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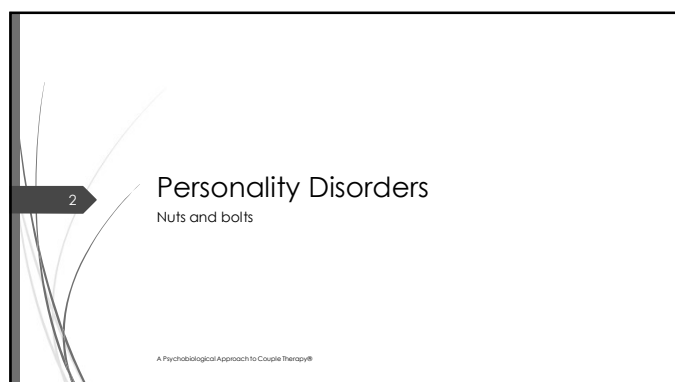
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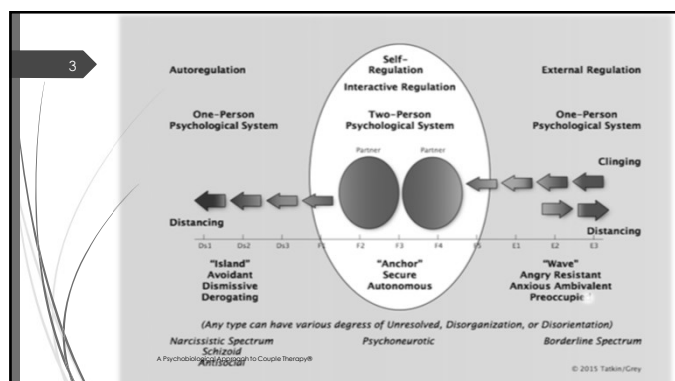
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### When Insecure Attachment Becomes a Personality Disorder

- A history of poor self-activation at key periods of individuation stress
- A history of self-harming behaviors, especially with regard to loss
- A history of identity diffusion (as distinguished from identity confusion)
- A history of poor self-regulation and emotional modulation
- A history that includes extended periods of eating disorder, cutting, shoplifting, substance abuse
- Dissociative splitting
- Hyper reliance on primitive defenses
- History of "emptying"

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### Personality Disorders as a Spectrum

Rather than separate PD's, consider all are on a borderline spectrum

Otto Kernberg, James Masterson, Ralph Klein, and Michael Rinsley

Dissociative disorders may be linked to Borderline PD

Particularly Dissociative Identity Disorder

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### Personality Disorders as Levels

Lower Level

Long hx of hospitalizations, drug and etoh problems, incarcerations, eating disorders.

