Session: Personality Disorder Training

Mental Health Training.co.uk

Training: Personality Disorder. With a key focus on Borderline / Emotionally Unstable Personality Disorder

Designed by: Simon Herbert MSc Psychiatry, Dip.Psychol
Email: simon@mentalhealthtraining.co.uk
Duration: One day

Expected Outcomes:

This course is designed to help organisations, and individuals, commonly working in the social care sector (but not limited to), to understand the psychology and psychiatry of personality disorder pathology and to better support and manage individuals who are vulnerable to emotional dysregulation. It is delivered by a psychology-qualified consultant trained in psychiatry through the NHS.

The training is dedicated to the wellbeing of all and offers a stepwise approach to developing a more comprehensive working model of personality disorder in general; whilst providing a detailed focus on the Borderline Personality Disorder / Emotionally Unstable Personality Disorder diagnoses.

At the end of this training, delegates will have:

- An understanding of the relationship between childhood trauma and attachment problems and how these manifest in the various personality disorder diagnoses and symptomology;
- Understanding the cognitive and behavioural vulnerabilities associated with Personality Disorder and the common problems that challenge service providers;
- An improved understanding of non-suicidal self injury (NSSI) and parasuicidality. Their functions and associations with Personality Disorder and psychiatry in general. With a view to informing best practice in interaction styles and risk management;
- Understand how certain behaviours associated with personality disorder can impact upon staffs ability to support and maintain empathy /compassion;
- Understand the importance of 'empathic boundaries';
- Improving communication and interactional skills through appropriate validation and dialectic-orientated communication styles;
- Understand and recognise the common psychiatric disorders that may co-present with Personality Disorder;
- A clearer understanding of the experience of Personality Disorder from the perspective or service users;
- Understand Personality Disorder from the perspective of the NHS;
- Understanding Personality Disorder from the viewpoint of forensic psychiatry to improve safety on certain occasions;
- Understanding the psychotherapies dedicated to the field of Personality Disorder and how to employ their principles to improve support;

- Develop and implement crisis plans to support individuals at potential risk;
- Recognising risks and emergencies and escalating concerns / communicating appropriately with key healthcare providers and emergency services;
- Access to a wide range of peer-reviewed articles associated with suicide science;
- All delegates receive A 50-page industry-standard diagnostic workbook (DSM5) and access to further learning materials and
- peer-reviewed articles;
- Access to free post-training support.

Training Session Description
The training session will incorporate unique multi-media / resources and appropriate group work to improve learning outcomes.
This is a classroom training session that avoids the use of jargon, stigmatising language and stress-inducing / inappropriate role play.
The training is facilitator-led and incorporates case studies to improve learning outcomes.

Materials
A dedicated workbook is supplied to all delegates prior to training commencement.

The Workshop in detail: Personality Disorder. With a key focus on Borderline / Emotionally Unstable Personality Disorder

Delivery Method ☑   Time 🕐

9.30 am. Housekeeping & Course introductions / greeting

- **Introduction to the human mind:**
- Cognitions; Emotions; Behaviours; Human Brain; Body & Physiology (and its relationship to mental wellbeing)
- Childhood & Developmental Experiences, attachment problems and their relationship with mental wellbeing;
- Personality Disorder Psychopathology and the vulnerability to distorting reality with disorganised thinking styles, dysregulated emotions and risk-related behaviours:

Multi Media studies
Case Studies
References and evidences

9.45 am to
10.30 am

	Delivery Method ☑	Time 🕐

The Psychopathology of Personality Disorder and the different diagnoses.
 Introduction to Borderline Personality Disorder
   • The diagnostic criteria as identified in DSM and ICD and understanding the consequences of these vulnerabilities to both client and service provider (with a key focus on rejection sensitivity, abandonment anxieties and emotional dysregulation);
   • Recognising the symptoms of Personality Disorder and tailoring interpersonal interactions appropriately to better-manage client support;
 	
