**Histrionic Personality Disorder Overview**

**Links**

[Histrionic Personality Disorder: Causes, Symptoms, Treatment (helpguide.org)](https://www.helpguide.org/articles/personality-disorders/histrionic-personality-disorder-causes-symptoms-treatment.htm)

[Histrionic Personality Disorder - StatPearls - NCBI Bookshelf (nih.gov)](https://www.ncbi.nlm.nih.gov/books/NBK542325/#:~:text=Histrionic%20personality%20disorder%20(HPD)%20is,an%20exaggerated%20display%20of%20emotions.)

[Histrionic Personality Disorder: Causes, Symptoms & Treatment (clevelandclinic.org)](https://my.clevelandclinic.org/health/diseases/9743-histrionic-personality-disorder)

**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

\*Sterotype is the Barbie Character

\*Reports easy making friends, but lacks intimacy

**Resources**

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

\*Michael Nash – Personality Disorders training.

\*Next month Antisocial Personality Disorder