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Mid Level

Largest percentage of population becomes symptomatic in love relationships

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High Level

Appear psychoneurotic  
Often very successful, especially in work

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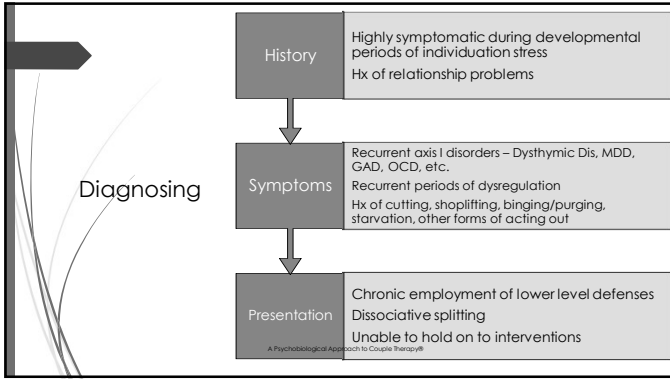
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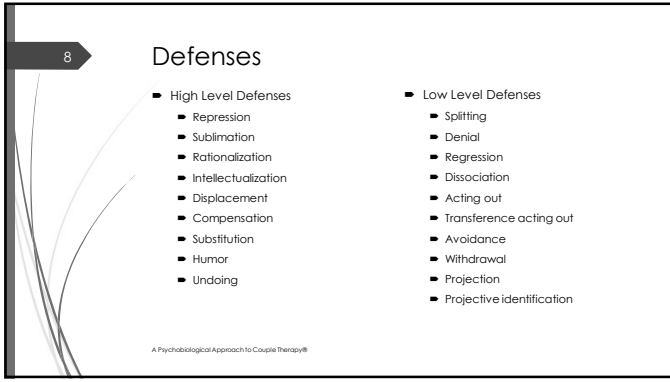
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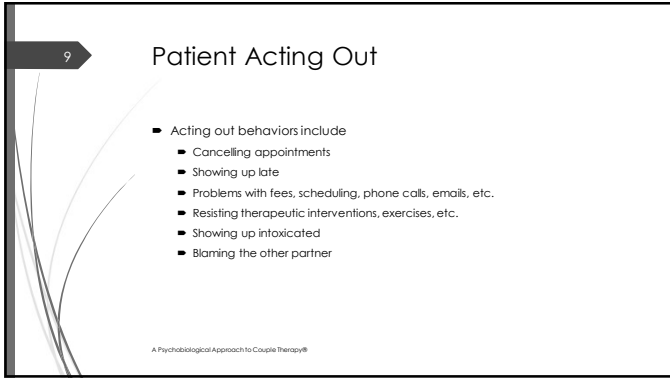
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10 Patient Acting Out

- Acting out behaviors include
  - Blaming the therapist
  - Attacking the therapy
  - Transference acting out
  - Mismanaging thirds in therapy
  - Poor or no self-activation
  - Impulsivity, explosiveness, projection, projective identification, withdrawal, avoidance, and splitting.

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11 Patient Acting Out

- Reasons partners act out
  - To test the therapist's ability
  - To feel better at the cost of getting better
  - To avoid negative feelings
  - To avoid remembering original attachment experiences/figures
  - To get the therapist to adapt to their reality (i.e., pain avoidance)

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12 Personality Disorders

<ul style="list-style-type: none"> <li>■ Distancing           <ul style="list-style-type: none"> <li>● Avoidant style</li> <li>● Engulfment, intrusion</li> <li>● Injury may have been earlier in development</li> <li>● Leaves treatment</li> <li>● Fewer options for intervention</li> <li>● Poorer prognosis</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>■ Clinging           <ul style="list-style-type: none"> <li>● Merging style</li> <li>● Abandonment</li> <li>● Injury may have been later in development</li> <li>● Stays in treatment</li> <li>● More options for intervention</li> <li>● Better prognosis</li> </ul> </li> </ul>
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### Personality Disorders

- Self Activation
  - Any self-initiating action that moves the person toward obtaining healthy self-entitlements.
    - Rewarding, reciprocal primary relationship
    - Rewarding, challenging work
    - Physical and mental health
    - Learning
    - Hobbies and creative outlets

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### Personality Disorders

- Therapeutic Alliance
  - Requires object constancy
    - Continuous awareness of separate self and other in time and space
    - Holding of other (or task) in mind during absence and through frustration
    - Self and other contain both good and bad at the same time

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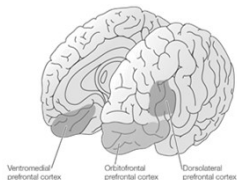
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### Errors and Error Correction

- Master regulators
  - Ventromedial PFC
  - Dorsolateral PFC
  - Orbitofrontal PFC
  - Anterior cingulate



