

*A Layperson's Guide  
to Understanding  
and Responding to  
Mental Illness*

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# Course Outline

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*Class 1: Introduction*

*Class 2: The Brain and Mental Illness*

*Class 3: Mental Illness Categories: Thought and Mood Disorders*

*Class 4: Mental Illness Categories: Anxiety and Personality Disorders*

*Class 5: The Panel*

*Class 6: Crisis and The A·L·A·R·M· System Part I*

*Class 7: The A·L·A·R·M· System Part II*

*Class 8: Resources and Interacting with Mobile Crisis and Law Enforcement*

# Today's Outline

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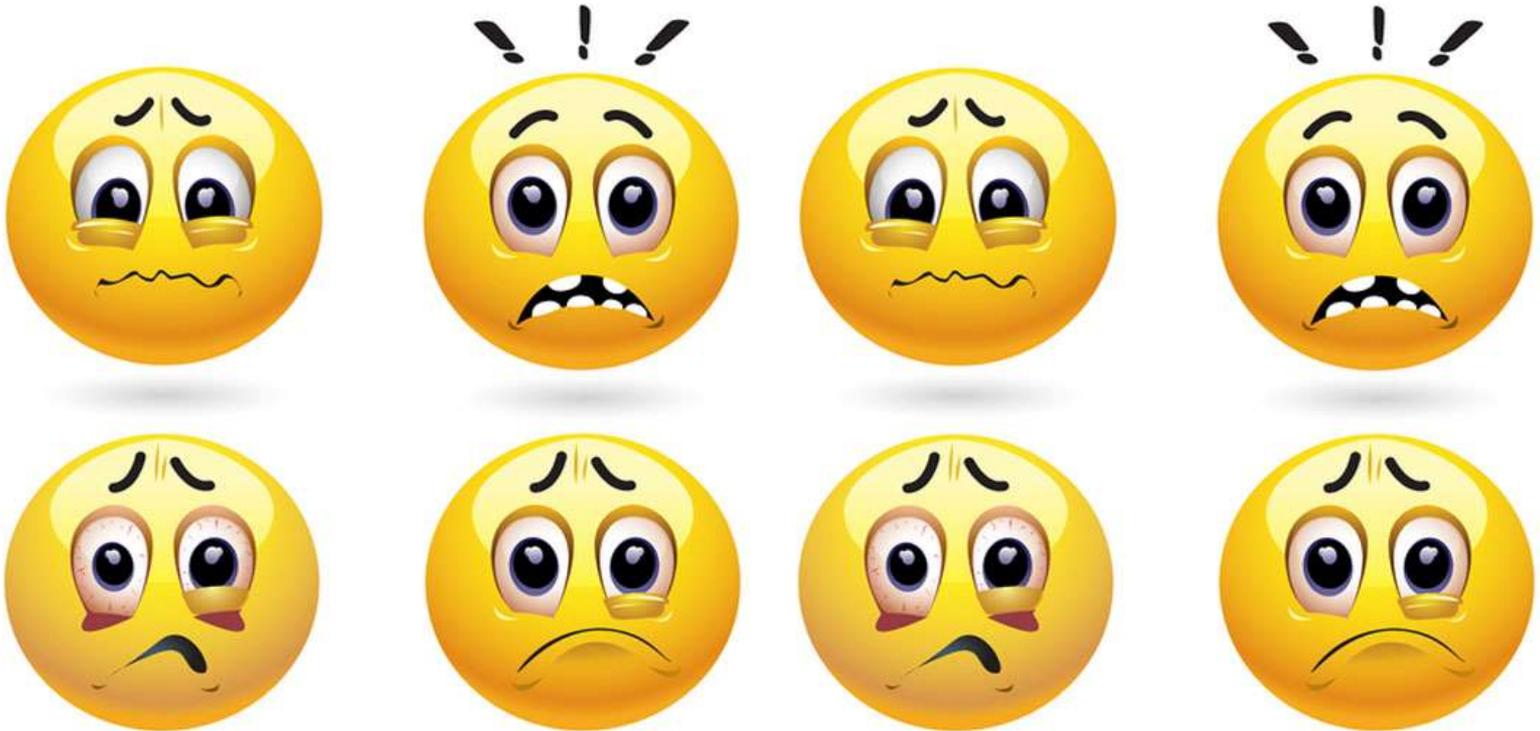
## **I. Anxiety Disorders:**

