

2018

APD Cadet Academy Training



Instructor Guide

Personality Disorders

COURSE TITLE PAGE

Program:	APD Academy Cadet Training
Block:	9.3 Handling the Mentally Ill and Other Special Considerations
Course#/Title:	Personality Disorders
Accreditation#:	Pending
Course Level:	Basic Training
Prerequisites:	None
Instructional Method:	Lecture, Power Point, Video, Discussion
Time Allotted:	2 Hours
Target Group:	Certified Law Enforcement Officers and Basic Cadets
Instructor/Student Ratio:	1/50
Evaluation Strategy:	Class discussion/participation
Required Instructor Materials:	Lesson Plan, Power Point, "The Iceman Tapes" Video
Required Student Materials:	Note-taking materials, Student Manual
Suggested Instructor Certification:	<input checked="" type="checkbox"/> General Instructor <input checked="" type="checkbox"/> Professional Lecturer <input checked="" type="checkbox"/> Specialized Instructor <input checked="" type="checkbox"/> CIT Instructor <input checked="" type="checkbox"/> Master Instructor

Source

Document/Bibliography:

Nancy McWilliams (29 July 2011). Psychoanalytic Diagnosis, Second Edition: Understanding Personality Structure in the Clinical Process. Guilford Press. pp. 196-. ISBN 978-1-60918-494-0.

American Psychiatric Association (2013, 2014) DSM 5. APA Press, Washington, D.C.

Lester, G.W. (2002, 2008, 2013) Personality Disorders in Social Work and Health Care, third edition. Cross Country Education, Nashville, TN.

Sperry, L. (1995) Handbook of Diagnosis and Treatment of Personality Disorders. Brunner/Mazel, New York, NY.

A Guide to DSM-5: Personality Disorders Medscape Psychiatry, Bret S. Stetka, MD, Christoph U. Correll, 21 May 2013

Widiger, T. A. (1993). "The DSM-III-R categorical personality disorder diagnoses: A critique and an alternative". Psychological Inquiry. 4 (2): 75–90.

APD SOP Procedural Orders, 2-19 - Response to Behavioral Health Issues.

APD SOP Procedural Orders, 2-52 - Use of Force.

COURSE GOAL:

Provide the students with a foundation of knowledge pertaining to personality disorders and psychopathic criminals.

LEARNING OBJECTIVE(S):

Upon completion of this unit of instruction the student will be able to:

1. Identify the unique facets of what differentiates personality disorders from other mental health disorders.
2. List and define all 10 personality disorders.
3. Identify and describe the 4 Personality Disorders most encountered by law enforcement.
4. Define criminal psychopathy.

Welcome (Slide 1)

PERSONALITY DISORDERS



Detective Matt Tinney LAYN
Detective Ben Melendrez
Crisis Intervention Unit: 505-924-6029

- Welcome students and introduce yourself. You may want to include your name on this PowerPoint or write it on a whiteboard or flip chart.
- Provide a brief overview of the class and what to expect.
- Ask for cell phones and computers to be turned off.

Objectives (Slide 2)

OBJECTIVES

- Look at the definition of personality
- Learn the unique facets of what differentiates personality disorders from other mental health disorders.
- List and define all 10 personality disorders.
- Identify and describe the 4 Personality Disorders most encountered by law enforcement.

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- List the objectives for the students.
- Ask students if they have any questions or expectations about the upcoming material.

What is Personality (Slide 3)

WHAT IS PERSONALITY

- Personality encompasses a person's underlying *pattern of behavior*, *thought*, and *emotions* and the ways these interact to help or hinder how a person relates to other people and to different situations.

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- Define personality in order to give a starting point to discuss what a personality disorder is.
- Review some of the DSM-5 criteria for how diagnoses are set up and individuals have to meet a threshold number of criteria to be diagnosable.
- Highlight how personality disorders are distinct from all other disorders in the DSM-5 (i.e. mood, intellectual developmental delay, childhood disorders, addictions, etc.).

