**Obsessive-Compulsive Personality Disorder Overview**

**Links**

[Obsessive-Compulsive Personality Disorder (OCPD): Symptoms](https://my.clevelandclinic.org/health/diseases/24526-obsessive-compulsive-personality-disorder-ocpd)

[Obsessive-Compulsive Personality Disorder | Psychology Today](https://www.psychologytoday.com/us/conditions/obsessive-compulsive-personality-disorder?msockid=3f42dcf32fbe62b430fac9d22ee8631c)

[What Is Obsessive-Compulsive Personality Disorder? | Psych Central](https://psychcentral.com/disorders/obsessive-compulsive-personality-disorder#causes)

[Obsessive-Compulsive Personality Disorder - StatPearls - NCBI Bookshelf](https://www.ncbi.nlm.nih.gov/books/NBK597372/)

**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](https://my.clevelandclinic.org/health/diseases/24526-obsessive-compulsive-personality-disorder-ocpd)

OCD is an [anxiety disorder](https://my.clevelandclinic.org/health/diseases/9536-anxiety-disorders) 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 – 2nd 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