- *DSM-IV vs. DSM-V anxiety categories*
- *Specific Disorders*
- *Phobias: a fun look*
- *PTSD: a closer look*

## **II. Personality Disorders**

- *In general*
- *Clusters*
- *Borderline, Narcissistic and Antisocial Disorders*

# Anxiety Disorders



# Anxiety Disorders: *DSM-IV* vs. *DSM-V*

## **DSM-IV**

### **Anxiety Disorders**

- Generalized Anxiety Disorder
- Panic Disorder
- Obsessive/Compulsive Disorder
- Post Traumatic Stress Disorder
- Phobic Disorder

## **DSM-V**

### **Anxiety Disorders**

*Separation Anxiety Disorder • Selective Mutism • Specific Phobia • Social Phobia • Panic Disorder • Agoraphobia • Generalized Anxiety Disorder*

### **Obsessive/Compulsive Disorders**

*Obsessive/Compulsive Disorder • Body Dysmorphic Disorder • Hoarding Disorder • Trichotillomania • Excoriation Disorder*

### **Trauma and Stress-Related Disorders**

*Reactive Attachment Disorder • PTSD • Disinhibited Social Engagement Disorder • Acute Stress Disorder • Adjustment Disorder*

# **Anxiety Disorders: *reactions***

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**Anxiety disorders** differ from normal feelings of nervousness or anxiousness because **they involve excessive fear or anxiety. They are malfunctioning human reactions**

- Anxiety Disorders are the most common of mental disorders
- affect nearly 30 percent of adults
- anxiety disorders are treatable and a number of effective treatments are available.
- often go hand-in-hand with major depression
- Along with depression they are sometimes “secondary symptoms” with disorders like schizophrenia and some personality disorders

# Anxiety Disorders: *reactions*

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## **Anxiety Disorders**

Anxiety Disorders are **reactions** to something: family, relationships, work, school, public places, even things unknown (e.g. waking up each day with an overwhelming dread that something terrible was going to happen) or Specific Phobias

## **Obsessive/Compulsive Disorders**

Obsessive/Compulsive Disorders are characterized by **invasive thoughts** often accompanied by a **repetitive behavior**. They can be separate and are often behavioral ways of dealing with some anxiety or stress

## **Trauma and Stress-Related Disorders**

**Overwhelming stress or reactions** to some trauma or life situation are characteristic of trauma-based disorders. The reactions or stress are **usually disabling** to the individual.

# Anxiety Disorders: *reactions*

## **Anxiety attacks**

- *attacks or states of anxiety often with no apparent trigger*

vs.

## **Panic attacks**

- *much more intense but shorter anxiety attacks also often with no apparent trigger*

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## **Obsessive/Compulsive Disorder**

- *unbidden, repetitive thoughts or beliefs that are usually connected to some ritualistic behavior*
- *usually not damaging to relationships*
- *all about reactions*

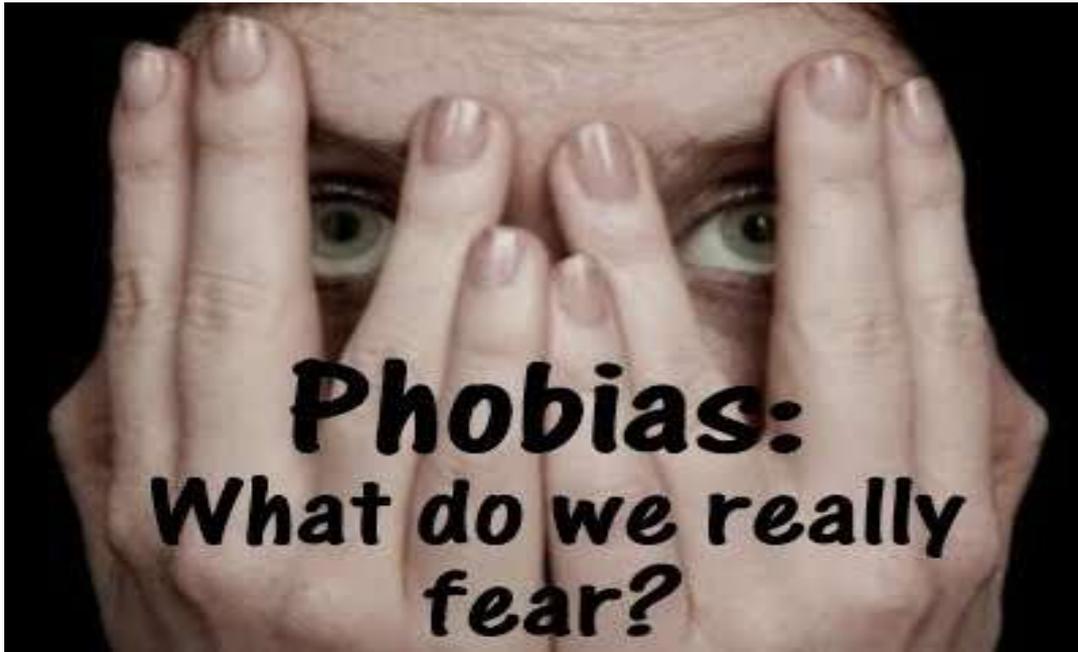
vs.