Personality Disorder General Criteria and Characteristics (Slide 4)

PERSONALITY DISORDER GENERAL CRITERIA AND CHARACTERISTICS

- A personality disorder is an enduring pattern of inner experience and behavior.
- The pattern significantly deviates from cultural norms
- The pattern is pervasive and inflexible.
- The pattern is stable over time.
- The pattern leads to significant distress or impairment in social, occupational, or other important areas of functioning

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- Note: Developing strange behaviors/personality traits later in life could be a sign of a mental disorder or other health issue. It is most likely not a personality disorder.
- Emphasize the patterns associated with personality disorders lead to significant distress in someone's life, a hallmark in almost all mental illness

Personality Disorder General Criteria and Characteristics (2) (Slide 5)

PERSONALITY DISORDER GENERAL CRITERIA AND CHARACTERISTICS

4 Defining Features of Personality Disorders:

- Distorted Thinking Patterns—perceiving or interpreting self, others, events
- Problematic Emotional Responses—range, intensity, lability, or appropriateness
- Interpersonal Difficulties— how someone gets along with others
- Impulse control— A person's ability to control their automatic thoughts and impulses.

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- Distinguish how culturally accepted behaviors have changed over time and in different regions.
- Social norms vs. Strange behaviors

10 Personality Disorders (Slide 6)

10 PERSONALITY DISORDERS



- Ask students to keep an eye out for which of the disorders they think law enforcement encounters the most.
- Inform students that there are 10 distinct personality disorders. These three are “The Odd Personality Disorders.”
- Highlight that people with personality disorders are usually not likely to be uncomfortable with their behaviors (that is who they are and how they operate), but it causes distress in interpersonal relationships. They do not often seek out treatment because “they” are not the problem - others are.
- Therapy is not typically very effective even when they come in because the traits are stable and enduring. Therapy is painful for them and they would rather/likely fall back into personal tendencies.

Paranoid personality disorders (Slide 7)

PARANOID PERSONALITY DISORDER

- **Paranoid Personality Disorder** is a pattern of distrust and suspiciousness so severe that others' motives are interpreted as malevolent and destructive.



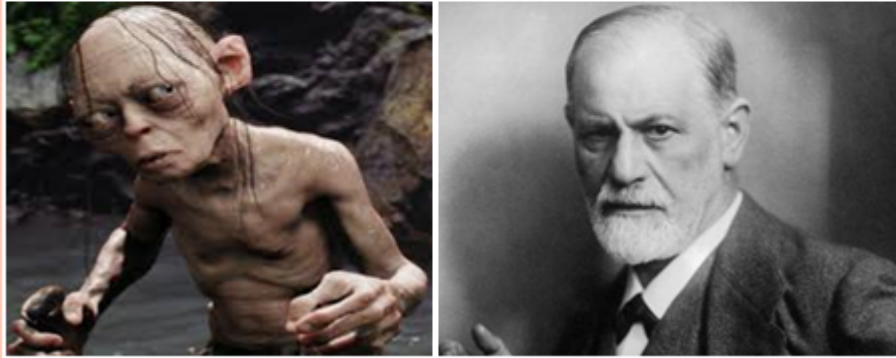
- Emphasize whichever external tormentor/s they are fixated on are as real to someone living with paranoid personality disorder as you are standing in front of the class
- People who are paranoid are scared and scared people will often arm themselves, caution must be exercised
- Paranoia will continue even in the face of irrefutable evidence
- People with this personality disorder may be hypersensitive, easily insulted, and habitually relate to the world by vigilant scanning of the environment for clues or suggestions that may validate their fears or biases

Schizoid Personality Disorder (Slide 8)

SCHIZOID PERSONALITY DISORDER

- **Schizoid Personality Disorder** is a pattern of detachment from social relationships and a restricted range of emotional expression. Generally emotionally cold and distant.

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- Rarely will come into contact with law enforcement
- Wherein most humans need strong personal social connections people living with schizoid personality disorder will purposely avoid those types of relationships
- Will often be loners even to the point of alienating their families
- Affected individuals may be unable to form intimate attachments to others and simultaneously demonstrate a rich, elaborate, and exclusively internal fantasy world.

