

Brief Cognitive Therapy for Avoidant Personality Disorder

Clare S. Rees and Rhian Pritchard
Curtin University

Avoidant personality disorder (APD) is associated with a high level of impairment in multiple areas of functioning. However, research on the treatment of APD is scarce, and there is an absence of empirically evaluated effective treatment approaches available. This study offers a preliminary investigation of the use of brief cognitive therapy to treat APD. Two individuals, both with a principal diagnosis of APD, but who also possessed a number of comorbidities, participated in 12 weekly sessions. A series of diagnostic symptom severity, global functioning, and self-report measures were completed at pretreatment, posttreatment and at 6-week follow-up. In addition, regular monitoring of each participant's strength of belief in 4 personally identified cognitions associated with APD was completed. Reductions in APD symptoms, associated negative affect, and increases in quality of life were observed for both participants at posttreatment and follow-up phases. Results suggest that brief cognitive therapy may be an effective treatment for APD and that further studies with larger samples are warranted.

Keywords: avoidant personality disorder, cognitive therapy, brief therapy

Avoidant personality disorder (APD) is characterized by a long-standing pattern of social inhibition, feelings of inadequacy, and hypersensitivity to negative evaluation, with the individual's main coping strategy involving avoidance of situations in which they could be negatively evaluated. Research on the treatment of APD is scarce, and there is an absence of empirically evaluated effective treatment approaches available (Hummelkamp et al., 2006; Fiske & Chambless, 1995). This is problematic, given the persistence of the disorder, high level of associated functional impairment (Heimberg, Holt, Schneier, Spitzer, & Liebowitz, 1995), and the high prevalence of APD in the community, which has been reported to be present in ~ 10% of mental health clinic outpatients (DSM-IV-TR, 2003).

As APD is classified as a personality disorder (DSM-V, 2013), existing models of personality disorder can be applied to understanding APD. Beck and colleagues (Beck, Freeman, & Davis, 2004) have highlighted the critical role that schemas (or core beliefs) have in maintaining personality disorders. Similarly, Young (1990) has proposed that early maladaptive schemas (EMS) develop in childhood and continue to influence information processing into adulthood and are key factors in the maintenance of personality disorders. Although each of these models provides useful perspectives as to the development and maintenance of personality disorders in general, they are not specific to APD. We argue that to advance treatment research for APD, it is important to be guided by a more specific theoretical model.

There are a number of symptoms, behavioral patterns, and cognitions associated with APD that overlap with and are also associated with Social Phobia (SP). A key shared feature of both disorders is the fear of negative evaluation. This has resulted in the view that SP and APD are overlapping constructs that have only minor differences with respect to severity of dysfunction (Hoson, Heimberg, & Juster, 1995; Hummelkamp et al., 2006). Despite the significant overlap between the two disorders, SP has received the greatest amount of research attention both from a theoretical and a treatment perspective.

Clark and WestC (1995) cognitive model of SP has grown out of earlier cognitive models of anxiety and depression (Beck, Shaw, Rush, & Emery, 1979; Beck, Emery, & Greenberg, 1985) that identify distorted cognitions as the key determinant of subsequent negative emotional responses. However, the model places particular importance on self-focused attention and the use of safety behaviors in maintaining social anxiety. The authors identify three major cognitive assumptions that are considered to maintain social anxiety: (1) having excessively high standards for social performance, (2) conditional beliefs concerning the consequences of performing in a certain way, and (3) unconditional negative beliefs about the self. According to the model, individuals engage in counterproductive processes, which prevent them from disconfirming their maladaptive beliefs. One major counterproductive process is the tendency toward self-focused attention at the expense of more accurate externally focused attention. Owing to the inward focus, the individual magnifies interoceptive information while blocking useful external social information. This results in the development of an unfavorable impression of the self. A further counterproductive process is the use of safety behaviors. Safety behaviors (such as not holding a cup in front of another person for fear of visible shaking) result in the individual concluding that the nonoccurrence of the feared outcome (i.e., rejection) was only due to the presence of the safety behavior as opposed to the absence of any real threat in the first place. Finally, the model proposes that individuals with SP tend to overestimate how neg-

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Clare S. Rees and Rhian Pritchard, Cognition and Psychopathology Research Group, School of Psychology and Speech Pathology, Faculty of Health Sciences, Curtin University, Perth, Western Australia.

Correspondence concerning this article should be addressed to Clare S. Rees, School of Psychology and Speech Pathology, Faculty of Health Sciences, Curtin University, Kent Street, Bentley, Western Australia, 6102. E-mail: c.s.rees@curtin.edu.au

Cognitive Therapy Of An Avoidant Personality

Jiyuan Zhang



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