## **Obsessive/Compulsive Personality Disorder\***

- *profound perfectionistic behaviors; preoccupation with orderliness, details, often are scrupulous and inflexible*
- *always damaging to relationships*
- *all about relating*

\* "What is the Difference Between Obsessive Compulsive Disorder and Obsessive Compulsive Personality Disorder?"; PsychCentral.com

# Phobic Disorders: *a fun look*



## Phobic Disorder

*Attacks, reactions or states of fear or panic usually associated with some thing or situation that can range from the not unusual (click [fear of heights](#) or click [flying](#)) to the very unusual (click [fear of peanut butter sticking to the roof of one's mouth](#)) **"You'll see!"** click click click What makes it a disorder is not the thing feared but how it **disables** one's life.*

# Anxiety Disorders: *specific phobias*

## **An edited list of some of the most common phobias:\***

- *Arachnophobia: fear of spiders* (48% women and 12% men).
- *Ophidiophobia: fear of snakes*. People avoid certain cities because they have more snakes.
- *Acrophobia: fear of heights*. 5% of the general population suffer from this phobia.
- *Agoraphobia: fear of open or crowded spaces*. People with this fear often won't leave home.
- *Cynophobia: fear of dogs*. This includes everything from small Poodles to Great Danes.
- *Astraphobia: fear of thunder/lightning* AKA Brontophobia,
- *Claustrophobia: fear of small spaces* like elevators, small rooms and other enclosed spaces.
- *Mysophobia: fear of germs*. It is also rightly termed as germophobia

# Anxiety Disorders: *specific phobias*

## **An edited list of some of the most common phobias (cont.)**

- *Aerophobia: fear of flying*. 25 million Americans share a fear of flying.
- *Trypophobia: fear of holes* is an unusual but pretty common phobia.
- *Carcinophobia: fear of cancer*. People with this develop extreme diets.
- *Thanatophobia: fear of death*. Even talking about death can be hard.
- *Glossophobia: fear of public speaking*. Not being able to do speeches.
- *Monophobia: fear of being alone*. Even while eating and/or sleeping.
- *Atychiphobia: fear of failure*. It is the single greatest barrier to success.
- *Enochlophobia: fear of crowds* is closely related to Ochlophobia and Demophobia
- *Trypanophobia: fear of needles*.

*Xenophobia - fear or dislike (hatred?) of foreigners*

# Anxiety Disorders: *specific phobias*

## The Top Five Rare and Weird Phobias:<sup>1</sup>

- *Arachibutyrophobia: fear of peanut butter sticking to the roof of your mouth*
- *Nomophobia: fear of being without your mobile phone*
- *Arithmophobia: fear of numbers*
- *Plutophobia: fear of money*
- *Xanthophobia: fear of the color yellow*

## A few more<sup>2</sup>...

- *Ablutophobia: fear of bathing*
- *Arithmophobia: fear of math*
- *Globophobia: fear of balloons*
- *Omphalophobia: fear of Umbilicus (Belly Buttons)*
- *Alektorophobia: fear of chickens*

