

# Psychopath Therapy Workbook



**wisemind.com**  
BRILLIANT MENTAL HEALTH

Dr Tarra Bates-Duford

## Biography



Dr. Tarra Bates-Duford has engaged in extensive work and research on familial relationships, family trauma, and dysfunctions. She is known for her work with traumatic experience and symptom re-emergence. With nearly 20 years in the field of behavioral sciences, she has been instrumental in her work with stabilizing families, helping individuals and families navigate the challenges of mental illness, as well as victims of abuse/ trauma, reprocess the memory of the trauma in a manners that no longer paralyzes nor interferes with daily functioning. She is an accomplished

author of children’s books covering topics such as, conduct disorder, ADHD, parenting a child with special needs, and trauma. Dr. Tarra Bates-Duford has extensive experience as a separation and divorce mediator. She also has had many years of experience as a therapist working with couples and families. Dr. Tarra Bates-Duford was recognized on May 21, 2020, as a Young Social Impact leader for her work, research, and expertise in trauma.”.

wisemind.com

# Index

Biography	2
Understanding Psychopathy	4
Historic Conceptions	8
Contemporary Assessment Methods	10
Gender Differences Between Male and Female Psychopaths	13
Racial Differences in Psychopathy	15
Common Traits of a Psychopath	16
Traits of People Typically Targeted by Psychopaths	21
John Wayne Gacy	23
Ted Bundy	26
Jeffrey Dahmer	28
Aileen Wuornos	30
The Dating Game Killer	33
Psychopathic Verbal and Nonverbal Communication	35
Psychopathy Defined, Identification of qualifiers	37
Early Signs of Psychopathy	40
Signs of Psychopathy in Children	43
Andrew	44
My Clinical Experience Working with Psychopaths	46
Nature vs Nurture	49
How To Work with A Psychopath	52
Psychopathy by State	57
Hare Psychopathy Checklist – Revised (PCL-R)	59

wisemind.com

## Understanding Psychopathy

Psychopathy is a condition characterized by the absence of empathy and the blunting of other affective states. Callousness, detachment, and a lack of empathy enable psychopaths to be highly manipulative. Nevertheless, psychopathy is among the most difficult disorders to spot. Psychopaths can appear normal, even charming. However, beneath the surface they lack any semblance of conscience. Their antisocial nature inclines them often (but by no means always) to criminality. Psychopathy is often perceived as a constellation of personality traits, yet there is little consensus as to what constitutes the core features of psychopathy. Psychopathy is often thought to consist of personality traits including interpersonal, affective, lifestyle and antisocial features. Psychopathy is defined as a mental (antisocial) disorder in which an individual manifests amoral and antisocial behavior, shows a lack of ability to love or establish meaningful personal relationships, expresses extreme egocentricity, and demonstrates a failure to learn from experience and other behaviors associated with the condition.

Although the Diagnostic and Statistical Manual of Mental Disorders (DSM) does not formally acknowledge psychopathy as a standalone condition, it incorporates it under the wider “antisocial personality disorder.” Psychopathy has traditionally been characterized as a disorder primarily of personality (particularly affective deficits) and, to a lesser extent, behavior. Although often used interchangeably, the diagnostic constructs of psychopathy and antisocial personality disorder are distinct. In many respects, the symptoms found in people diagnosed with antisocial personality disorder mirror the symptoms commonly associated with psychopathy. For instance, people with the disorder typically do such things as disregard the welfare of others, display superficial charm in social situations, display a lack of guilt or regret, break the law, behave irresponsibly, manipulate or lie to others, act impulsively, seek stimulation through reckless activity, and maintain an inflated sense of self-importance. However, the definition for antisocial personality disorder also differs from the definition for psychopathy in important ways. First, and perhaps most significantly, an adult who receives a diagnosis for antisocial personality disorder must have an earlier history of another mental health condition called conduct disorder. The DSM doesn’t allow doctors to diagnose any personality disorder in children, and in many ways, conduct disorder functions as the childhood equivalent of antisocial personality disorder. In addition, a person diagnosed with antisocial personality disorder must experience his or her symptoms outside of the context of the hyper-aroused state called mania or the severe mental disorder called schizophrenia. Researchers conducted studies on



**THIS IS A PREVIEW OF THE PSYCHOPATH  
THERAPY WORKBOOK**

**wisemind.com members can access the full  
workbook. Try our 7 day FREE trial.**