

PERSONALITY DISORDERS



Product Syllabus:

- What is personality?
- What is a personality disorder?
- Stigma
- Who's at risk?
- Symptoms
- Behaviour, emotions & thought processes
- Paranoid thoughts
- Mood swings
- Anxiety
- Suicide & self-harm
- Self-insight
- State of denial
- Types of personality disorder
- Cluster A: odd/eccentric types
- Cluster B disorders: dramatic/emotional/erratic types
- Cluster C disorders: anxious/fearful types

- Co-occurring disorders
- Causes
- Childhood & environmental history
- Personality disorders & other illnesses
- Severity of symptoms over time
- Diagnosis
- Treatment
- Therapies
- Counselling
- Mental attitude
- Self-help

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- Healthy diet & exercise
- Medication
- Hospitalisation
- Caring for someone with a personality disorder