# **Anxiety Disorders *summary***

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- **it's all about reactions and the disabling effect of those reactions**
- **anxiety and panic attacks can resemble same symptoms as heart attacks**
- **Anxiety Disorders are typically easily treated and respond well to medication**
- **the difference between healthy anxiety and an anxiety disorder is degree, triggers (often none) and duration**
- **as with all disorders, the symptoms of the Anxiety Disorders are real and often intense and not the result of emotional or character weakness**

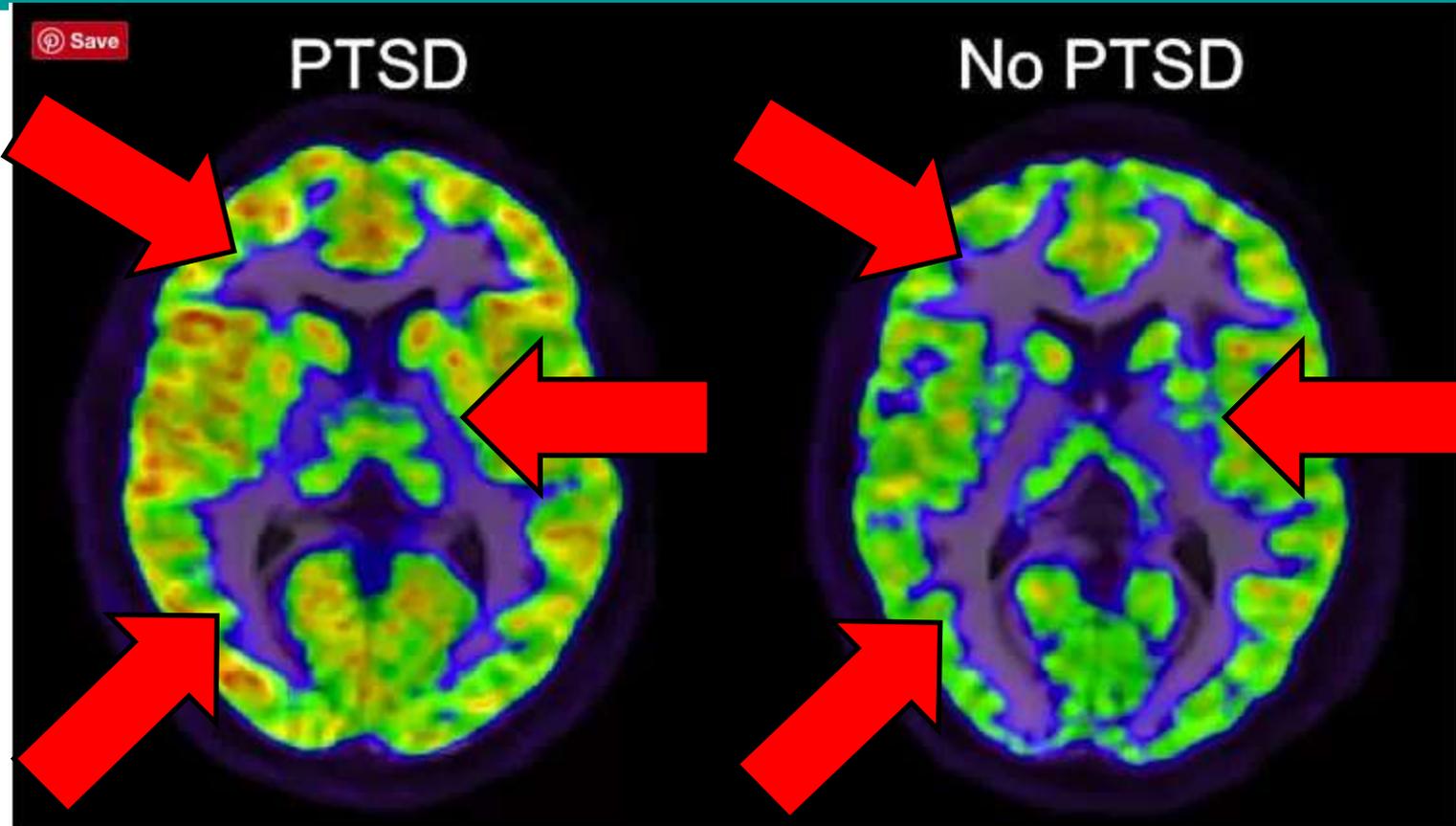


# PTSD: *a closer look*

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- ✓ PTSD is stress, anxiety and/or emotional reactions that are “burned” into the brain’s circuitry
- ✓ Formerly “battle exhaustion”, “combat fatigue” and “shell shock”; formerly only men at war; now any person, any age
- ✓ Trauma can be experienced or witnessed
- ✓ First symptoms show up months to years after trauma
- ✓ PTSD often occurs with other related conditions, such as depression, substance use, memory problems and other physical and mental health problems.
- ✓ **IF IT’S A TRAUMA TO THEM IT’S A TRAUMA!**