Schizotypal Personality Disorder (Slide 9)

SCHIZOTYPAL PERSONALITY DISORDER

- **Schizotypal Personality Disorder** is a pattern of social and interpersonal deficits, marked by acute discomfort in close relationships, cognitive or perceptual distortions, and eccentricities of behavior. Often comes with odd or magical thinking.

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- Eccentric personalities, sometimes includes magical or supernatural thinking.
- Is one of the easiest personality disorders to identify but one of the most difficult to treat with psychotherapy. Persons with STPD usually consider themselves to be simply eccentric, productive, or nonconformist.
- They frequently interpret situations as being strange or having unusual meaning for them; paranormal and superstitious beliefs are common

Antisocial Personality Disorder (Slide 10)

ANTISOCIAL PERSONALITY DISORDER

- **Antisocial Personality Disorder** is a pattern of disregard for, and violation of, the rights of others.



- Remind students people living with antisocial personality disorder can be extraordinarily dangerous to law enforcement
- Psychopath and sociopath are both older terms for antisocial personality disorder
- Not everyone with the diagnosis is a psychopathic killer, can go on to live a relatively normal life



Joe Kenda: The process of interrogation.

- Discuss the video clip
- Ask class to identify behaviors or mannerisms that could be signs of APD

Borderline Personality Disorder (Slide 11)

BORDERLINE PERSONALITY DISORDER

- **Borderline Personality Disorder** is a pattern of instability in interpersonal relationships, self-image, affect, and marked impulsivity.

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- “I hate your guts, please don’t leave me.”
- Massive struggles with interpersonal relationships
- Can exhibit rapid mood swings which is not to be confused with bi-polar
- There is frequent dangerous behavior and self-harm

Histrionic Personality Disorder (Slide 12)

HISTRIONIC PERSONALITY DISORDER

- **Histrionic Personality Disorder** is a pattern of excessive emotionality and attention seeking. A strong need to be the center of attention. Drama seeker by nature.

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- An almost insatiable need to be the center of attention
- May include many Hollywood actors
- Histrionic people are lively, dramatic, vivacious, enthusiastic, and flirtatious
- HPD is diagnosed four times as frequently in women as men

Narcissistic Personality Disorder (Slide 13)

NARCISSISTIC PERSONALITY DISORDER

- **Narcissistic Personality Disorder** is a pattern of grandiosity, self-involvement, need for admiration, and lack of empathy. Believes that they are more special than other people..

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- Long-term pattern of abnormal behavior characterized by exaggerated feelings of self-importance
- Excessive need for admiration, and a lack of understanding of others' feelings
- People with NPD tend to exaggerate their skills and accomplishments as well as their level of intimacy with people they consider to be high-status

Avoidant Personality Disorder (Slide 14)

AVOIDANT PERSONALITY DISORDER

- **Avoidant Personality Disorder** is a pattern of social inhibition, feelings of inadequacy, and hypersensitivity to negative evaluation. Avoids contact in order to prevent rejection.



- People with AvPD often consider themselves to be socially inept or personally unappealing and avoid social interaction for fear of being ridiculed, humiliated, rejected or disliked
- They generally avoid becoming involved with others unless they are certain they will be liked
- the main coping mechanism of those with avoidant personality disorder is avoidance of feared stimuli

Dependent Personality Disorder (Slide 15)

DEPENDENT PERSONALITY DISORDER

- **Dependent Personality Disorder** is a pattern of submissive and clinging behavior related to an excessive need to be taken care of. Buster from Arrested Development.

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- Characterized by a pervasive psychological dependence on other people
- Long-term condition in which people depend on others to meet their emotional and physical needs
- Excessive need to be taken care of which leads to submissive and clinging behavior and fears of separation

Obsessive-compulsive Personality Disorder (Slide 16)

OBSESSIVE-COMPULSIVE PERSONALITY DISORDER

- **Obsessive-Compulsive Personality Disorder** is a pattern of preoccupation with orderliness, perfectionism, and control. Obtains a sense of control through lists, attention to details, routines, and superstition.

