emotional issues, many patients with personality disorders require the care of trained general psychiatrists and a disciplined staff. A residential treatment center provides a safe, supportive atmosphere as well as medical care and monitoring 24 hours a day, seven days a week. In an acute context, such as a residential personality disorder facility, the problems also require complicated handling, which can be addressed quickly.

Therapeutic communities (TC) are available at most residential institutions, where patients get more rigorous therapy. Taking part in TCs requires a high degree of dedication as well as a desire to participate in group treatment and activities.



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