

Chapter 11

Personality disorders

ADDITIONAL RESOURCES

YouTube, as usual, has a range of relevant thoughtful videos. As an aside from the clinical issues considered in the chapter, there are some interesting videos as to whether Donald Trump has a narcissistic personality disorder and what may have contributed to this. A satirical but probably accurate view on this is provided by Stephen Colbert:
<https://www.youtube.com/watch?v=WCxOcjWkoug>.

The MedCircle (don't like the name, but it's a good website), has a whole series of talks about the nature and treatment of BPD from a psychological perspective (including 'patient' accounts), and strategies to help people diagnosed with it (as well as a range of other 'disorders'):
<https://www.youtube.com/c/MedCircle/search?query=borderline>.

The Wright Institute of Los Angeles has a similar series of videos including those in their Borderline Self-Regulation Project: <https://www.youtube.com/channel/UCu-sF6bBjwbKIkQIFC4ktGg>.

TED Talk

There are TED talks channels for BPD and psychopathy, with many insightful videos:

<https://www.bing.com/videos/search?q=tet+talks+borderline+personality+disorder&qpvf=tet+talks+borderline+personality+disorder&FORM=VDRE>

<https://www.bing.com/videos/search?q=tet%20talks%20psychopathy&qv=n&form=QBVR&sp=-1&pq=tet%20talks%20psychopathy&sc=2-21&sk=&cvid=94E80BE2FEB24E71887C1909C4BCADF1>

The talk by neuroscientist Jim Fallon (<https://www.youtube.com/watch?v=u2V0vOFexY4>) is particularly interesting as he talks about his own experience of finding out he was a psychopath!

Try also reading...

Babiak, P. & Hare, R.D. (2019) Snakes in Suits: Understanding and Surviving the Psychopaths in Your Office. Harper Collins.

Ronson, J. (2012) *The Psychopath Test*. Picador. A populist book tackling the issue of psychopathy from a range of perspectives: psychopaths, their victims, those who work with them.

McKay, M. & Wood, J.C. (2019) *The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance*. Oakland, CA: New Harbinger. A highly recommended self-help introduction to DBT.

Galen, G. (2013). *Mindfulness for Borderline Personality Disorder: Relieve Your Suffering Using the Core Skill of Dialectical Behavior Therapy*. Oakland, CA: New Harbinger. Pretty much as it says on the tin.