

Spiritual Perspectives in Personality Functioning

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MODULE 1

Understanding Personality Functioning



DSM-5 – Alternative Model

1. The DSM-5¹ presented an Alternative Model for Personality Disorders (page 761-781).
2. The model presents a framework for understanding personality functioning and how it impacts one's perception of self and how they relate to others.
3. The model presents the Level of Personality Functioning Scale (DSM-5 Table 2 page 775-778) that provides a standard for healthy personality function.
4. This model gives clinicians a goal for improvement and resolution of personality impairment.

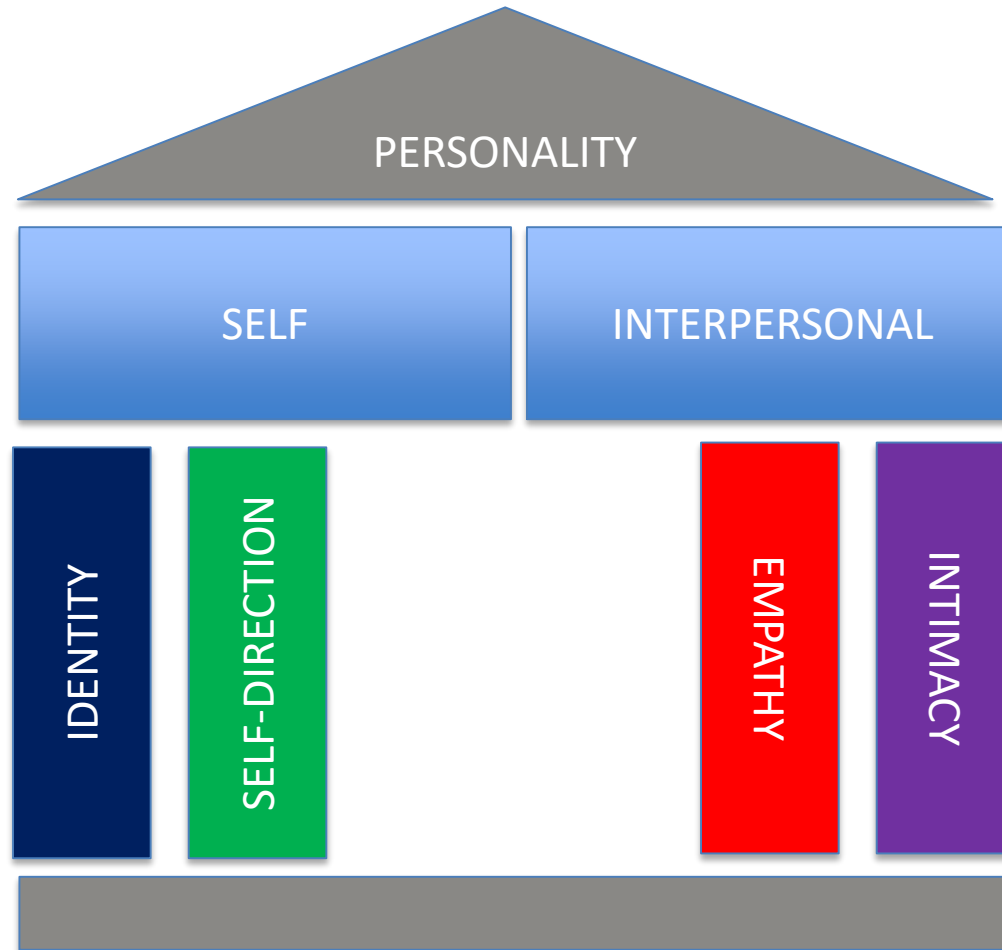


Biosocial Model

1. Personality development is influenced by biology AND the social environment.
2. Temperament represents those aspects of personality that appear as early as infancy.
3. Interpersonal style is influenced by temperament.
4. Interpersonal style develops throughout childhood, adolescence and into adulthood.
5. Adverse life experiences impact personality development.
6. The transition from adolescence to adulthood is the time a person harmonizes temperament, life experience and social skills to solidify personality.



Dimensions of Personality Functioning





Healthy Personality Functioning Self Domain

1. Identity:

- a. Experience of oneself as unique, with clear boundaries between self and others;
- b. stability of self-esteem and accuracy of self-appraisal;
- c. capacity for, and ability to regulate, a range of emotional experience.

2. Self-direction:

- a. Pursuit of coherent and meaningful short-term and life goals;
- b. utilization of constructive and prosocial internal standards of behavior;
- c. ability to self-reflect productively.



Healthy Personality Functioning Interpersonal Domain

1. Empathy:

- a. Comprehension and appreciation of others' experiences and motivations;
- b. tolerance of differing perspectives;
- c. understanding the effects of one's own behavior on others.

2. Intimacy:

- a. Depth and duration of connection with others;
- b. desire and capacity for closeness;
- c. mutuality of regard reflected in interpersonal behavior.



MODULE 2

Definitions of DSM-5 Disordered Personality Traits



Negative Affectivity

Frequent and intense experiences of high levels of a wide range of negative emotions (e.g., anxiety, depression, guilt/shame, worry, anger) and their behavioral and interpersonal manifestations.



