

# EUPD AND PERSONALITY DISORDER TRAINING FROM THE UK'S EXPERTS

UNIQUE MODULAR TRAINING  
SOLUTIONS AND CONSULTANCY



## **5-STAR PERSONALITY DISORDER TRAINING DELIVERED BY PSYCHIATRY-TRAINED EXPERTS A WORKSHOP THAT IMPROVES INSIGHTS, INTERACTIONS, SUPPORT, ADVOCACY AND SAFEGUARDING**

Personality disorder psychology & psychiatry is a complex area of medicine. This workshop will help organisations and staff better-understand the vulnerabilities and behaviours associated with EUPD and Borderline Personality Disorder diagnosis. It will improve interactions, safeguarding, advocacy and support to improve safeguarding and better-manage the potential risks with greater insight and efficacy.

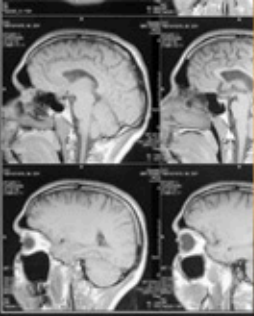
This workshop offers an accessible understanding of personality disorder pathology and its inherent challenges and risks. It will improve client safety and staff interactions through a better understanding of client sensitivities, typical clinical traps and potential risk scenarios. We offer a unique event that offers evidence-based content delivered by experts in this field.

The training can be expanded to include appropriate psychotherapy and skills-based training frameworks.

All training is delivered by psychiatry-trained experts. We provide tailored workshops for NHS, CMHT, Primary & Secondary Care including Crisis Teams and frontline A&E. We also work extensively with supported living and residential care providers, charities, the Police, advocacy support, housing & forensic mental health Services.

**Telephone 01332 362222**  
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## ADVANCED TRAINING:

### MHT02 - EUPD / PERSONALITY DISORDER TRAINING

Other workshops available. Our psychiatry-trained experts will help you configure the training to meet your defined learning objectives

- **MHT01 - Mental Health Awareness Training**
- **MHT12 - Mental Disorder in Social, Supported & Sheltered Housing**
- **MHT02 - Personality Disorder Training**
- **MHT03 - Self Harm & Suicide Training**
- **MHT19 - Lone Working & Personal Safety Training**
- **MHT11 - Managing Conflict & Hostile Behaviours Training (Including Lone Working Safety)**
- **MHT17 - Hoarding & Self Neglect Training**
- **MHT08 - Dual Diagnosis & Substance Misuse**
- **MHT06 - Dementia & Neurocognitive Disorders**
- **MHT15 - Motivational Interviewing Training**
- **MHT20 - Understanding Capacity, The Mental Health Act & Best Interests Assessments**
- **ALSO -**
- **MHT16 - Mental Health In The Workplace. A Workshop For Managers**

## Overview of the training

We are the UK's leading personality disorder training providers. This training will support organisations to better-understand and support clients with personality disorder symptoms and diagnosis.

### Key aspects of the training:

- Understanding the vulnerabilities associated with Personality Disorder diagnosis:
- Better-understand the internalised world of an individual with personality disorder symptoms, particularly Borderline Personality Disorder / EUPD, Dissocial / Antisocial.
- The common vulnerabilities, expectations and experiences of individuals indicated for the disorder.
- Understand attachment seeking in relation to self-harm risk.
- Knowledge, insights and formulations to improve understanding of common presentations, trigger events, common vulnerabilities, common perpetuating factors and protective factors that can mitigate risk.
- Improved communication skills and relationships
- Communication strategies and skills to better-support individuals vulnerable to BPD / EUPD. Improving the effectiveness of advice and strategies to support mental wellbeing, reduce self-defeating behaviours and improve outcomes for all.
- Risk stratification to improve general safeguarding.
- Skills to maintain boundaries and manage expectations whilst still maintaining healthy relationships.
- Skills to manage conflict to improve staff confidence and improve patient / staff relationships.
- Skills to improve patient safeguarding and safety planning.

- Advocacy skills – confidence to challenge any negative or prejudicial responses from other services (crisis team / CMHT / ED etc).
- Associated externalising personality disorders and forensic risk factors, particularly the factors associated with violence risk where indicated.
- Risk assessment processes – Using the HCR-20 and other risk assessment models.
- Keeping staff safe – learning from other's mistakes and developing a safe model of lone working, reporting and interjectional / communication models to support lone-working risk management.

**The training can include a more detailed focus on safeguarding and self-harm support if required. This commonly includes:**

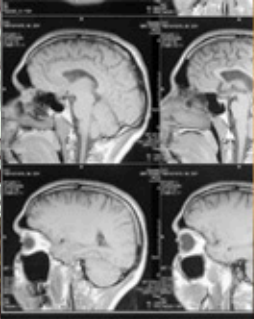
- Care planning and assessment of individuals vulnerable to self-harm risk.
- The functions of self-injury and its relationship with personality disorder and the risk factors for suicide – improving risk assessments and safety planning.
- Improving insights, communication skills and fine-tuning the suicide assessment conversation.
- Understanding the limitations and obligations of the NHS / CMHT / Local authority. Particularly in relation to capacity, right to privacy, duty of care to protect life and the Mental Health Act 1989
- Escalating concerns to CMHT and the role of the AMHP and the role of the Police in safeguarding.

