

## Dependent Personality Disorder

WHAT IS IT?	<ul style="list-style-type: none"> <li>• Life-long maladaptive coping behaviour that affects how they interpret events and make sense of the world</li> <li>• More common in women</li> <li>• Summary: Long –standing disturbed and unstable interpersonal relationships and self-image, along with impulsive, reckless, and often self-destructive behavior.</li> </ul>
WHAT ARE THE CHARACTERISTICS?	<ul style="list-style-type: none"> <li>• Submissive and clingy</li> <li>• Great fear of being left to take care of oneself</li> <li>• People pleasers, demanding, depressed</li> <li>• In women....Fear of abandonment</li> <li>• Death of spouse causes a great deal of anxiety and difficulty coping</li> <li>• Need to be taken care of</li> <li>• Poor self-image, emptiness</li> <li>• Unstable emotions “chronically unhappy”</li> <li>• Fear of abandonment</li> <li>• Emotions fluctuate; Impulsive</li> <li>• Self-injury – attention seeking</li> </ul>
WHAT CAUSES IT?	Often a strong history of parental neglect, abuse, abandonment. Early childhood trauma that has led to issues with attachment.
WHAT DOES IT LOOK LIKE?	<p>Relational difficulties:</p> <ul style="list-style-type: none"> <li>• Demanding to the point of making others feel manipulated into giving the attention he/she is desperately seeking.</li> <li>• Intensive opinion seeking with little to no decision-making ability.</li> <li>• Intensive approval seeking</li> <li>• Urgently seeks another relationship as a source of care and support when a close relationship ends.</li> <li>• Going to excessive lengths to obtain nurturance and support from others to the point of volunteering to do things that are unpleasant.</li> </ul> <p>Mental health issues:</p> <ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression (75-80% attempt suicide)</li> </ul>
WHAT TO REMEMBER	The behaviour is the issue. It is a life long pattern or a defense mechanism. Don't take it personally. Can't change the person but we can change our approach and reactions and set limits to behaviours.
WHAT ARE SOME CARE STRATEGIES?	<ul style="list-style-type: none"> <li>• Individualize their care plan</li> <li>• Set limits (see handout)</li> <li>• Consistent and clear communication</li> <li>• Same staff</li> <li>• Validate</li> <li>• Support positive behaviour</li> </ul>