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- Concern with orderliness, perfectionism, excessive attention to details, mental and interpersonal control, and a need for control over one's environment, at the expense of flexibility, openness to experience, and efficiency
- Find it hard to relax, always feeling that time is running out for their activities, and that more effort is needed to achieve their goals
- This is a distinct disorder from obsessive–compulsive disorder (OCD)
- For people with OCD, these behaviors are unwanted and seen as unhealthy, being the product of anxiety-inducing and involuntary thoughts, while for people with OCPD they are egosyntonic

Most encountered by law enforcement (Slide 17)

THE MOST ENCOUNTERED PERSONALITY
DISORDERS BY LAW ENFORCEMENT ARE:

Antisocial

Borderline

Paranoid

Dependent

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- Prior to showing slide ask students which of the previously discussed personality disorders they are most likely to encounter as law enforcement

Antisocial Personality Disorder (Slide 18)

ANTISOCIAL PERSONALITY DISORDER

A pervasive pattern of disregard for and violation of the rights of others since age 15

- Use of wit or charm to convince or force to meet personal demands.
- Intense egocentrism, exhibitionism and sense of being superior.
- Recurring difficulty with the law.
- Hostility, agitation, significant irritability, impulsiveness, violence or aggression.
- Lacks empathy towards others and lacks feelings.

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- An impoverished moral sense or conscience is often apparent, as well as a history of crime, legal problems, or impulsive and aggressive behavior
- Can pose a significant threat to law enforcement
- Will make up a large portion of repeat offenders
- Large percentage of incarcerated population will be individuals living with antisocial personality disorder

Borderline Personality Disorder (Slide 19)

BORDERLINE PERSONALITY DISORDER

Instability of interpersonal relationships, self image, affects, and marked impulsivity beginning in early adulthood

- 1 out of 5 people admitted to psychiatric hospitals and 1 out of 10 people seeking outpatient mental health treatment have BPD.
- Nearly 75% of people diagnosed with BPD are women, but recent research suggests that men may be almost as frequently affected by BPD.
- Sometimes, when a person with BPD is in crisis **hospitalization** may be necessary. Suicide is a very real concern for persons with BPD. Overall, the total percentage of people with BPD who commit suicide is about 8-10%
- Can be attracted to people in a position of authority for their perceived stability.

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- Individuals living with borderline personality disorder will often seek social relationships with those in positions of authority INCLUDING LAW ENFORCEMENT OFFICERS
- Can be extremely hazardous to themselves, particularly in the event of interpersonal relationship failures.
- High self-harm and suicide rate.
- Can generate multiple calls for service
- May attempt to form wedges between groups of people they interact with

Paranoid Personality Disorder (Slide 20)

PARANOID PERSONALITY DISORDER

Pervasive distrust and suspiciousness of others; motives are interpreted as malevolent; beginning in early adulthood

- believing that others have hidden motives or are out to harm them
- doubting the loyalty of others
- being hypersensitive to criticism
- having trouble working with others
- becoming detached or socially isolated
- having trouble seeing their own problems

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- Can generate multiple calls for service, often in reference to being stalked or manipulated
- Often people who have paranoia and do not have a sense of safety will arm themselves, caution must be exercised
- The target of their paranoia can be government and/or police

Acknowledgements:

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Albuquerque Police Department:

Matthew Tinney
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Dependent Personality Disorder (Slide 21)

DEPENDENT PERSONALITY DISORDER

A pervasive and excessive need to be taken care of that leads to submissive and clinging behavior and fears of separation, beginning by early adulthood and present in a variety of contexts

- See themselves as inadequate and/or helpless
- Oversensitivity to criticism
- Spend great effort trying to please others
- Avoids personal responsibility
- Fear of separation
- Turn their fate over to others

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- Most often will be contacted by law enforcement as a victim of a crime
- Can be victimized and manipulated by others, antisocial personalities in particular
- Willing to give up their own identity to the person/s they have become dependent on

Questions (Slide 22)

○ Questions?

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- Ask students if they have any questions about the presentation topic
- Thank class for their attention