



Утвърдил: .....

Дата .....

Декан

**Sofia University "St. Kliment Ohridski"**

**Faculty:** Philosophy

**Specialty:** Psychology

F	F	P	3	7	0	1	1	3
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**Master Program:** General Psychology in English

P	3	7	0	1
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Discipline:

1	0	0	5
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Personality Disorders

**Lecturer:** Assoc. Prof. Daniel Petrov, PhD

Educative workload	Form	Horarium
In-class auditorium	Lectures	8
	Seminars	7
<b>Total in-class auditorium</b>		<b>15</b>
Outclass auditorium	Work with library and educational resources	75
<b>Total out-class auditorium</b>		<b>75</b>
<b>TOTAL AUDITORIUM</b>		<b>90</b>
<b>Credits in-class auditorium</b>		<b>0,5</b>
<b>Credits Outclass auditorium</b>		<b>2,5</b>
<b>TOTAL ECST</b>		<b>3</b>

No	Elements of the final grade	% of the final grade
1.	Weekly quizzes	40
2.	Exam	60

Grading Criteria	
<b>Excellent 6</b>	93 % correct test answers
<b>Very Good 5</b>	74% correct test answers
<b>Good 4</b>	58% correct test answers
<b>Moderate 3</b>	50% correct test answers

**Annotation of the discipline:**

Persons with a personality disorder display more rigid and maladaptive traits, thinking and reacting behaviors that often disrupt their personal, professional, and social lives. A brief overview of the psychotherapeutic interventions for personality disorders will be provided for a basic acquaintance with the possible venues for remedying these conditions. The beliefs and attitudes to people with personality disorders and some societal and applied issues will be discussed.

**Preliminary requirements:**

Students should have completed *Personality Psychology* and *Abnormal Psychology* courses.

**Expected outcomes:**

The students will gain basic knowledge about the different types of personality disorders, their possible causes, and their dynamic and the symptoms which may be experienced.

**Syllabus**

<b>Nº</b>	<b>Theme:</b>	<b>Horarium</b>
1.	<b>The personality disorders: history, classification and research issues</b> ICD and DSM. Prevalence, comorbidity and etiology. Course and outcomes of personality disorders.	4
2.	<b>Major theories of personality disorders</b> Early and contemporary perspectives: cognitive, psychoanalytic, interpersonal, attachment model, personology, neurobehavioral, sociocultural approaches.	3
3.	<b>Assessing the dimensions of personality disorder</b> Categorical and dimensional models to personality disorders. Millon’s evolutionary model. The Big Five model and the FiveFactor model. Cloninger’s seven-factor model. The Rorschach descriptive model.	2
4.	<b>Contemporary psychotherapeutic treatment models</b> Supportive psychotherapy, psychoanalysis, cognitive and family therapy, behavior therapy, psycho-educational approaches, group psychotherapies, pharmacotherapy. Levels of care in treatment. Empirical research on the treatment of personality disorders.	2
5.	<b>Living with a personality disorder</b> Special problems: suicide risk, substance abuse, violence, gender, defensive functioning.	2
6.	<b>Personality disorders and society</b> Attitudes towards people with personality disorder. Organizational, forensic and multicultural issues.	2

**Synopsis**

<b>Nº</b>	<b>Theme:</b>
1.	Personality disorders and society

2.	Living with a personality disorder
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2

3.	The personality disorders: history, classification and research issues
4.	Assessing the dimensions of personality disorder
5.	Major theories of personality disorders
6.	Contemporary psychotherapeutic treatment models

### ***Bibliography***

#### ***Required readings:***

*Diagnostic and Statistical Manual of Mental Disorders, 5th ed. (DSM-V).* (2013).

Washington: American Psychiatric Association.

Livesly, J., Larstone, R. (2020). *Handbook of Personality Disorders: Theory, Research, and Treatment.* 2<sup>nd</sup> ed. NY: The Guilford Press.

#### ***Suggested readings:***

Lenzenweger, M., Clarkin, J. (2005). *Major Theories of Personality Disorder* (2nd ed.). NY: The Guilford Press.

Marcovitz, H. (2009). *Personality Disorders.* MI: Lucent books.