

## „Styles of Personality in Treatment and Counseling“

Seminar (90 minutes) with Arno Remmers

As a positive, transcultural and psychodynamic psychotherapist I usually translate the term „**Personality Disorder**“ into „**Styles**“ of the person and personality (concerning Oldham). Then I can use different **structural capacities**, concerning the OPD-structure, related to the balance model of PPT to work in the therapeutic relation in a three step interaction.

The „**Diagnosis**“ of **Personality Disorder** is linked to a specific **cultural understanding**, perception and acceptance of the **unique person**. The different types and pattern of PD are linked to phases of life in development. Still there is a constant change and development of personality traits through life time, PD-Diagnosis is not a fixed one at all for all types. In mental health systems PD is an expression of the medical need for a word to open the way to treatment, and hopefully for an understanding of the person.

With the help of PPT constructs I want to reach an individually adapted understanding of the personality and its original and unique style. The client and me can see the „dysfunctional“ **pattern and traits** as **formerly needed** in existential phases of development and relations. PD is not a disease, not a dis-order in the medical sense, but an adaptation process to a family, a social environment and a society in a given time under specific circumstances.

For therapy I use a three step process related to three steps of interaction:

1. observe the patterns, feelings and their functions,
2. to clear the life situation, episodes and the relation pattern with the linked capacities,
3. to go into an encounter with each other to have an emotionally changing experience and to integrate the own pattern in life and social environment in a responsible and individual way.

The therapeutic relation differs from that in conflict treatment, and counter transference is different as well. To recognize the own feelings, action, relation and fantasies helps to understand the client as having existential needs, which are expressed in a way that others might understand as strange or being rejected, not at all as needs of the client. The potentials in the personality that exist can be found out in humanistic orientated structure oriented therapy, so that the client understands the own pattern and can feel responsible for it.