

Personality Disorder Training

With a key focus on Borderline Personality Disorder & Emotionally Unstable Personality Disorder.



Evidence-based training from the experts in mental health and behavioural psychology:

Personality disorders (PD) are best understood as unusual or extreme personality types that present with complex cognitive, emotional and behavioural vulnerabilities resulting in suffering to the individual and a profound hinderance to interpersonal functioning.

This workshop is designed to help staff better-understand the psychopathology of personality disorder and to improve interactions and the management of potential risks with greater insight and efficacy.

This training offers a key focus on Borderline Personality Disorder (BPD), but the full spectrum of personality disorders are discussed to improve knowledge and to help staff put behaviours into a context.

PD (particularly BPD) may be defined by its characteristic patterns in disturbed cognitions, experiencing and expressing of emotions and relating to others in general. This is a complex study area and presents academic and clinical challenges to the professional and the layman alike. This workshop offers an accessible understanding of personality disorder pathology and its inherent challenges and risks.

This workshop should improve client safety and staff interactions through a better

understanding of client sensitivities, typical clinical traps and potential risk scenarios.

This event represents a commitment to help staff make sense of client reactions and responses within different contexts, to develop effective communication skills and to recognise the importance of managing risk and effective team work when working with clients indicated for personality disorder.

Typical characteristics which might indicate the presence of personality disorder could include:

- Rapidly changing moods, emotional hypersensitivity;
- May present with behaviours designed to elicit a saving response in others;
- Has a high need for close relationships that are typically conflicted; characterised by instability and abandonment fears;
- Compromised ability to 'mentalise' (understand the mind, motives and feelings of others);
- Deliberate self-injurious behaviours and other traumatic acting-out behaviours, often self-destructive;
- Pathological attachments and proximity seeking;
- Compromised mindfulness and reality testing with a bias towards perceived rejection and abandonment cues;
- Compromised empathy and reciprocity;
- Difficulty controlling behaviour and regulating emotions with externalising and

internalising consequences;

- May present with Fabricated illnesses, Factitious / Munchausen behaviours, Somatisation disorders and health anxieties;
- High levels of impulsivity;
- High levels of suspiciousness;
- An absence of prosocial emotions;
- Complex and stormy inter-personal relationships;
- Callousness and impaired reciprocity;
- Intense emotional outbursts;
- A need for instant gratification;
- Extremely sensitive to invalidations;
- Increased risk for suicidal behaviours;
- High levels of co-occurring / comorbid mental health problems.

This training workshop will furnish delegates with a more comprehensive understanding of personality disorder psychiatry, the common risks and challenges and the general science of mental illness. It aims to support staff in their abilities to pre-empt, characterise and support this complex client / patient group.



Mental Health Training

Parker House, Mansfield Road,
Derby DE21 4SZ

01332 362222

info@mentalhealthtraining.co.uk

www.mentalhealthtraining.co.uk