

Aging and Personality Disorders with Dr. Greg Lester
Training Outline: February 2, 2023

1. Mistaken Lore About Aging and Personality
 - a. The Maturity Mistake
 - b. The Burnout Hypothesis
 - c. The Mortality Hypothesis
 - d. The Moderating Hypothesis
2. Why Fewer Personality Disorders are Diagnosed in an Aging Population
 - a. Myths About Prevalence
 - b. DSM Bias
 - c. Mis-Identification
 - d. Confusion with Other Aging Issues
3. Actual Prevalence of Personality Disorders in Aging Populations
 - a. Most Prevalent Diagnoses in Under Age 50 Populations
 - b. Most Prevalent Diagnoses in Over Age 50 Populations
4. Diagnostic Signs Unique to Aging Populations
 - a. General Diagnostic Signs
 - b. Diagnostic Signs in the Sub-Diagnoses
5. The Elements that Make Interventions in Aging Populations More Difficult
6. The Elements that Make Interventions in Aging Populations Easier
7. The Issue of “Management” versus “Treatment” in Aging Populations
 - a. Signs of “Treatability”
 - b. Signs for “Managing”
8. Methods of Recovery in Aging Populations
 - a. Biological
 - b. Sociological
 - c. Avoidance
9. Core Unique Feature of Personality Disorders in Aging Populations
 - a. Behavior
 - b. Internal Experience
10. Shifts in Interventions Required in Dealing with Aging Populations
 - a. Target
 - b. Skewing the Dialectic
 - c. Increase vs. Decrease
 - d. Pattern Focus
 - e. Giving Up
 - f. SET