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# Structure

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## SPLIT OBJECT RELATIONS UNIT OF THE BORDERLINE

<p><b>REWARDING OR LIBIDINAL PART-UNIT (RORU)</b></p> <p>Part-Object Representation: a maternal part-object which offers approval of regressive and clinging behavior</p> <p><b>AFFECT</b></p> <p>feeling good being taken care of being loved</p> <p>being fed gratifying the wish for reunion</p> <p>Part Self-Representation: a part self-representation of being the good, passive child — unique and special/grandiose</p>	<p><b>WITHDRAWING OR AGGRESSIVE PART-UNIT (WORU)</b></p> <p>Part-Object Representation: a maternal part-object which withdraws, is angry and critical of efforts toward separation-individuation</p> <p><b>AFFECT</b></p> <p>ABANDONMENT DEPRESSION hopelessness and helplessness emptiness and void guilt</p> <p>homicidal rage suicidal depression panic</p> <p>Part Self-Representation: a part self-representation of being inadequate, bad, ugly, an insect, etc.</p>
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**SPLITTING DEFENSE**

Developmental Arrest of the Ego:  
Ego Defects — poor reality perception; frustration tolerance; impulse control; ego boundaries.  
Primitive Ego Defense Mechanisms — splitting; acting-out; clinging; avoidance; denial; projection; projective identification.  
Split-Ego — reality ego plus pathological (or pleasure) ego.

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## SPLIT OBJECT RELATIONS UNIT OF THE NARCISSISTIC PERSONALITY DISORDER

<p><b>DEFENSIVE FUSED PART-UNIT</b></p> <p>OBJECT (omnipotent)</p> <p>SELF (grandiose)</p> <p>Linking Affect being unique, special, great, admired, adored, perfect, entitled</p>	<p><b>AGGRESSIVE FUSED PART-UNIT</b></p> <p>OBJECT (harsh, attacking, devaluing)</p> <p>SELF (inadequate, fragmented, unworthy, unentitled)</p> <p>Linking Affect abandonment depression</p>
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**SPLITTING**

Ego Functions  
poor reality perception; impulse control; frustration tolerance; ego boundaries.  
Ego Defense Mechanisms  
splitting; avoidance; denial; acting-out; clinging; projection; projective identification.

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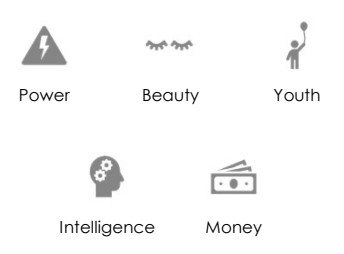
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19 Narcissistic Supplies



Power Beauty Youth  
Intelligence Money

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20 Interpersonal Needs

- Admired
- Approval
- Must be "liked"
- To feel stimulated and excited via grandiose self-representation

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21 Narcissistic Personality Disorder

- Exhibitionistic
  - I am God
  - You must admire me
  - I must be perfect
  - Life must be perfect
  - You envy me
  - I am proud to be God
  - I am not ashamed of anything
- Closet
  - You are God
  - You must approve of me
  - You must be perfect
  - Life must be perfect
  - I envy you
  - I am proud to be near God
  - I am ashamed of everything

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22 Auto-Regulation

Temperature: Tend to run cold; poor circulation.

Selfobject: Internalized object representations that serve a regulatory function

Paranoid-Schizoid Position (Melanie Klein)

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23 Higher States Are Preferred

- Stimulants
- Thrill-seeking
- Conflict-seeking
- Becomes bored easily
- Dissociates when not stimulated by the other

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24 Interactive Regulation

- Pseudo-interactive
- Leads to disorganization, dissociation, fragmentation
- Fear and rage
- Anger used to push other away
- Fused internal part-object relations
  - Fusion eliminates the problem of a real Other, separate from the Self, that is unique and irreplaceable
  - Dependency is denied so appreciation isn't possible
  - Avoidantly attached men are less distressed when relationships end

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Video (3:17)  
Amy's Kitchen

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**SPLIT OBJECT RELATIONS UNIT OF THE SCHIZOID DISORDER OF THE SELF**

