

# PERSONALITY DISORDERS MARITAL AND FAMILY THERAPY

---

SEYED MOHSEN ZAMIR

MD, PSYCHIATRIST



# 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

---

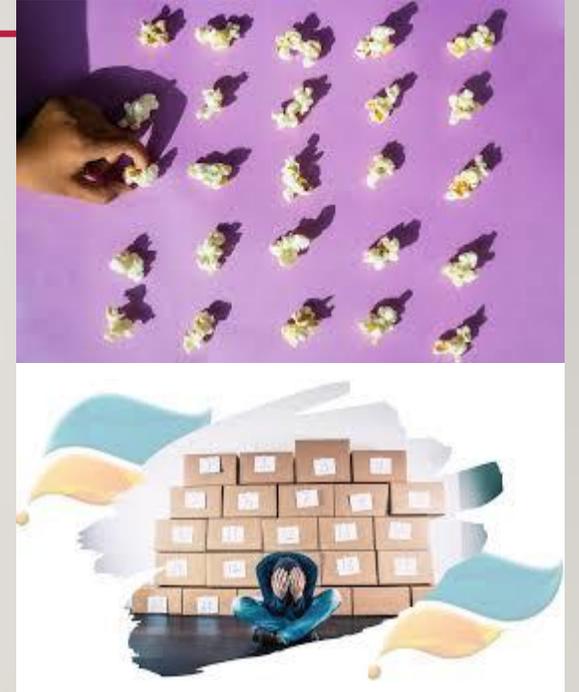
- Perfectionism
- Lack of Intimacy
- Control
- Doubt ( Persecution, Jealousy )
- Everything is OK!
- Idea of abuse
- Stonewalling
- Too much work
- Lack of attention



# THERAPY

---

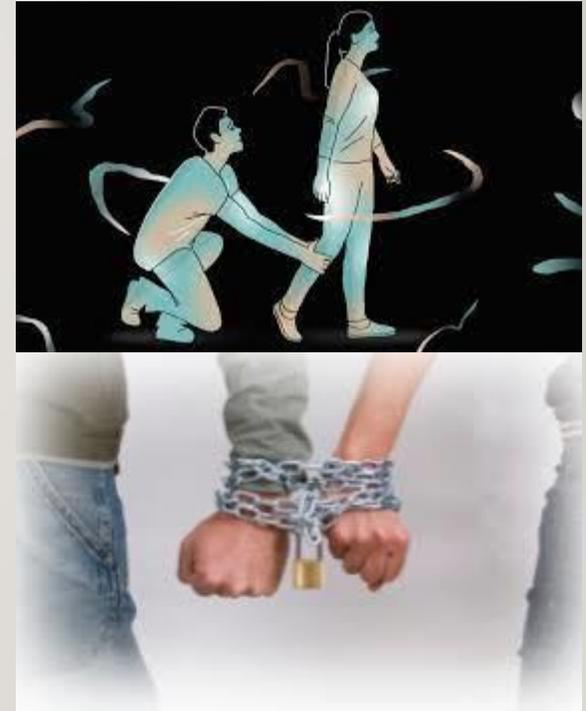
- Mixed
- 15 to 20 sessions couple therapy
- 20 to 30 sessions Individual Therapy
- Goal: Honesty and Justice



# 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

---

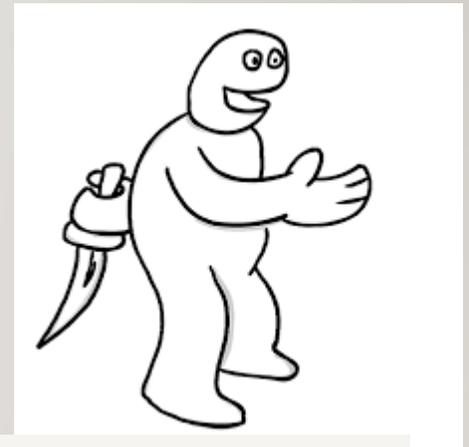
- Parent role of Therapist
- Avoid to be a Satisfying Source
- Keeping Boundaries
- Usually **NO** Medications



# PASSIVE – AGGRESSIVE PERSONALITY (BEHAVIORS)

---

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



- 
- 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