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**Mental Health**  
**Training.co.uk**





**A very small selection of recent delegate evaluations.**

'Very, very useful. One of the best courses I have been on. Will certainly use what I have learnt. Highly recommended for anyone at all that works with tenants and the public. Almost essential in my opinion'  
**Guinness Housing**

'Similar, I assume, to being machine-gunned. Most enjoyable and informative course I have ever attended!'  
**Pembrokeshire County Council Social Care Workforce**

'This trainer is amazing! Level of knowledge & the medium in which it was communicated as excellent. Great to receive training at an appropriate level. Brilliant!  
**Conwy County Council**

This comment does not come from politeness. I'm a business trainer and have been on hundreds of courses, or many types. This is by far the best delivered, best informed, most useful and relevant course I have ever been on'  
**Broadlands District Council**

'Best course I've been on. Great delivery, Very comprehensive information which was targeted perfectly to the audience at a level which was understandable and absolutely relevant to our roles as support / key workers. Brilliant day and cannot think of an ways in which it could have been improved'  
**Riverside**

'Best Course I've done for years! Bloody Brilliant!'  
**AMHP Social Worker – Haringey Council**

'The course was extremely stimulating and probably the best that I have been on with Longhurst Housing'  
**Longhurst Housing**

'I haven't gained so much from a day's training for a long while. It's a subject in which I have a great interest . I gained much in terms of revision also new information. I haven't enjoyed learning so much for a while - excellent trainer'  
**AMHP Social Worker – Haringey Council**

'Great course! Wealth of information relevant to my role. Interesting combination of research, evidence-based practice of psychological interventions. Training of a much better academic level than lots of training within service at times. Really enjoyed the day  
**AMHP Social Worker – Haringey Council**

"Hands-down the best training that I have ever had at Redbridge"  
**London Borough of Redbridge Council**

'Very interesting course, learned a lot of valuable tools for use with individuals. Excellent delivery!'  
**Pembrokeshire County Council Social Care Workforce**

'Excellent training, thank you! Interesting and thought provoking. All really relevant'  
**West Yorkshire Partnership NHS Foundation Trust**

'Five star! Incredibly interesting, informative, clear and concise. Well done!'  
**London Borough of Bexley Council**

'Best training I have been on at Riverside - very clear and knowledgeable. We should do more courses like this - much better than the usual mediocre training we are subjected to. No ridiculous games designed to waste time or trainer that have little knowledge of the subject. This course was excellent'.  
**Riverside ECHG**

'Excellent course – trainer's knowledge was exceptional - really enjoyed the course and took away some valuable information/tips to assist me with Lone Working'  
**Spectrum Housing**

'Fantastic tutor, would hope that I would be on a course with Simon again. Best one I have been on. Great material and information. More courses like this, hands down the best course I have been on. The information and knowledge is fantastic'.  
**Accent Foundation Housing**

'An excellent course and trainer. Really interesting and very useful information. So very much better than the previous trainer, etc for lone working. Many thanks'  
**Spectrum Housing**

'Superb. The trainer knows his stuff, very informative and well linked to health and safety. Recommend to all staff who work alone'.  
**Barnet Council (H&S manager)**

'Simon is a great tutor and has great knowledge. It's lovely to be able to enjoy a course from start to finish. From the science to the backgrounds of people, to the videos and situations, couldn't fault a thing'.  
**Walsall Housing**

'I was impressed by the trainer's vast knowledge around the subject. It was invaluable the psychology behind risk and behaviours and as delivered in a way we all levels and background knowledge could understand. Thank you so much for a brilliant course'.  
**Waltham Forest Council**

'Most beneficial training I have ever had - relevant, interesting, inspiring - wish there could be more training like this'.  
**Northampton Probation Services**

'Awesome Session. Trainer was excellent!'  
**Delos Community**

'Simon is the best teacher & facilitator of any workshop I have ever been on'.  
**Riverside ECHG**

'Excellent course, training style was brilliant. Thought Wish I could do more training like this. Best training I have ever done'  
**Guinness Housing**

'Though provoking and explained content in a way that made sense. Really enjoyable day'  
**AMHP Social Worker – Havering Council**

'Thank you. A most stimulating and thorough experience for learning and consolidation. Very enjoyable course!'  
**West Yorkshire Partnership NHS Foundation Trust**

'Really good course, informative, relevant to work, really well presented, knowledge of trainer was excellent.  
**AMHP Social Worker – Havering Council**

'This training is possibility the best I have ever been on. I found it all relevant to my role and I now feel more confident in spotting behaviour that could turn nasty and how to take measures to prevent it or to deal with it if the worst came to the worst! Very valuable information to have in my job!. The trainer was extremely knowledgeable and excellent in his training methods'.  
**Acscis Housing**

'Great use of media footage, good straight forward explanation of personality disorder and mental health and the differences therein. Great Trainer!'  
**Nottingham Community Housing**

'One of the best courses I have ever attended. Very informative and useful for all public facing workers'  
**Thanet District Council**

'Great course, would do it again, very, very good course'  
**Serco**

'The case studies were most useful as I was able to link the learnt theory to a situation'  
**Thames Valley Police**

'Brilliant! Recommend it to anyone!'  
**St Mungos**

'Course was fantastic! Trainer as fantastic!'  
**Barnet Council**

'It was excellent. A training course that I got a lot from and one that I will remember for a long time!'  
**Ereshwash Council**

'Excellent. Best course I've been on!'  
**Barnet Council**

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