

## **Assessment and treatment of personality disorders**

**Faculty of Education Sciences**

**Study program:** Master of Science in Clinical Psychology

**Course title:** Assessment and treatment of personality disorders

**Course credits:**7

**Language of instruction:** Albanian

### **Course Description:**

. Through this course students will have the opportunity to learn to make assessments of personality functioning using psychological tests. The clinical necessity of personality assessment for treatment planning will be elaborated in the topics of this discipline. The discipline will begin with the presentation of a historical overview of the scientific and professional development of personality assessment. The evaluation process, psychometric foundations, ethical considerations, personality inventories, projective personality measurements, etc. will then be addressed. In addition to focusing on personality assessment, this discipline will also deal with forms and methods of treating various personality disorders such as: Antisocial, avoidant, borderline, addictive, histrionic, narcissistic, obsessive-compulsive, paranoid disorder, schizoid, schizotypal. This discipline will address different and more contemporary approaches to the forms of treatment of personality disorders (eg; several years of intensive psychotherapy versus short-term treatment; personality disorders are untreatable versus the view that they are treatable). Through this discipline, students will be introduced to the latest developments in the field of treating personality disorders, how to increase their effectiveness and efficiency while working as clinicians by identifying and adapting appropriate strategies and treatment. All this knowledge is considered quite specialized for a general psychologist, but very necessary for a clinical psychologist. Eventually students will have the opportunity to acquire knowledge and gain new competencies in the field of clinical psychology, necessary to practice professionally the profession of clinical psychologist.

### **The objectives of the course are:**

1. Describe the proposed changes to defining personality disorders in the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5-TR);
2. Identify the key causes and most effective treatments for personality disorders based on the latest research findings; and
3. Conduct a comprehensive literature review on a specific topic, construct a detailed outline, and prepare a written paper supported by the latest scientific findings.

**Course Requirements:** The final assessment will be reflected in the amount of points that students have accumulated based on the following:

- Course assignment - 30 points (maximum).
- Mid-term exam -10 points (maximum).
- Final written exam - 60 points (maximum).

**Grading:** Grade 10 (96-100 points); Grade 9 (86-95 points); Grade 8 (76-85 points); Grade 7 (66-75 points); Grade 6 (56-65 points); Grade 5 (45-55 points); Grade 4 (less than 45 points).

**Course Schedule:** The course " Assessment and treatment of personality disorders " has a semester extension (15 weeks, with weekly academic workload 2/1 (2 hours lectures, one hour seminar). Lectures and seminars attendance is mandatory not less than 75% of hours.