**Dependent Personality Disorder Overview**

**Links**

[Dependent Personality Disorder (DPD): Symptoms & Treatment (clevelandclinic.org)](https://my.clevelandclinic.org/health/diseases/9783-dependent-personality-disorder)

[Dependent Personality Disorder - StatPearls - NCBI Bookshelf (nih.gov)](https://www.ncbi.nlm.nih.gov/books/NBK606086/)

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

[Personality disorders - Symptoms and causes - Mayo Clinic](https://www.mayoclinic.org/diseases-conditions/personality-disorders/symptoms-causes/syc-20354463)

**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.

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**\*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