<p><b>MASTER SLAVE PART-UNIT</b></p> <p><b>Part-Object Representation:</b> a maternal part-object which is manipulative, coercive, is the master and wants only to use, not relate to</p> <p><b>AFFECT</b> In jail, but connected, evidence acknowledged, relief in not being alienated.</p> <p><b>Part Self-Representation:</b> a part-self representation of a dependent, a slave who provided a function for the object and is a victim</p>	<p>SPLITTING DEFENSE</p>	<p><b>SADISTIC OBJECT – SELF IN EXILE PART-UNIT</b></p> <p><b>Part-Object Representation:</b> a maternal part-object which is sadistic, dangerous, devaluing, depriving, abandoning</p> <p><b>AFFECT</b> <b>ABANDONMENT DEPRESSION</b> Depression, rage, loneliness, fear of cosmic aloneness, despair</p> <p><b>Part Self-Representation:</b> a part-self representation of being alienated, in exile, isolated but self-contained to self-reliant</p>
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**Developmental Arrest of the Ego:**  
Ego Defects — poor reality perception; frustration tolerance; impulse control; ego boundaries.  
Primitive Ego Defense Mechanisms — splitting; acting-out; clinging; avoidance; denial; projection; projective identification, use of fantasy to substitute for real relationships and self reliance.  
Split Ego <sup>12</sup> reality ego plus paranoid (DP/Deasure) ego.

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**BPD Versus NPD**

<ul style="list-style-type: none"> <li>▪ Borderline           <ul style="list-style-type: none"> <li>▪ Vengeful</li> <li>▪ Engaged</li> <li>▪ Like being pulled onto a roller coaster</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ Narcissistic           <ul style="list-style-type: none"> <li>▪ Attacking</li> <li>▪ Cold, disengaged</li> <li>▪ Like being knocked off of a roller coaster</li> </ul> </li> </ul>
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### BPD Versus NPD

<ul style="list-style-type: none"> <li>■ Borderline           <ul style="list-style-type: none"> <li>● Tends to be object related</li> <li>● Fears losing the relationship</li> <li>● Confrontation experienced as supportive</li> <li>● Interpretation, reflection experienced as rewarding (no effect)</li> <li>● Wants your love</li> <li>● Under-entitled</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>■ Narcissist           <ul style="list-style-type: none"> <li>● Tends not to be object related</li> <li>● Fears losing the self</li> <li>● Confrontation experienced as attack</li> <li>● Must use interpretation of narcissistic vulnerability to get in</li> <li>● Wants your admiration or approval</li> <li>● Over-entitled</li> </ul> </li> </ul>
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### NPD Versus BPD

<ul style="list-style-type: none"> <li>■ Exhibitionistic           <ul style="list-style-type: none"> <li>● I am God</li> <li>● You must admire me</li> <li>● I must be perfect</li> <li>● Life must be perfect</li> <li>● You envy me</li> <li>● I am proud to be God</li> <li>● I am not ashamed of anything</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>■ Borderline           <ul style="list-style-type: none"> <li>● You are God</li> <li>● You must love me</li> <li>● I must stay small</li> <li>● Life must be easy</li> <li>● I need you</li> <li>● I am happy to take scraps</li> <li>● I am angry about everything</li> </ul> </li> </ul>
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### Personality Disorders - Narcissism

<ul style="list-style-type: none"> <li>■ Exhibitionistic           <ul style="list-style-type: none"> <li>● I am God</li> <li>● You must admire me</li> <li>● I must be perfect</li> <li>● Life must be perfect</li> <li>● You envy me</li> <li>● I am proud to be God</li> <li>● I am not ashamed of anything</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>■ Borderline           <ul style="list-style-type: none"> <li>● You are God</li> <li>● You must love me</li> <li>● I must stay small</li> <li>● Life must be easy</li> <li>● I need you</li> <li>● I am happy to take scraps</li> <li>● I am angry about everything</li> </ul> </li> </ul>
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Video  
Borderline Couple

**PACT**  
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### Defensive Acting Out Triad

Therapeutic Confrontation → Defense

Self-Activation

Pain

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Masterson, J. F. (1981). The narcissistic and borderline disorders: an integrated developmental approach. Larchmont, N.Y.: Brunner/Mazel.