# PTSD: a closer look



*PET images indicating higher mGluR5 receptor availability in an individual with PTSD vs. a healthy comparison participant. NeuroscienceNews.com image is adapted from the Yale news release.*

# PTSD: *symptoms*\*

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## PTSD symptoms are generally grouped into four categories

1. **Intrusive memories:** flashbacks, nightmares; unwanted memories, “trigger events”
2. **Avoidance:** staying away from people, places or activities that might trigger memories; not thinking or talking about it.
3. **Negative changes in thinking or mood:** memory problems; negative thinking; hopelessness; feeling detached, emotionally numb and other depressive symptoms
4. **Changes in physical and emotional reactions:** easily startled; hypervigilance; self-destructive behaviors; trouble sleeping and concentrating; irritability and aggressive behavior; overwhelming guilt or shame

**Note:** *For a person to be diagnosed with PTSD, however, symptoms must last for more than a month and must cause significant distress or problems in the individual's daily functioning.*

# Personality Disorders



# Personality Disorders: *relating*

## In general...

- It's all about maladaptive human interactions: the key word is **MALADAPTIVE**
- Maladaptive patterns of behavior, thinking and feeling
- Most PD's are characterized by extreme or total lack of boundaries
- Patterns of behavior that are inflexible and pervasive across most life situations
- Most PD's exhibit "all-or-nothing", "either/or", or "all-good-or-all-bad" thinking
- Most PD's exhibit partial or total lack of insight about their behavior; they have "no clue" even in the face of objective evidence
- PD's have a clear cause in both genetics/heredity (predisposition) and upbringing (environment); i.e. nature AND nurture
- There are three groupings or Clusters of Personality Disorders labeled A, B and C

# Personality Disorders *clusters*\*

## Cluster A: *eccentric, odd*

### **Schizoid Personality Disorder**

- *“hermits”, few, if any, social relationships*

### **Schizotypal Personality Disorder**

- *eccentrics, conspiracy theorists,*
- *can hear voices,*
- *ideas of reference,*
- *uncomfortable with close relationships*

### **Paranoid Personality Disorder**

- *persuasive distrust of others,*
- *hold grudges for a long time,*
- *are easily slighted*

# Personality Disorders *clusters*

## Cluster B: *erratic, dramatic*

Borderline Personality Disorder

Narcissistic Personality Disorder

Antisocial Personality Disorder

*More about these in a minute*

Histrionic Personality Disorder\*

***It's ALL  
about  
DRAMA!***

- *discomfort when not the center of attention\*\*;*
- *inappropriate sexually seductive or provocative behavior*
- *rapidly shifting and shallow expression of emotions*
- *continual use of physical appearance to draw attention*
- *speech that is excessively impressionistic and lacking in detail*
- *self-dramatization, theatricality and exaggerated expression of emotion*
- *suggestible (easily influenced by persons or situations)*
- *Relationships are considered more intimate than they actually are*

# Personality Disorders *clusters*

## Cluster C: *fearful, anxious*

### **Avoidant Personality Disorder**

- *fear of rejection, no self-esteem,*
- *avoid contact with others*

### **Dependent Personality Disorder**

- *excessive need for others help and approval,*
- *terrified of confrontation,*
- *at risk of staying in abusive relationships*

### **Obsessive/Compulsive Personality Disorder**

- *controlling need for order,*
- *extreme need for perfectionism,*
- *obsess over cleanliness and rules,*
- *very rigid*

