

AIM

To understand the key traits of those with personality and behavioural disorders and be able to interact with them effectively and safely

DURATION

Half Day Course (3 Hours)

LEARNING OUTCOMES

By the end of this course you will:

- Understand how personality disorders are defined
- Be aware of the causes of Personality Disorders
- Understand how Personality Disorders are Grouped
- Recognise the key differences between Cluster A disorders
- Be aware of the differences between Cluster B disorders
- Know how Cluster C disorders present
- Be aware of the symptoms and causes of ODD
- Recognise the symptoms and causes of CD
- Understand how your behaviour and attitude can impact others
- Recognise the signs of escalating aggression and anger
- Know ways to de-escalate aggression
- Understand why people may hoard
- Recognise the dangers of hoarding

LESSONS AND TOPICS

Introduction to Personality Disorders

- What is Personality?
- What are Personality Disorders?
- Causes of Personality Disorders
- Types of Personality Disorders

Cluster A: Odd or Eccentric

- Paranoid
- Schizoid
- Schizotypal

Cluster B: Dramatic, Emotional, Or Erratic

- Antisocial
- Emotionally Unstable
- Histrionic
- Narcissistic

Cluster C: Anxious and Fearful

- Anankastic (aka Obsessive-Compulsive)
- Avoidant (aka Anxious/Avoidant)
- Dependent

Paediatric Behavioural Disorders

- Oppositional Defiant Disorder
- Conduct Disorder
- Causes of ODD and CD

Behaviour Cycles

- Betari's Box
- The Assault Cycle
- Escalation
- De-escalation
- Risk Assessment

Hoarding

- Hoarding
- Causes of Hoarding
- Dangers of Hoarding