

4th International Conference on

Depression, Anxiety and Stress Management

May 10-11, 2018 | Frankfurt, Germany



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Anxiety and depression as expressions of personality syndromes

Statement of the Problem: Anxiety and depression are often viewed in terms of just symptoms when they may be personality syndromes. They can be life long styles of personality, which require a different type of treatment. The Psychodynamic Diagnostic Manual -2 (PDM-2) is a new taxonomy that has reformulated mental disturbances. The PDM-2 includes Anxious and Depressive personality syndromes. The Personality Syndromes in the PDM-2 are: Depressive, Dependent, Anxious, Obsessive and Compulsive, Schizoid, Somatizing, Hysterical, Narcissistic, Paranoid, Psychopathic, Sadistic, and Borderline Personalities. They are arranged in order from internalizing to externalizing. Each personality syndrome may be organized at the neurotic, borderline or psychotic levels. The PDM-2 uses the Psychodiagnostic Chart-2 as an assessment tool (PDC-2, search for a copy to help understand and score the PDM-2). Robert Bornstein and I developed the PDC so that practitioners could easily operationalize the PDM-2. The PDM-2 also assesses mental functions. For example, no two people with depression will have the same prognosis since they may differ in such mental functions as insightfulness, ability to relate, ability to learn and so on.

Methodology & Theoretical Orientation: Although the PDM-2 is based in psychodynamic theory, the taxonomy is based on empirical research and the taxonomy has been found to be helpful to practitioners of all the major theoretical orientations.

Conclusions & Significance: When anxiety and/or depression are personality syndromes, they often do not respond well to medications or psychotherapies that just focus on the symptoms. That is because the anxiety and depression are part of who the person is, rather than just what they have.

Recommendations: A thorough psychological assessment and a PDM-2 formulation is needed to help determine if the anxiety and depression are symptoms (as in an adjustment disorder) or if they are personality syndromes. The latter requires long-term work on identity for any lasting changes to occur.

Recent Publications

1. Gordon R M et al. (2016) The relationship between theoretical orientation and countertransference awareness: implications for ethical dilemmas and risk management. *Clinical Psychology & Psychotherapy*. 23(3)236-245. Doi: 10.1002/cpp.1951.
2. Spektor V, Luu L and Gordon R M (2015) The relationship between theoretical orientation and accuracy of countertransference expectations. *Journal of the American Psychoanalytic Association*. 63(4):NP28-NP32. Doi: 10.1177/0003065115602492.
3. Gordon R M and Bornstein R F (2017) Construct Validity of the Psych diagnostic chart: a trans diagnostic measure of personality organization, personality syndromes, mental functioning, and symptomatology. *Psychoanalytic Psychology*. Doi:10.1037/pap0000142.
4. Gordon R M (2017) A Concurrent validity study of the PDM-2 personality syndromes. *Current Psychology*. 1-7. Doi: 10.1007/s12144-017-9644-2.
5. Gordon R M et al. (2017) Do practitioners find a psychodynamic taxonomy useful? *J Psychol. Clin. Psychiatry*. 7(5):00452. Doi: 10.15406/jpcpy.2017.07.00452.

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Biography

Robert M Gordon, PhD ABPP is a Diplomate of Clinical Psychology and a Diplomate of Psychoanalysis and served the governing council of the American Psychological Association. He was the President of the Pennsylvania Psychological Association and received its Distinguished Service Award. He was elected Honorary Member of the American Psychoanalytic Association. He teaches personality assessment to Doctoral students and lectures the China American Psychoanalytic Alliance. He authored many scholarly articles and books in the areas of ethics, the MMPI-2, psychotherapy, relationships, forensic psychology, and personality assessment, diagnoses. He is an Editor of "Psychodynamic Diagnostic Manual, a PDM-2" and Co-author of "Psychodiagnostic Chart". He is rated by Research Gate as a top Researcher.

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