

Personality Disorders and Parenting

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- Mental Health Disorders
 - Diagnostic and Statistical Manual of Mental Disorders (DSM-5)
 - Disorder: a definition
 - A mental disorder is a syndrome characterized by clinically significant disturbance in an individual's cognitions, emotion regulation, or behavior that reflects a dysfunction in the psychological, biological, or developmental processes underlying mental functioning. Mental disorders are usually associated with significant distress or disability in social, occupational, or other important activities. An expectable or culturally approved response to a common stressor or loss, such as the death of a loved one, is not a mental disorder. Socially deviant behavior (e.g., political, religious, or sexual) and conflicts that are primarily between the individual and society are not mental disorders unless the deviance or conflict results from a dysfunction in the individual, as described above. (DSM-5 p.60-61)
 - What distinguishes a personality disorder from other disorders?
 - A personality disorder is an enduring pattern of inner experience and behavior that deviates markedly from the expectations of the individual's culture, is pervasive and inflexible, has an onset in adolescence or early adulthood, is stable over time, and leads to distress or impairment. (p.970)
- Cluster B Personality Disorders
 - Cluster B (Dramatic, emotional or erratic)
 - Antisocial personality disorder is a pattern of disregard for, and violation of, the rights of others.
 - Borderline personality disorder is a pattern of instability in interpersonal relationships, self-image, and affects, and marked impulsivity.
 - Histrionic personality disorder is a pattern of excessive emotionality and attention seeking.
 - Narcissistic personality disorder is a pattern of grandiosity, need for admiration, and lack of empathy.
- Being "Personality Disordered"
 - Symptoms pinball/co-occurrence of disorders
 - Symptoms are rigid/no meds address these symptoms
 - Symptoms are pervasive/all areas of life
 - Symptoms manifest relationally, particularly Cluster Bs
 - Symptoms are triggered by fears and stress
- Impact on Parenting/Co-Parenting
 - Who am I gonna get?
 - Whose needs are the priority?

- Who is the parent?
 - Where's the line?
 - What's your worth?
- Guidelines for Interaction with Parents with Personality Disorders
 - Ground and root
 - Boundaries!
 - Detachment
 - No Surprises
 - Validate feelings
 - Stick to facts
 - Take breaks