

# **BASIL BUNTTING – Nuts and Bolts of Psychiatry Take-away Tips**

## **Cluster A or Odd Group**

- Schizoid, Schizotypal, Paranoid

## **Cluster B or Active Group**

- Borderline, Antisocial, Histrionic, Narcissistic

## **Cluster C or Passive Group**

Dependant, Avoidant, Obsessive Compulsive, Passive Aggressive

- 1) Lifelong problem or pattern of behaviour from childhood has always been like this? It is their person (DSM IVTR > 18yrs)
- 2) No change in lifelong functioning with the onset of problems or behaviour. No change in social and occupational functioning.
- 3) Do not diagnose PD if it occurs for first time after onset of mental illness
- 4) Threats of/and/or violence – Antisocial.
- 5) Self harm e.g. Cutting, multiple suicide attempts or threats thereof – Borderline.
- 6) Uses too many resources (takes your time, after hours multiple therapists, psychologists, psychiatrists, GP's and others). Too many diagnoses (e.g. Depression, Anxiety, Dysthymic, Bipolar). Too many treatments (different antidepressants all do not work - like benzo's)

## **References**

Buntting B.G. Psychiatry in Easy Steps. Hamilton: Buntting Books 2002.

Cloninger CR et al. A Psychological Model of temperament and Character. Arch Gen Psychiatry. 1993; 50:975-990.

Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, Text Revision, Washington, DC, American Psychiatric Association, 2000.

## **Contact Details**

For Nuts and Bolts of Psychiatry Training (6 hours)

This training is awaiting accreditation for CPD (Continuing Professional Development) points in Mental Health from the Australian College Rural and Remote Medicine (ACRRM). This should occur over the next few weeks. See the website for training details in your area.

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