A Different Perspective and Approach to

Working with Individuals with Personality

Disorders

Presented by Tom Eckart, M.Ed., PCC-S

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1. Which is not a possible reason that personality disorders are not being taught as much in graduate schools anymore:
2. Confusion about what personality disorders are.
3. Discomfort with labeling or stigmatizing a client
4. Not wanting to deal with the issues underlying a personality disorder in treatment
5. Personality disorders have been removed from the DSM-V
6. Clinicians favor other diagnoses, such as Bipolar I, Bipolar II, or Schizo-affective disorder over

personality disorders

1. True or False: People with personality disorders tend to be very concrete in their thinking and beliefs.
2. What comes last in the following stress/tension cycle: tension builds; maladaptive behavior with release of tension; decrease in tension
3. Pro-social behavior with accompanying increase in self-esteem
4. Awareness of consequences with an increase in self-loathing and guilt
5. A period of inactivity with a decrease in anxiety
6. Risk-taking behavior with an increase in energy
7. Which of the following may be a helpful way for a clinician to describe the behavior of someone with a personality disorder to the person him/herself?
8. Avoidant behavior
9. Attention-seeking behavior
10. Testing behavior
11. Acting out behavior
12. What seems to be the “fuel” that drives the chaos and maladaptive behavior often seen in those with personality disorders?
13. Stress
14. Curiosity
15. A need for drama
16. Vengeance
17. Much of the stress in the life of someone with a personality disorder comes from:
18. Disappointing life circumstances
19. Trauma
20. Uncertainty
21. Unrealistic expectations
22. True or False: People with personality disorders tend to lack coping skills.

For questions 8-10, match the type of testing behavior individuals with personality disorders may subject others to with the corresponding personality style possessed by those who employ that testing.

1. “Will you be able to handle me?”
2. Dependent personality style
3. Narcissistic personality style
4. Provoking personality style
5. Avoidant personality style
6. “Can you leave me alone in my desire to be unhappy?”
7. Emotionally withdrawing personality style
8. OCD personality style
9. Anti-social personality style
10. Dependent personality style

1. “Will you let me always be right and not challenge me?
2. OCD Personality style
3. Anti-social style
4. Dependent personality style
5. Narcissistic personality style