**Antisocial Personality Disorder**

**Cognitive Behavioral Therapy**

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According to Health Research Funding there is around 3.6% individuals living in the United States with Antisocial personality disorder, which equal to around 7.6 million Americans. Antisocial personality disorder is common a serious and persistent mental illness and sometimes referred to has a chronic mental health condition. This disorder is also known as sociopathy or sociopathic personality disorder. Oftentimes it can present with a pattern of exploiting people, along with manipulation and criminal behavior. Thus, this creates legal issues, a compounding criminal history, and a pattern of impulsive behaviors. Antisocial personality disorder is much more common in men than women.

According to the DSM-IV, antisocial personality disorder has a prevalence rate of around

1% of adult females and 3% of adult males. Antisocial

personality disorder is one out of ten personality disorders listed in the DSM-IV. Although the

validity of antisocial personality disorder is often questioned, antisocial personality disorder is

considered to be among those diagnoses with the most reliable diagnostic criteria and categories.

Individuals identifying in the group of antisocial behavior will oftentimes display criteria at a

very young age which will last throughout their lifespan. According to the DSM-V when ASD

presents in childhood a diagnosis of conduct disorder will take place and then if it lasts past the

age of eighteen, antisocial personality disorder is given. Individuals with antisocial personality

disorder will have impulsivity traits, remorselessness, irritability, and even violent tendencies.

In a randomized controlled trial on ASD with men, both groups of men they studied had reported a decrease in the occurrence of any acts of physical or verbal aggression when using cognitive behavioral therapy. This study shows that cognitive behavioral therapy can be affective in the use of men with antisocial personality disorder. Currently, there are no medications that treat antisocial personality disorder. Oftentimes those with antisocial personality disorder experience some form of childhood abuse or neglect. Further, these experiences attribute to their controlled beliefs they have,

and it explains how their beliefs can complicate the therapeutic relationship when men

with antisocial personality disorder begin to seek treatment. A notable fact, while therapists are

working with an individual who has antisocial personality disorder and developing a therapeutic

alliance, they should not minimize the potential for violence among these patients.

When considering treatment modalities for antisocial personality disorder. Cognitive

behavioral therapy has become increasingly more popular over the years. Cognitive behavioral

therapy has grown popularity over the recent years due to its short term and very structured

nature of treatment modality. The empirical evidence has become more

accumulative and has a very impressive research base. Cognitive behavioral therapy works well

for individuals in clinical settings among others, and can specifically treat mood disorders,

anxiety disorders, childhood disorders, anger, marital distress and chronic pain.

Interestingly, cognitive behavioral therapy is showing a superiority to antidepressants as

well as is a contender and shows efficacy to behavior therapy and treating adults with depression

In recent studies of cognitive behavioral therapy it is showing favor over medications as an effective treatment for patients with disorder such as schizophrenia. This is a prime example of how prominent and popular cognitive behavioral therapy is becoming. One must consider, is cognitive behavioral therapy a contending treatment modality for antisocial personality disorder. Based on current research it most certainly is.

There is a broad umbrella when it comes to cognitive behavioral therapy which includes

problem-solving therapy, cognitive therapy, dialectical behavior therapy, rational emotive

behavior therapy, meta-cognitive therapy, cognitive processing therapy, mindfulness-based

cognitive therapy, cognitive behavioral analysis system of psychotherapy, and schema focused

therapy. One of the most popular uses of cognitive behavioral therapy is a technique that is

designed to modify dysfunctional beliefs. Within this understanding, the first goal is to identify

the faulty information that is processing and manifesting as distorted and dysfunctional thinking

which directly leads to negative emotions and then directly into maladaptive behaviors. The goal is cognitive change.

While cognitive behavioral therapy is shown to treat antisocial personality disorder, it does not show a more favorable result than any other forms of treatment modalities. A weakness of cognitive behavioral therapy is that there is a significant dropout rate. It should be considered to reduce dropout rates while using cognitive behavioral therapy, a therapist should use a written case formulation, treatment goals, symptom score monitoring, which can improve the outcome of treatment. The goal of cognitive behavioral therapy is symptom reduction. One of the biggest critiques from opponents is that this modality is too rigid and mechanical in nature in fails to oftentimes address the whole patient concerns

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A social worker should always educate their client on the cognitive behavioral therapy

model so they understand the treatment modality and how the process will look. Further, it is

important to set treatment goals with the client leading the way. Utilizing a thought record is a

great way to help the client understand the emotion, feeling and intensity associated with the

thought. This is a prime way to begin to explore the origin of the thought. Further, it will assist in

determining the validity of the thought.

Techniques of cognitive behavioral therapy can serve to be successful for social workers.

By having the client start by identifying their issues and situation, as a social worker you can

dive deeper and elicit automatic thoughts or images. After which, you can work with your client

to identify intermediate beliefs, and core beliefs that are present in their current situation and past

history. Once a social worker is successful assisting a client to identify these beliefs, they can

guide the client in evaluating and modifying any cognitive distortions or irrational beliefs.

Throughout which, a social worker can assess for various unhelpful behaviors or physical

responses. The social worker may then apply behavioral interventions such as distorted thought

records. Further, as a social worker assigning homework you can assign the client homework

such as a distorted thought record. There are many forms of homework to assign a client. Homework is an excellent opportunity to practice what the client has learned in sessions. Assigning clients, a breathing exercise is a significantly popular option. Even practicing the deep breathing exercise in session is popular.

Journaling is an option to track cognitive distortions and distressing thoughts. Switching up

homework assignments can be a benefit to clients but can also be challenging for some clients. There are many different types of distorted thinking as well that a client should consider such as all or nothing thinking, mental filter, jumping to conclusions, emotional reasoning, personalization. By sorting through their distorted thoughts and identifying the associated type, it can assist clients to gain understanding of the distorted thinking and process through the distortion. Individuals with antisocial personality disorder tend to have a poor negative self-image. Due to this significant negative self-image, distorted thinking worksheets can serve to explore and help clients understand their distorted thinking and how it impacts their emotions and behavior. Further, individuals with antisocial personality disorder have a hard time experiencing social situations because they believe that no one would like them due to their significant

negative self-image. Therefore, they just avoid social situations completely. By using a thought

record, a social worker can assist a client to explore the concreteness and belief of their thought

and work to address it.

Finally, cognitive behavioral therapy is a suitable treatment modality to utilize with individuals who present with antisocial personality disorder. Further, utilizing a distorted thought record to gage and process through such distorted thinking is a valuable intervention to work through and address this thinking and subsequent behaviors. With such intense and risk associated with this personality disorder, it is critical to consider methods to reduce the impacts of symptoms such as impulsivity, lying, breaking laws and the lack of regard for their own safety and safety of others.

Cognitive behavioral therapy is a valid treatment modality to utilize with antisocial

personality disorder. However, it is not any more significant of a treatment modality than any

other form of psychotherapy. Cognitive behavioral therapy remains considered of high regard as

well as criticized among therapists in the field. Finally, it has grown more popular over recent

years and could continue to grow in popularity.