

# Kelly Saylor

Counseling & Consulting Services

ALL JOY. PEACE IN BELIEVING. ABUNDING IN HOPE.

## **Obsessive-Compulsive Personality Disorder Overview**

### **Links**

[Obsessive-Compulsive Personality Disorder \(OCPD\): Symptoms](#)

[Obsessive-Compulsive Personality Disorder | Psychology Today](#)

[What Is Obsessive-Compulsive Personality Disorder? | Psych Central](#)

[Obsessive-Compulsive Personality Disorder - StatPearls - NCBI Bookshelf](#)

### **Two types:**

#### **Obsessive-Compulsive –**

Loses the main point of an activity by focusing excessively on details

Perfectionism interferes with completing tasks and projects

Works/thinks so much interferes with leisure activities and friendships

Moralistic, rigid, stubborn

Difficulty throwing out worn-out or worthless items

Restrict emotions/ comes across constrained and/or cold

Misery/ money hoarded for future disaster

#### **Treatment –**

Reduce preoccupation with rules, details, perfectionism

Decrease guilt and self-criticism

Increase flexibility in problem solving and in interpersonal relationships

Enhance ability to relax/ let go of hoarding items and money

Increase emotional expressiveness

#### **Obsessive-Compulsive-Bedeviled –**

Great difficulty making decisions  
Ruminates about mixed feelings  
Reports feeling tormented, muddled, confused  
Expresses great fear to lose control of emotions  
Becomes preoccupied with organizing, ordering and cleaning

Treatment –

Take action after efficiently considering alternatives  
Clarify feelings  
Increase flexibility in problem solving and thinking

**Notes:**

- \*More common in males and in families with history of schizophrenia
- \*Often childhood origin
- \*Lack empathy
- \*History of parental overcontrol
- \*From: [Obsessive-Compulsive Personality Disorder \(OCPD\): Symptoms](#)

OCD is an [anxiety disorder](#) in which you have frequent unwanted and intrusive thoughts (obsessions) that cause you to perform repetitive behaviors (compulsions). Examples of compulsions include flipping a light switch a certain number of times or repeatedly washing your hands.

People with OCD usually are aware that the condition is causing their behavior and accept that they need professional help to treat it. People with OCPD usually have little, if any, self-awareness of their behaviors.

**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 – 2<sup>nd</sup> Ed.
- \*Michael Nash – Personality Disorders training.

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\*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