**Paranoid Personality Disorder Overview**

**Links**

[Paranoid Personality Disorder (PPD): Symptoms & Treatment](https://my.clevelandclinic.org/health/diseases/9784-paranoid-personality-disorder)

[Paranoid Personality Disorder (PPD) - HelpGuide.org](https://www.helpguide.org/mental-health/personality-disorders/paranoid-personality-disorder)

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

[What Is Paranoid Personality Disorder?](https://psychcentral.com/disorders/paranoid-personality-disorder)

**Two types:**

**Paranoid-**

\*Suspects without adequate justification

\*Consumed with unwarranted doubts about loyalty

\*Extremely hesitant to confide

\*Finds hidden, degrading messages in others’ comments

**Paranoid- Fanatic –**

**\***Grandiose beliefs supported by irrational evidence

\*Puts on airs of superiority

\*shows contempt and arrogance toward others

\*verbalizes belief that others envy him/her

Treatment –

\*increase value of others and trust of their judgement

\*decrease arrogant attitudes

\*Eliminate grandiose beliefs

**Paranoid- Malignant –**

**\***Prone to persecutory beliefs

\*Fantasizes about taken revenge to perceived wrongs

\*is callous, belligerent, tyrannical and intimidating

\*vents hostility primarily in fantasy

Treatment –

\*let go of distorted suspicious beliefs and replace with reasonable reality based beliefs

\*Reduce belligerent tyrannical behavior

\*express anger in healthy manner

\*Eliminate desires for revenge

**Notes:**

\*Typical Marriage parings for Avoidant is: Dependent, Avoidant, Histrionic

\* Easily jealous

\* Feels others are “out to get” him or her

\* Secretive, keeping many things to his or her self

\* Pervasively suspicious

\*Differential – Paranoid PD

\*Schizotypal: Absence of magical thinking

\*Schizoid: Not aloof or disinterested

\*Avoidant: Reluctance is due to distrust, not fear of being embarrassed or inadequate

**Key Reminders**

\*Cluster A – Odd or eccentric disorders (Paranoid, Schizoid, Scizotypal)

**Resources**

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

\*Michael Nash – Personality Disorders training.

\*3-Day Personality Disorders Course Advanced Diagnosis, Treatment & Management Gregory W. Lester, Ph.D.

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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