

Beyond Perfectionism: Case report on Schema Therapy for Obsessive-Compulsive Personality Disorder

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ABSTRACT

Background: Obsessive-Compulsive Personality Disorder (OCPD) is an understudied yet chronic personality condition affecting an individual's emotional, social, and interpersonal functioning. Schema Therapy (ST) is an integrative psychotherapy developed for treating enduring personality concerns.

Method: The case study presents the usefulness of ST in treating Ms. X, aged 26 years, diagnosed with OCPD and Depression, with a past diagnosis of Generalized anxiety disorder. It details the case history, the psychotherapy formulation using the schema mode model, and the ST intervention. The client underwent forty-nine sessions of ST for over a year using a blended psychotherapy format.

Results: There was a change in the Early Maladaptive Schemas and dysfunctional schema modes of the client. Changes were evidenced by improved emotional acceptance and engagement, change in rigid and longstanding thought patterns, reduced perfectionism, self-criticality. Additionally, greater work-life balance was achieved through the strengthening of the Healthy Adult mode and the development of the Happy Child mode.

Conclusion: ST emerges to be a promising treatment for individuals having OCPD, with a need for larger-scale studies to evaluate its efficacy comprehensively.

Keywords: Schema Therapy, Obsessive-Compulsive Personality Disorder, Psychotherapy, Early Maladaptive Schemas, Schema Modes