Personality Disorders and Dialectical Behavioral Therapy

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Homework

- Turn in DID case study
- Next homework: Antisocial Personality Disorder Case Study
DSM Clusters

1) Odd and eccentric
   Paranoid, Schizoid, Schizotypal

2) Dramatic, emotional, or erratic
   Antisocial, Borderline, Histrionic, Narcissistic

3) Anxious or fearful
   Avoidant, Dependent, Obsessive-Compulsive
Cluster A: Odd/Eccentric

- Paranoid
  - Suspiciousness
  - Mistrust of friends, bearing grudges, feeling victimized

- Schizoid
  - Severely restricted range of emotions and social detachment
  - Not interested in social relationships

- Schizotypal
  - Odd speech, behavior, magical thinking
  - May report illusions
  - Often have histories of being teased due to eccentric behavior
Cluster B: Dramatic, emotional, erratic

- Antisocial PD
  - Predatory attitude toward other people
  - Chronic indifference to and violation of the rights of fellow human beings

- Borderline PD
  - Reviewed in a few minutes

- Histrionic PD
  - Self dramatization
  - Attempts to gain attention and sympathy

- Narcissistic PD
  - Grandiose sense of self importance
  - Wants admiration
Cluster C: Anxious/Fearful

- Avoidant PD
  - Social withdrawal based on fear of rejection
  - Generalized to all situations rather than just a few

- Dependent PD
  - Fear of abandonment
  - Dependence on others

- Obsessive Compulsive PD
  - Excessive preoccupation with orderliness, perfectionism, and control
  - Milder and more pervasive than OCD
Borderline Personality Disorder (BPD): DSM Criteria

1. frantic efforts to avoid real or imagined abandonment. Note: Do not include suicidal or self-mutilating behavior covered in Criterion 5.

2. a pattern of unstable and intense interpersonal relationships characterized by alternating between extremes of idealization and devaluation

3. identity disturbance: markedly and persistently unstable self-image or sense of self
BPD Criteria

4. impulsivity in at least two areas that are potentially self-damaging (e.g., spending, sex, substance abuse, reckless driving, binge eating).

5. recurrent suicidal behavior, gestures, or threats, or self-mutilating behavior

6. affective instability due to a marked reactivity of mood (e.g., intense episodic dysphoria, irritability, or anxiety usually lasting a few hours and only rarely more than a few days)
BPD Criteria

7. chronic feelings of emptiness

8. inappropriate, intense anger or difficulty controlling anger (e.g., frequent displays of temper, constant anger, recurrent physical fights)

9. transient, stress-related paranoid ideation or severe dissociative symptoms

- Must meet 5 of the 9 criteria.

- The only disorder in the DSM-IV with suicidal behavior as inclusion criteria
Biopsychosocial Theory of BPD

- Emotion (dys)regulation

![Graph showing emotionality over time for BPD and Healthy Controls]
Components of DBT

- Individual Therapy
- Group Therapy/Skills Training
- Phone Consultation
- Therapist Consultation

Component Analysis of DBT
- Random Control Trial (RCT)
- 3 “arms” of treatment
Individual Therapy

- Chain Analysis Example
- Solution Analysis Example
Individual Therapy and Chain Analysis

- What is chain analysis and solution analysis?

- A "chain analysis" is a very precise behavioral analysis that is used to obtain a detailed step-by-step description of the events, emotions, cognitions, and overt behaviors that precede a single episode of a problem behavior. The consequences of the problem behavior are also examined, to understand its function for the patient.

- Solution analysis finding “skills” to intervene at different “links in the chain”.
Chain Analysis Step One

- Describe the specific problem behavior.
- Be specific and detailed. No vague terms.
- Identify exactly what you did, said, thought or felt.
- Describe the intensity of the behavior and other characteristics.
- Make sure to provide a lot of detail.
Step Two

- Describe the specific PRECIPITATING EVENT that started the chain of behavior.

- Answer the following questions.

  - What exact event precipitated the start of the chain reaction?
  
  - When did the sequence of events begin?
  
  - What was going on the moment the problem started?
  
  - What were you doing, thinking, feeling, imagining at the time?
Step Three

- Describe in general VULNERABILITY FACTORS happening before the precipitating event.

- Possible vulnerability factors are:
  - Physical illness, unbalanced sleep or eating, injury
  - Use of drugs or alcohol; misuse of prescription drugs
  - Eustress or distress
  - Intense emotions
Step Four

- Describe in excruciating detail the chain of events that led up to the problem behavior.

- Start at the precipitating event and describe:
  - Thoughts (or beliefs)
  - Emotions
  - Actions/Behaviors
  - Sensations

- How did those thoughts, feelings, or actions come to be?
Step Five

- What are the consequences of the behavior? Try to be very specific.

- Answer these questions.

- How did other people react immediately and later?

- How did you feel immediately following the behavior? Later?

- What effect did the behavior have on you and your environment?
Step Six: Solution Analysis

- Describe in detail different SOLUTIONS to the problem.
- What could you have done differently at links in the chain?
- Find a way to intervene at every link in the chain.
Step Seven

- Describe in detail the PREVENTION STRATEGY.
- How could you have kept the chain from starting by reducing your vulnerability to the chain?
Step Eight

- Describe what you are going to do to REPAIR important or significant consequences of the problem behavior.
Skills Training/Group Therapy

- Four modules - Each Module Twice
  - Mindfulness - 2 weeks
  - Emotion Regulation - 6 weeks
  - Distress Tolerance - 6 weeks
  - Interpersonal Effectiveness - 6 weeks
Mindfulness

- States of Mind

Reasonable Mind

Wise Mind

Emotional Mind
Emotion Regulation: Goals

- Understanding emotions
  - Prompting events, Interpretations, biological reactions, secondary emotions
- Decreasing Emotional Sensitivity
- Decreasing Emotional Intensity
Distress Tolerance: Goals

- Crisis Survival
- Reality Acceptance
- Freedom
Interpersonal Effectiveness: Goals

- Objectives Effectiveness
  - Obtaining Rights etc.

- Relationship Effectiveness
  - Maintaining Relationships

- Self-Respect Effectiveness
  - Respecting your own values and beliefs