

# Kelly Saylor

Counseling & Consulting Services

ALL JOY. PEACE IN BELIEVING. ABOUNDING IN HOPE.

## **Histrionic Personality Disorder Overview**

### **Links**

[Histrionic Personality Disorder: Causes, Symptoms, Treatment \(helpguide.org\)](http://helpguide.org)

[Histrionic Personality Disorder - StatPearls - NCBI Bookshelf \(nih.gov\)](http://nih.gov)

[Histrionic Personality Disorder: Causes, Symptoms & Treatment \(clevelandclinic.org\)](http://clevelandclinic.org)

### **Treatment Plan**

\*CBT – relaxation training prior to challenge of automatic thoughts of inferiority

\*Assertiveness training

\*Behavioral rehearsal – just the facts

\*Family therapy oriented toward disentanglement, extinguish crisis responses

### **Overview for diagnosis (must have 5):**

\*Center of attention

\*Provocative

\*Rapid, shallow, emotion shift

\*Physical appearance

\*Stylized speech

\*Dramatic

\*Suggestible

\*Over attribution of relationships

### **Key Reminders**

\*Cluster B – with Antisocial, Borderline, Narcissistic, Histrionic

\*Cluster B- focus on increasing safety for them to admit the behavior

\*Individuals with HPD are Disingenuous

\*Stereotype is the Barbie Character

\*Reports easy making friends, but lacks intimacy

### **Resources**

\*Recommend “The Personality Disorders” Treatment Planner – Wiley – 2<sup>nd</sup> Ed.

\*Michael Nash – Personality Disorders training.