# Personality Disorders: *relating*

## **Borderline Personality Disorder**

- The most outstanding characteristic of BPD is **“emotional hemophilia”**
- BPD, probably more than the other PD’s, is noted for “either/or”, “all good or all bad,” or **“all or nothing” types of thinking** (“*satan incarnate*”)
- BPD is typified by **lack of a sense of self**; no center or core self and therefore can have a **disabling fear of** real or **imagined abandonment**
- Individuals with BPD often have **self-injurious behaviors** and **frequent suicidal ideation**
- Individuals with BPD often will be involved in **risky behaviors** and addictions: gambling, chemical abuse, sexual behaviors and more
- More than the other PD’s, individual with BPD **do not have or recognize boundaries**
- In extreme cases, individuals with BPD may experience psychotic symptoms
- Interactions (“games”) may include **“triangulating” and “splitting”**

# Personality Disorders: *relating*

## Narcissistic Personality Disorder

- The single most outstanding characteristic of NPD is the pervasive behavior and **inflexible belief that “It’s ALL about ME!”**
- NPD is characterized by an **inflated sense of self importance** that requires and craves attention and admiration and over-sensitive to the slightest criticism
- NPD individuals have a strong sense of **entitlement**
- NPD individuals are very **grandiose** about their talents, skills, looks, relationships and more:
  - “I am better at this or that than anyone”
  - “I am smarter than even the experts”
  - “Look at me, look at me!”
- NPD individuals have a very **tough time showing empathy or remorse**. “Sorry” is rarely used, believed or even found in NPD vocabulary
- And, as is painfully obvious, NPD individuals have **poor, unfulfilling relationships** (i.e. no one can ever measure up)

# Personality Disorders: relating

## Narcissistic Personality Disorder

From the website Quora Digest (quora.com):\*

### Do narcissists know they are different?

Most of my clients who qualified for a diagnosis of Narcissistic Personality Disorder entered therapy without realizing that narcissism was their problem...

The exception is the last five years, where news about narcissism is all over the internet.

Now the majority of narcissistic individuals who contact me for sessions are men whose wives tell them that they are narcissists. They are entering therapy with me in order to avoid a divorce.

**Ben:** *(Crying) I am heartbroken and angry. My girlfriend just dumped me! She went away for a weekend with her family. I got furious and jealous. How dare she choose them over me! So I got drunk and left a long rambling voicemail in which I said a lot of nasty things I didn't mean just to hurt her. I said, "You are an ugly fat pig and no man will ever want you. You are lucky I don't throw you out of bed or put a paper bag over your face so I can stand to have sex with you." How could she really think I meant all that? She is beautiful. Now she has blocked me after telling me we are over..*

\* Quora.com; [Elinor Greenberg](#); "Do Narcissists Know They Are Different?"

# Personality Disorders: relating

## Antisocial Personality Disorder

- The single most outstanding characteristic of ASPD is the attitude that the **rules don't apply to me** and so they **easily break the law**
- ASPD shows a total **disregard for others, lack remorse or feel empathy** while at the same time can be extremely charming (Ted B, BTK)
- ASPD is typified by **compulsive lying**
- ASPD has **no conscience** \*
- ASPD individuals are **impulsive and reckless** (amygdala)
- **lack hindsight, insight and foresight**
- **Psychopathy and Sociopathy** are subsets of Antisocial Personality Disorder

*\* Note: Conscience is not simply knowing right from wrong. More importantly, it is, in addition, knowing what to do and not to do. Persons with ASPD usually know what's right or wrong – they just don't care*

# Personality Disorders: *relating*

And just FYI...

What is the difference between a Psychopath and a Sociopath?

***What they have in common:***

- considered by most to be on the extreme end of the intensity continuum of Antisocial Personality Disorder
- abiding pattern of disregard for others; criminal behavior
- both have biological and environmental factors in development
- share most of the signs of Antisocial Personality Disorder
- both tend to get milder in older age and are considered by some to be treatable

# Personality Disorders: relating

What is the difference between a Psychopath and a Sociopath?