Emotional Lability

Instability of emotional experiences and mood; emotions that are easily aroused, intense, and/or out of proportion to events and circumstances.

BP



Anxiousness

Feelings of nervousness, tenseness, or panic in reaction to diverse situations; frequent worry about the negative effects of past unpleasant experiences and future negative possibilities; feeling fearful and apprehensive about uncertainty; expecting the worst to happen.

BP



Separation Insecurity

Fears of being alone due to rejection by- and/ or separation from- significant others, based in a lack of confidence in one's ability to care for oneself, both physically and emotionally.

BP



Hostility

Persistent or frequent angry feelings; anger or irritability in response to minor slights and insults; mean, nasty, or vengeful behavior.

BP

ASP

(See also Antagonism)



Detachment

Avoidance of socioemotional experience, including both withdrawal from interpersonal interactions (ranging from casual, daily interactions to friendships to intimate relationships) and restricted affective experience and expression, particularly limited hedonic capacity.



Anhedonia

Lack of enjoyment from, engagement in, or energy for life's experiences; deficits in the capacity to feel pleasure and take interest in things.



Depressivity

Feelings of being down, miserable, and/ or hopeless; difficulty recovering from such moods; pessimism about the future; pervasive shame and/ or guilt; feelings of inferior self-worth; thoughts of suicide and suicidal behavior.

BP



Suspiciousness

Expectations of- and sensitivity to- signs of interpersonal ill-intent or harm; doubt about loyalty and fidelity of others; feelings of being mistreated, used, and/or persecuted by others.



Antagonism

Behaviors that put the individual at odds with other people, including an exaggerated sense of self-importance and a concomitant expectation of special treatment, as well as callous antipathy toward others, encompassing both an awareness of others' needs and feelings and a readiness to use others in the service of self-enhancement.



Manipulativeness

Use of subterfuge to influence or control others; use of seduction, charm, glibness, or ingratiation to achieve one's ends.

AS



Deceitfulness

Dishonesty and fraudulence;
misrepresentation of self;
embellishment or fabrication when
relating events.

AS



Grandiosity

Believing that one is superior to others and deserves special treatment; self-centeredness; feelings of entitlement; condescension toward others.

NP



Attention Seeking

Engaging in behavior designed to attract notice and to make oneself the focus of others' attention and admiration.

NP



Callousness

Lack of concern for the feelings or problems of others; lack of guilt or remorse about the negative or harmful effects of one's actions on others.

AS

Disinhibition

Orientation toward immediate gratification, leading to impulsive behavior driven by current thoughts, feelings and external stimuli, without regard for past learning or consideration of future consequences.



Irresponsibility

Disregard for- and failure to honor- financial and other obligations or commitment; lack of respect for- and lack of follow-through on- agreements and promises; carelessness with others' property.

AS



Impulsivity

Acting on the spur of the moment in response to immediate stimuli; acting on a momentary basis without a plan or consideration of outcomes; difficulty establishing and following plans; a sense of urgency and self-harming behavior under emotional distress.

BP

AS



MODULE 3

Spiritual Virtues



Spiritual Virtues

Spirituality is a protective factor motivating people to think beyond the here and now and outside of self as they strive for some greater meaning in life and deeper connection with community and the sacred.

Virtue is a positive trait of human expression that enhances the person's wellbeing and contributes to harmonious relation with others and the environment.

Spiritual virtues are universal principles described in sacred text, philosophical writings and passed on through generations in culture.



Spiritual Virtues

LOVE – The will to extend oneself for the purpose to nurture self or others².

PEACE – freedom from strife and distress in thought and emotion.

PATIENCE – the capacity to manage difficult circumstances calmly and without complaint.

SELF CONTROL – the the discipline to restrain impulses.



Spiritual Virtues

JOY - the emotional experience of being well.

FAITH – Complete confidence; belief and trust.

INTIMACY – Depth and duration of connection with others, desire and capacity for closeness, mutuality of regard reflected in interpersonal behavior.¹

KINDNESS - to be helpful with a pleasant demeanor.



Spiritual Virtues

HONESTY - Fairness and straight forwardness of conduct: adherence to the facts.

HOPE – To expect with desire; something on which hopes are centered.

HUMILITY –Not proud or haughty; not arrogant or assertive; a clear and concise understanding of what we are, followed by a sincere desire to become what we can be.

EMPATHY – Comprehension and appreciation of others' experience.¹



Virtue for Vice

Disordered Personality Trait	VIRTUE
Negative Affectivity	PEACE
Emotional Lability & Impulsivity	SELF CONTROL
Anxiousness	FAITH
Separation Insecurity & Detachment	INTIMACY
Hostility &	KINDNESS
Antagonism	EMPATHY



Virtue for Vice

Disordered Personality Trait	VIRTUE
Anhedonia	JOY
Depressivity & Suspiciousness	HOPE
Manipulativeness & Deceitfulness	HONESTY
Grandiosity & Attention Seeking	HUMILITY
Callousness	LOVE

References

1. American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Arlington, VA: Author.
2. Peck, M S. *The Road Less Traveled: A New Psychology of Love, Traditional Values, and Spiritual Growth*. New York: Simon and Schuster, 1978.