 The problems associated with cognitions, emotions and complex behaviours:
   • Understanding the problems associated with abnormal cognitive processes and how these can present in Personality Disorder psychopathology;
   • 'Invalidation' - its meaning and consequences to the mind of a psychologically vulnerable person;
	Multi Media studies
	 Case Studies
	 References and evidences
		10.30 am to 11.00 am

Break for Refreshments		11.00 am to 11.15 am

The problems associated with Psychological Splitting Defences & Compromised empathy and reciprocity that can result in staff / service user conflict;
   • Understanding the principles of 'mentalisation' and the consequences to client and service provider when mentalisation is impaired;
   • A focus on team consistency and practical skills to avoid staff divisions and 'team splitting'
 	
 The problems associated with deliberate self injury and parasuicidal behaviours that function to reduce emotional tensions and potentially elicit attachments / rescuing responses from Support staff and clinical teams:
   • Understanding the potential functions of self injury and parasuicidal behaviours;
   • Practical skills and responses to self injury and best practice / approaches to minimising its levels and consequences.
 	
 The problems associated with a compromised ability to regulate emotions which may present in frequent mood swings and emotional hypersensitivity:
   • Understanding the process of Psychological Splitting (as opposed to 'team splitting'). Practical skills to minimise its effects on staffs' feelings.
 	
 Continued
		10.30 am to 12.30 pm

	Delivery Method ☑	Time 🕐

Supporting clients with Personality Disorder, reducing stigma and avoiding clinical traps that can minimise / reduce the effectiveness of effective treatments:
- Recognise co-occurring mental health diagnosis in clients indicated for personality disorder and understanding / challenging the typical blocks to appropriate treatment;

Increased knowledge of risks (to service user and staff)
- Understanding Personality Disorder from the viewpoint of forensic psychiatry to improve safety;
- Improve risk assessments to minimise the risks to patients' safety and wellbeing.

Break for Dinner		12.30 pm to 1.15 / 130 pm

Afternoon session:

Improving interactions through an appropriate counselling approach informed by standard treatments validated for Personality Disorder pathology to reduce suffering, minimise risk and support signposting processes: • Three client cases will be discussed to illustrate the sensitivity of clients indicated for Personality Disorder and the consequences of their vulnerabilities in a chain analysis of emotions and behaviours study to better-inform support and improve interactions; • The principles of Dialectical Behaviour Therapy (DBT) and Mentalisation Based Therapy and using these strategies to improve client wellbeing; • The afternoon session supports delegates to improve their interactional styles using the guiding principles of DBT & MBT to improve client / patient safety, reducing interpersonal conflict and better support individuals at times of crisis; • Gentle role play will be involved.	Multi Media studies Demonstrations and interactions	1.30 pm to 3.15 pm With refreshment break at 2.30 pm
The opportunity to practice: • Appropriate role-play to maximise skills and improve confidence:	Delegate role plays and supported interactions with facilitator	3.15 pm to 4.00 pm
Workshop completion and Introduction to reading material and post-training support: • Opportunity for delegates to reflect upon what they have gained in this session; • Appropriate reading material and resources to support delegates to improve knowledge and develop skills;		4.00 pm

- Access to post-training support;
- Post-training evaluations

Supporting sight & language Impaired delegates
- We have delivered training with professional interpreters on a number of occasions and can support hearing impaired delegates;
- We can provide large-print workbooks and coloured-paper workbooks for visually-impaired delegates;

Meeting the needs of different learning styles & supporting service-users in the training environment
- It's always a challenge to satisfy the disparate needs of individual's learning styles in group training environment (groups sizes of 12 plus). That said, we have a vast experience of training delivery and ensure that all individual needs and expectations are carefully addressed and supported throughout the workshop;
- It is common for service users to attend our training courses. We are a professional organisation that also works in the psychotherapy sector. For that reason we recognise the vulnerabilities of some individuals and know how to support people with experiences of mental health problems with considerable skills.