

Personality disorders overview

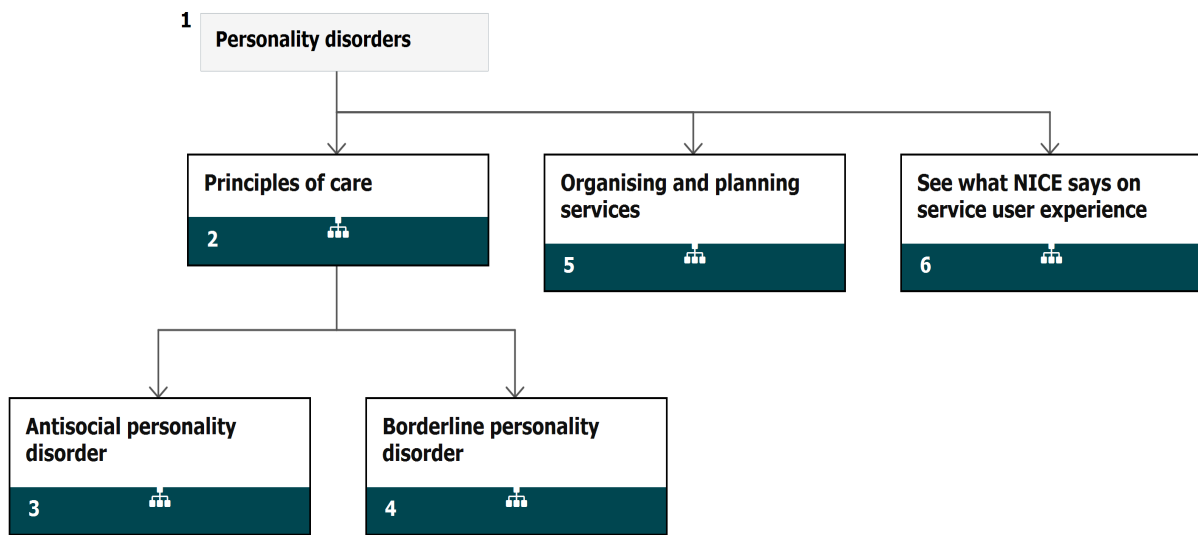
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NICE Pathways are interactive and designed to be used online. They are updated regularly as new NICE guidance is published. To view the latest version of this pathway see:

<http://pathways.nice.org.uk/pathways/personality-disorders>

Pathway last updated: 31 March 2017

This document contains a single pathway diagram and uses numbering to link the boxes to the associated recommendations.



1 Personality disorders

No additional information

2 Principles of care

[See Personality disorders / Principles of care for people with a personality disorder](#)

3 Antisocial personality disorder

[See Personality disorders / Antisocial personality disorder](#)

4 Borderline personality disorder

[See Personality disorders / Borderline personality disorder](#)

5 Organising and planning services

[See Personality disorders / Organising and planning services for people with a personality disorder](#)

6 See what NICE says on service user experience

[See Service user experience in adult mental health services](#)

Anger control

usually offered to children who are aggressive at school, anger control includes a number of cognitive and behavioural techniques similar to cognitive problem-solving skills training

Brief strategic family therapy

an intervention that is systemic in focus and is influenced by other approaches such as structural/systemic family therapy. The main elements include engaging and supporting the family, identifying maladaptive family interactions and seeking to promote new and more adaptive family interactions

CAMHS

child and adolescent mental health service

Cognitive problem-solving skills training

an intervention that aims to reduce children's conduct problems by teaching them different responses to interpersonal situations. Using cognitive and behavioural techniques with the child, the training has a focus on thought processes.

The training includes:

- teaching a step-by-step approach to solving interpersonal problems
- structured tasks such as games and stories to aid the development of skills
- combining a variety of approaches including modelling and practice, role-playing and reinforcement

CPA

Care Programme Approach

Functional family therapy

family-based intervention that is behavioural in focus. The main elements include engagement and motivation of the family in treatment, problem-solving and behaviour change through parent-training and communication-training

Multidimensional treatment foster care

using strategies from family therapy and behaviour therapy to intervene directly in systems and processes related to antisocial behaviour (for example, parental discipline, family affective relations, peer associations and school performances) for children or young people in foster care and other out-of-home placements

Multisystemic therapy

using strategies from family therapy and behaviour therapy to intervene directly in systems and processes related to antisocial behaviour (for example, parental discipline, family affective relations, peer associations and school performances) for children or young people

Parent-training programme

an intervention that aims to teach the principles of child behaviour management, to increase parental competence and confidence in raising children and to improve the parent/carer-child relationship by using good communication and positive attention to aid the child's development

Self-talk

the internal conversation a person has with themselves in response to a situation. Using or changing self-talk is a part of anger control training

Social problem-solving skills training

a specialist form of cognitive problem-solving training that aims to:

- modify and expand the child's interpersonal appraisal processes through developing a more sophisticated understanding of beliefs and desires in others
- improve the child's capacity to regulate his or her own emotional responses

Your responsibility

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