

The “Personality Disorder Pie” An imaging modality to illustrate the prevalence of a pathological character

A. Iamundo De Cumis

Director of Outpatients,
Department of Psychotherapy, Humanitas
Gavazzeni Hospital of Bergamo, Italy

Many ways have been carried out to represent abnormal psychological characters. A lot of movies have been produced to involve the attention of the audience and engaging the affective response on soul burdens¹, as well as cartoons and books. Whereas life seems to be the incarnated

mean of soul developing through difficulties and trials, the analyst could be more comfortable with a tool allowing him to have the “big picture” of the patient in a blink of the eye. On this route, the author has conceived a visual monitor that make use of a “visual pie” (with related slices) to make confrontations between different basic attitudes. To make an example, when a psychological disorder (i.e. narcissistic) is prevalent in a patient (Fig. 1), the residual characters tend to shrink. Sometimes narcissistic disorder² may be supported by obsessive disorder³ and vice-versa. In this latter example, the slices representing these attitudes are both bigger than the residual ones. Insight analysis carried out by the psychologist can grossly quantify which of the two is prevalent on the second and others, therefore representing the first by mean of a slice that is slightly bigger when compared to the second one and to residual ones. Through mental tests adminis-

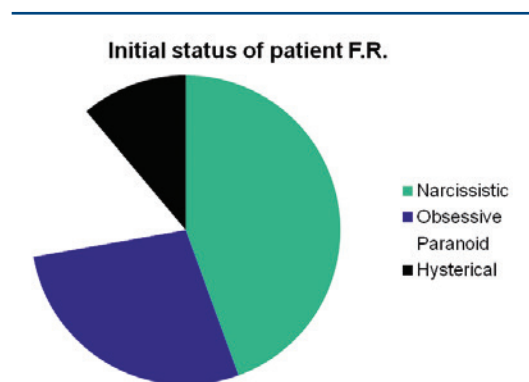


FIGURE 1. In this graphic tool, at the beginning of an hypothetical psychotherapy of the patient “F.R.” the slice representing the narcissistic disorder is the biggest and the one representing the obsessive disorder is the second bigger when compared to the others.

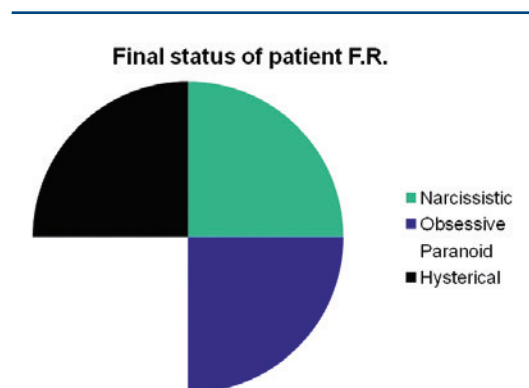


FIGURE 2. At the end of the same hypothetical psychotherapy, the graphic shows a balance between different characters of the patient. Each slice has the same size, therefore the outcome of a genital character has been successfully reached.

Correspondence

A. Iamundo De Cumis
Department of Psychotherapy,
Humanitas Gavazzeni Hospital of Bergamo,
via Corridoni 42, 24100 Bergamo, Italy •
E-mail: adecumis@libero.it

tered on a periodical basis, psychologist can check if the pathological character under examination has reduced its prevalence with the advancement of another one, basing this reflection on the fact that when all slices are equal in size, a smaller slice means another bigger slice next to it. To make an example, if an hysteric character reduces its prevalence, maybe obsessive can increase and occupy a part of the previous hysteric size. This could mean that patient is going to abandon a habit in which everything he/she does is justified with another attitude in which a superego is starting to rule a

person once completely deprived of meaning of rules. Advancement of the analytic cure could reverse the situation, therefore making possible to change the size of the slices, under a dynamic point of view. This visual tool could be of great help when psychologist must examine in real time the eventual improvement of the mental conditions of the patient. When the slices each other come to an identical size (Fig. 2), it means that patient has healed through psychological evolution, the ideal adulthood genital character⁴ has been achieved, with a consequential mental well being.

References

- ¹ Hankir A, Holloway D, Zaman R, et al. *Cinematherapy and film as an educational tool in undergraduate psychiatry teaching: a case report and review of the literature*. *Psychiatr Danub* 2015;27(Suppl1):S136-42.
- ² Hinrichs J. *Inpatient therapeutic assessment with narcissistic personality disorder*. *J Pers Assess* 2016;98:111-23.
- ³ Rapp AM, Bergman RL, Piacentini J, et al. *Evidence-Based Assessment of Obsessive-Compulsive Disorder*. *J Cent Nerv Syst Dis* 2016;8:13-29.
- ⁴ Ellis A, Abrams M. *Personality theories: critical perspectives*. SAGE 2009, p. 114.