*How they differ:*

Psychopath	vs.	Sociopath
<ul style="list-style-type: none"> <li>• chiefly genetic, inherited condition; “born”; (note the amygdala)</li> <li>• no conscience, empathy or remorse</li> <li>• cool, calculating, meticulous planners</li> <li>• “mirror” emotions; superficial charm</li> <li>• white collar crimes (Ponzi schemes)</li> <li>• violence is rare but is planned and “efficient – serial killers</li> <li>• Bundy, BTK, Madoff</li> </ul>		<ul style="list-style-type: none"> <li>• chiefly environmental causes (trauma and/or abuse); “made”</li> <li>• some conscience, empathy and remorse</li> <li>• impulsive; lack control of emotions, erratic behavior</li> <li>• capable of emotion</li> <li>• crimes of opportunity and emotion</li> <li>• more aggressive and violent, especially impulsive</li> <li>• Diane Downs, Billy McFarland</li> </ul>

# Personality Disorders: *comorbidity*

Interesting research...

	Any Personality Disorder	Borderline Personality Disorder
Any Anxiety Disorder	52.4%	✓ 60.5%
Any Mood Disorder	24.1%	✓ 34.3%
Any Impulse Control Dis.	23.2%	✓ 49.0%
Any Substance Abuse Dis.	22.6%	✓ 38.2%
Any Disorder	67.0	✓ 84.5%

Lenzenweger MF, Lane, MC, Loranger AW, Kessler RC. DSM-IV personality Disorders in the National Comorbidity Survey Replication. *Biol Psychiatry*. 2007 Sep 15;62(6):553-64. PMID: 17217923

# Personality Disorders: *summary*

- you will **feel** these disorders of other people **in your gut**: “there’s something wrong here” (i.e. in relating)
- classic sign: everyone else sees or senses the problem; **they have no clue**
- the most obvious signs are seen when these individuals are **interacting**
- As is true of all mental illnesses, a diagnosis of a Personality Disorder **requires** not just one or even two symptoms be present but **many symptoms and for a significant length of time**. (e.g. a person may have narcissistic traits but not the disorder)

**NOTE: OBJECTIVITY is crucial!**

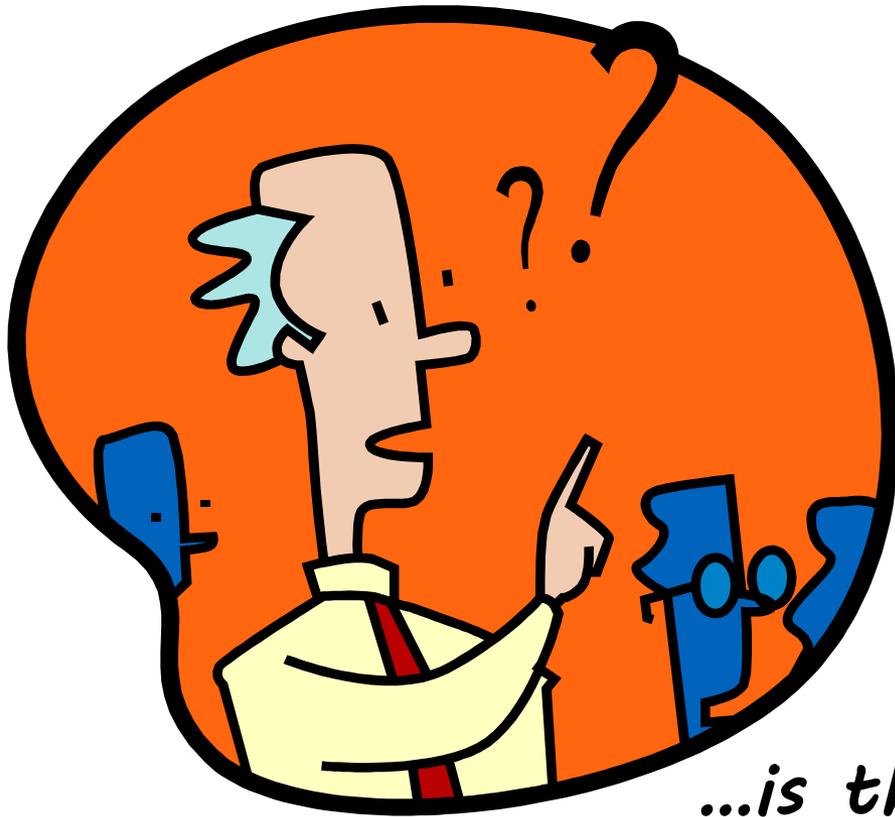
# Coming attractions...



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Mental Health Panel

*Remember: the only dumb question...*



*...is the one you don't ask*

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