

## **Physician Fact Sheet On Therapy For Personality Disorders In Persons With Mental Retardation And Developmental Disabilities (MR/DD)**

1. The treatment of personality disorders depend upon the type of disorder, severity of mental retardation and medical comorbidities.
2. Careful diagnosis is the first step in treatment of personality disorders.
3. A detailed medical and psychiatric evaluation is essential to treatment of rapid onset personality disorders.
4. Cluster-A personality disorders may represent schizophrenia and respond to antipsychotic medications.
5. Persons with borderline personality disorders often manifest mood instability that may respond to antidepressants and mood stabilizers.
6. Persons with antisocial personality disorders are non-responsive to medication and require strict limit setting as well as legal consequences for criminal behavior.
7. Persons with Cluster-B personality disorders often manifest comorbid substance abuse that requires treatment.
8. Psychotherapy is the primary treatment for Cluster-B and Cluster-C personality disorders.
  9. Psychotherapy is beneficial for persons with mild mental retardation.
10. Psychotherapeutic techniques, goal setting, and expectations must be adjusted to the individual's cognitive disability.
11. Group therapy is sometimes helpful for persons with intellectual disability.
12. Psychotherapy requires perseverance as personality disorders require years of psychotherapy for intellectually normal individuals.