

PERSONALITY DISORDERS MARITAL AND FAMILY THERAPY

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FIRST ENCOUNTER....

- Diagnosis

- ✓ Overdiagnosis

- ✓ Underdiagnosis

DIFFERENT APPROACHES

- Psychodynamic

✓ object relation

- CBT
- Systemic
- Interpersonal Reconstructive
- Integrative



BORDERLINE PERSONALITY

Lack of Integration of Identity (Self, Ego)

- BP as a wife/husband
- BP as a Parent
- BP as Child
- BP as a Sibling



THERAPY

- **Complex**
 - ✓ Hospitalization/Ambulatory
 - ✓ Multiple Experts
- **Treatment Models**
 - ✓ No classic
 - ✓ Individual (but sometimes with family)
 - ✓ DBT and CBT
 - ✓ SET (Support, Empathy, Truth)
 - ✓ Problem Oriented
 - ✓ Medication



OBSESSIVE COMPULSIVE PERSONALITY DISORDER

- Perfectionism
- Lack of Intimacy
- Control
- Doubt (Persecution, Jealousy)
- Everything is OK!
- Idea of abuse
- Stonewalling
- Too much work
- Lack of attention



THERAPY

- Mixed
- 15 to 20 sessions couple therapy
- 20 to 30 sessions Individual Therapy
- Goal: Honesty and Justice



DEPENDENT PERSONALITY DISORDER

- Oral Behaviors
- Invalid Self
- Over controller Parents
- Irresponsibility
- Intimacy vs Dependency
- Strong Marriage can be treating



THERAPY

- Family or Couple therapy is important
 - ✓ wright supporting tequniques
 - ✓ Differentiation between Intimacy and Dependency
- Family should be present even during couple therapy
- Good Prognosis (object relation, CBT)



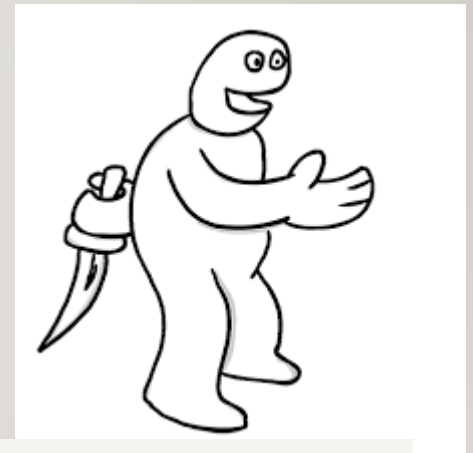
THERAPY

- Parent role of Therapist
- Avoid to be a Satisfying Source
- Keeping Boundaries
- Usually **NO** Medications



PASSIVE – AGGRESSIVE PERSONALITY (BEHAVIORS)

- Negative behaviors in relationship derived from aggression
- Massive Conflicts during childhood
- Confused and Ambivalent child
- No Impact on the Environment



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- Push-Pull Pattern
 - Hostile Guard in every subjects
 - Decision by the Other one, Criticism by Him / Her
 - Intimacy Seeker, Intimacy Rejector
 - Demanding but Unsatisfied



THERAPY

- If Functional => **Couple Therapy**
- If Non Functional => **Individual Therapy**
- Main Strategy : ***Express Feelings in a Safe Environment***
- *Cognitive Mediation and Communication Skills* in CBT
- Strong Therapeutic Alliance
- Negativistic Behaviors During Treatment



AVOIDANT PERSONALITY DISORDER

- Difficulty in Diagnosis
- Social Anxiety
- Steps of Family Dealing Way:

*Empathy → Exposure → Encourage → Protection →
Sensitivity to Criticism → Collusion → Resentment*



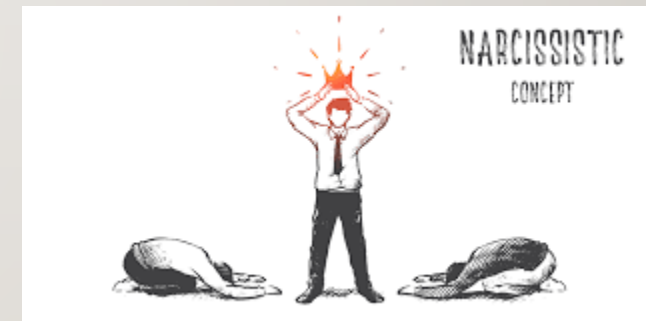
THERAPY

- Couple and Family Therapy is Necessary
- CBT
- No Good Prognosis



NARCISSISTIC PERSONALITY DISORDER

- Undoing Behaviors
- Make to Focus on Good Intention (rather than result)
- Rationalization
- Too much Self Humiliation
- Blaming the Wife/Husband



THERAPY

- Long-term Individual Therapy
- Couple Therapy :Active Listening, Empathy
- Separation Makes them Anxious



PARANOID PERSONALITY DISORDER

- Selective Attention
- Severe and Erratic dependence
- Related to SCZ



THERAPY

- Medication is Needed
- Therapist Should be Predictable
- Couple Therapy is Difficult
- Empathy
- Support of Healthy Partner



HISTRIONIC PERSONALITY DISORDER

- Need to Attach to a Strong Personality (like OCPD)
- Make Partner Angry as an Effort to Get Attention
- Feeling Burdened
- Aggression, Love Show, Hypochondriasis, Suicide



THERAPY

- Couple Therapy : Making Sense Of Behaviors
- Individual Sessions During Couple Therapy



THANKS FOR YOUR ATTENTION

