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Counseling & Consulting Services

ALL JOY. PEACE IN BELIEVING. ABOUNDING IN HOPE.

Dependent Personality Disorder Overview

Links

[Dependent Personality Disorder \(DPD\): Symptoms & Treatment \(clevelandclinic.org\)](https://www.clevelandclinic.org/health/condition/2779/dependent-personality-disorder)

[Dependent Personality Disorder - StatPearls - NCBI Bookshelf \(nih.gov\)](https://pubmed.ncbi.nlm.nih.gov/2641111/)

[Dependent Personality Disorder \(webmd.com\)](https://www.webmd.com/mental/dependent-personality-disorder)

[Personality disorders - Symptoms and causes - Mayo Clinic](https://www.mayoclinic.org/diseases-conditions/personality-disorders/symptoms-causes/uc008888)

Overview (Submissive)

- *Decision difficulty
- *Lets others assume responsibility
- *fear of expressing disagreement
- *fear of initiative
- *Scampers to do least favored tasks
- *feels helpless alone
- *Always seeks a relationship
- *Preoccupied with being alone

Two types:

Dependent – Selfless

Gives up own identity due to lack of independent sense of self and in order to be connected to another person

Becomes depressed and/or frantic if disconnected from whom he/she identifies

Prone to depression and feelings of worthlessness

Self-esteem through association with person or organization

Overly hesitant to express disagreement for fear of losing approval from others

Dependent - Depressive

Mood dejected, joyless

Low self-esteem and deep feelings of inadequacy

Self-derogatory

Worries/frets

Critical and judgmental attitude toward both self and others

Highly pessimistic and complaintive

Experiences lots of guilt and regret

Treatment –

*Automatic thoughts – “if not cared for”, abandoned; vague self-identity; anticipated loss

*Good prognosis, group therapy, role play, problem-solve

Differential Diagnosis

*BPD – reacts to anticipated abandonment and shows rage and demands

*Avoidant PD – reflects more fear of humiliation leading to isolation

Key Reminders

*Cluster C – involves personality disorders with anxious and fearful characteristics. These include avoidant personality disorder, dependent personality disorder, and obsessive-compulsive personality disorder. Individuals within this cluster tend to experience significant anxiety, fear of abandonment, and an excessive need for control or perfectionism

Resources

*Recommend “The Personality Disorders” Treatment Planner – Wiley – 2nd Ed.

*Michael Nash – Personality Disorders training.

***Next month Obsessive-Compulsive Personality Disorder (Cluster C)**

*Cluster A – Autonomous – (Teacher-Student) Not good with empathy

*Cluster B – Poorly Formed – Increase safety for them to admit

*Cluster C – Inadequate or incompetent – Journaling – attend to the world outside of themselves and facts about the world