Name of Student

Name of Professor

Name of Class

Day Month Year

**Personality Disorder**

 A personality disorder is a critical mental condition wherein an individual possesses an unhealthy and rigid pattern of behaving, thinking and functioning. It has become a pervasive disorder. The affected person faces grave adversities to perceive and relate to people and situations. Primarily, it manifests in impediments across a wide spectrum of issues. Social activities, daily life and relationships are the prominent areas which are influenced by the adverse ramifications of the personality disorder. Moreover, there exist certain cases where the affected person may not be aware that he/she is suffering from the disorder because the behavior and thinking pattern appear inherent. Schizoid, paranoid and schizotypal are the common personality disorders that fall in cluster A.

To begin, the initiation of personality disorders begin in early adulthood or teenage. These disorders are constitute a diverse spectrum of types and are thus classified into three clusters as per the symptoms and traits. Several people with a personality disorder have indicators of at least an additional personality disorder. The eccentric and mystical behavior falls in the paradigm of cluster A disorders. They comprise the schizoid, paranoid and schizotypal personality disorders (*NIMH » Borderline Personality Disorder*). The cluster B personality disorders underpin overly emotional, unpredictable or dramatic behavior or thinking. These include borderline, antisocial, narcissistic and histrionic personality disorders. Besides, cluster C disorders are defined by fearful or anxious behavior. These comprise dependent, avoidant and obsessive-compulsive disorder.

 In addition, a wide range of elements contributes to the spread of personality disorder in individuals. Personality is, essentially, a collection of emotions, behaviors and thoughts that distinguish the unique traits of a person. Both genes and environment play an instrumental role in the establishment of personality disorders. The personality characteristics are passed on by the parents embedded in inherited genes. In other words, temperament casts significance influence on a person affected with personality disorders. The impact of the environment is also profound which includes the surrounding where a person grows, relationships with friends and family and specific events that exist in life. A critical appraisal of the matter reveals that the genes make a person to developing personality disorders and a life situation may invigorate the actual development.

 Moreover, personality disorders have the potential to cause detrimental and overwhelming adversities in the life of the affected person and his/her loved ones (“Personality Disorders--Treatment for the ‘Untreatable’”). In extreme cases, they manifest in social isolation. Personally, I have worked in a nursing home for some time and encountered several elderly persons with personality disorders. The timeline of events in their life made them suffer from borderline personality disorder. The following traits were commonly observed in them: mood swings, persistent feelings of loneliness, extreme demonstration of anger, anxious paranoia, risky behavior and intent of committing suicide. In my experience, I learnt that these affected persons were shunned by the parents since early childhood. The absence of assistance and emotional support urged them to establish deliberated behavioral traits.

 To conclude, it is imperative to pursue a profound and integrated method of intervention to cure or mitigate the manifestations of personality disorders. The best technique is conducting weekly sessions with the counselor and group sessions on enhancing skills as interpersonal effectiveness, distress tolerance, emotion regulation, and mindfulness. The other methods comprise challenging the fundamental beliefs of the affected person. They nurture protracted eccentric beliefs. The solution lies at the very heart of making the affected person believe that these beliefs can be changed without causing him/her discomfort by harnessing an amicable and courteous relationship.

 Works Cited

*NIMH » Borderline Personality Disorder*. https://www.nimh.nih.gov/health/topics/borderline-personality-disorder/index.shtml. Accessed 28 Mar. 2019.

“Personality Disorders--Treatment for the ‘Untreatable.’” *Https://Www.Apa.Org*, https://www.apa.org/monitor/mar04/treatment. Accessed 28 Mar. 2019.