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### Interpretation of Narcissistic Vulnerability

PAIN → SELF → DEFENSE

*"It seems so painful for you to hear any criticism that the way you protect your self is to attack your partner."*

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Masterson, J. F. (1981). The narcissistic and borderline disorders: an integrated developmental approach. Larchmont, N.Y.: Brunner/Mazel.

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Video  
PACT serenity prayer

I am a couple therapist.

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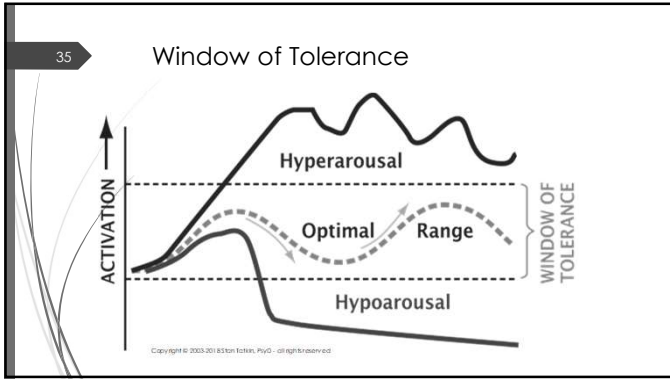
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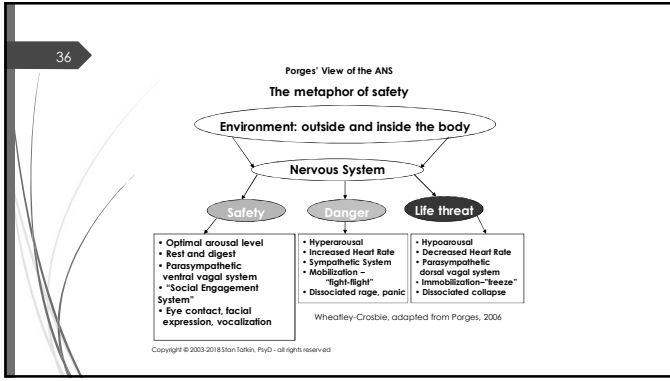
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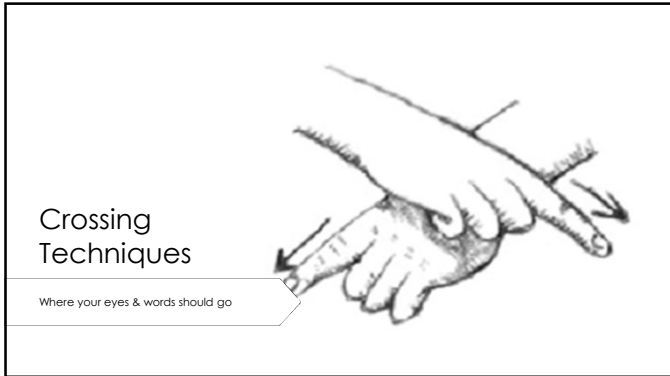
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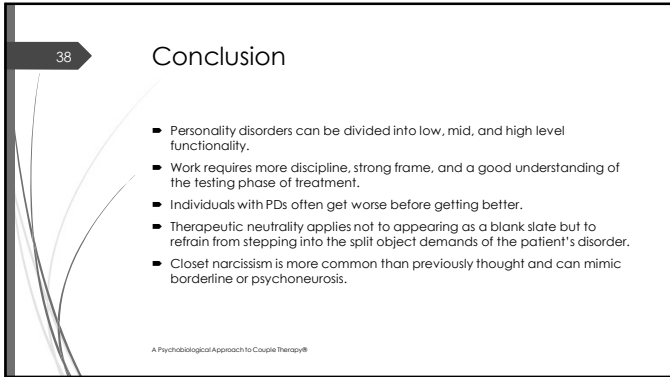
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