

# A Different Perspective and Approach to Working with Individuals with Personality Disorders

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1. Which is not a possible reason that personality disorders are not being taught as much in graduate schools anymore:
  - a) Confusion about what personality disorders are.
  - b) Discomfort with labeling or stigmatizing a client
  - c) Not wanting to deal with the issues underlying a personality disorder in treatment
  - d) Personality disorders have been removed from the DSM-V
  - e) Clinicians favor other diagnoses, such as Bipolar I, Bipolar II, or Schizo-affective disorder over personality disorders
  
2. True or False: People with personality disorders tend to be very concrete in their thinking and beliefs.
  
3. What comes last in the following stress/tension cycle: tension builds; maladaptive behavior with release of tension; decrease in tension
  - a) Pro-social behavior with accompanying increase in self-esteem
  - b) Awareness of consequences with an increase in self-loathing and guilt
  - c) A period of inactivity with a decrease in anxiety
  - d) Risk-taking behavior with an increase in energy
  
4. 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?
  - a) Avoidant behavior
  - b) Attention-seeking behavior
  - c) Testing behavior
  - d) Acting out behavior
  
5. What seems to be the “fuel” that drives the chaos and maladaptive behavior often seen in those with personality disorders?
  - a) Stress
  - b) Curiosity
  - c) A need for drama
  - d) Vengeance

6. Much of the stress in the life of someone with a personality disorder comes from:
- a) Disappointing life circumstances
  - b) Trauma
  - c) Uncertainty
  - d) Unrealistic expectations
7. 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.

8. "Will you be able to handle me?"
- a) Dependent personality style
  - b) Narcissistic personality style
  - c) Provoking personality style
  - d) Avoidant personality style
9. "Can you leave me alone in my desire to be unhappy?"
- a) Emotionally withdrawing personality style
  - b) OCD personality style
  - c) Anti-social personality style
  - d) Dependent personality style
10. "Will you let me always be right and not challenge me?"
- a) OCD Personality style
  - b) Anti-social style
  - c) Dependent personality style
  - d) Narcissistic personality style