

Personality Disorders and Psychotherapy

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ABOUT THE STUDY

Personality is the way of thinking, feelings, and actions that make someone stand out from others. A person's personality is influenced by experience, environment (surroundings, living conditions), and inherited traits. Personality disorder is a type of mental disorder that has inflexible thinking, functioning, and behavioral patterns and unhealthy patterns. People with personality disorders have problems recognizing and associating situations and people. This creates major problems and restrictions on relationships, social activities, work, and school. Personality disorders usually begin in teens or early adulthood. There are many types of personality disorders. Some types may turn out to be less noticeable even in middle age. The types of personality disorders are divided into three groups based on similar characteristics and symptoms.

This is a Cluster A disorder characterized by strange and eccentric thoughts and behaviors. They include paranoid personality disorder, schizophrenic personality disorder, and schizophrenic personality disorder. Cluster B disorders characterized by dramatic, overly emotional, or unpredictable thoughts or behaviors. They include antisocial personality disorder, borderline personality disorder, histrionic personality disorder, narcissistic personality disorder, and cluster C disorder characterized by dreaded, anxious thoughts or behaviors. They include avoidant personality disorder, dependent personality disorder, and obsessive-compulsive personality disorder. Personality disorders can be caused by both genes. Certain personality traits can be inherited directly from your parents through the inherited genes.

These characteristics are sometimes referred to by temperament and environment. This includes the environment in which you grew up, the events that occurred and your relationships with your family and others. Personality disorders are thought to be due to a combination of these genetic and environmental effects. Your genes can make you more susceptible to personality disorders, and living conditions can also make them. Mental health problems can be treated with psychotherapy, the preferred term for treating mental health problems, by consulting with a psychiatrist, psychologist, or other mental health provider. Psychotherapy allows you to know your situation, mood, feelings, thoughts and

actions. Psychotherapy can help you control your life and find ways to deal with difficult situations with healthy coping strategies.

There are many types of psychotherapy, each with its own approach. Which psychotherapy is right for you depend on your individual situation? Psychotherapy is also known as talk therapy, counseling, psychosocial therapy, or simply therapy. The usual forms of psychotherapy are psychoanalysis/psychodynamic therapy, dialectical behavior therapy, cognitive behavioral therapy, group therapy and psychotherapy (informing individuals and relatives about illness, treatment, and coping strategies). There was no medicine for personality disorder in particular.

However, medications, including antidepressants, anxiolytics, or mood stabilizers, can help manage some symptoms. More severe or longer lasting symptoms may also require a team approach between family doctors, psychiatrists, psychologists, social workers, and families. In addition to actively participating in treatment plans, some self-care and coping strategies may help people with personality disorders. Find out about the condition. Knowledge and understanding help strengthen and motivate.

Be active and exercise help control many symptoms in addition to depression, stress and anxiety. Avoid Drugs and Alcohol: Alcohol and illegal drugs may exacerbate symptoms and interact with drugs get regular care from the GP and become a meditation group for others with personality disorders Participate, write books to express emotions, try relaxation and recovery Yoga and meditation; Stay in touch with family and friends; Don't be isolated. Personality disorders can have a dramatic impact on the lives of both the person involved and the person who cares for them. Personality disorders can also lead to relationships, work, or school problems, and can lead to social isolation or alcohol or substance abuse.

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