Working with Personality Disorder
A one day course

This course explores the nature of this often misunderstood and challenging client group. It aims to provide an introductory overview of how the diagnosis may impact on the quality of a person's life and the issues arising in making decisions and self-determination. The course will challenge the myths, assumptions and misconceptions often associated with personality disorder.

The course identifies the various interventions and strategies which promote well-being and insight into their difficulties. Although all the categories of personality disorder will be addressed and explained, the afternoon will focus more on emotionally unstable or borderline personality disorder. Part of this session will examine self harm and suicidal ideation and how this may be managed in a community or inpatient setting. Every element of the course will be framed in the context of best practice, research and government guidelines.

Who is it for? The course is designed for anyone who works directly with people with personality disorder whether Qualified or unqualified or working in the voluntary or statutory sectors. This may include mental health staff such as support workers, ward staff, nurses, occupational therapists or social workers.

Timetable (may be subject to amendment)

Session 1   Personality Disorder – introduction & overview
Overview of nature, prevalence and categories of personality disorder
Exploration attitudes, myths and misconceptions in this area of work
Exercise – Challenges in Practice

Session 2   Identification of key factors in the development of personality disorder and what issues are likely to arise
Focus on emotionally unstable or borderline personality disorder and the management of self harm
Exercise – Emotional Regulation

Session 3   Examination of interventions, strategies and an overview of therapies which may be effective in this area of work
Helping the service user manage overwhelming emotion
Exercise – Case Study with focus on appropriate intevention

Session 4   Exploration of common problems for practitioners, teams and services
Identification of possible changes to practice
Exercise – Next Steps

Learning Outcomes

On completion of this course, participants will be able to:

- Recognise the categories of personality disorder
- Understand the issues and challenges often facing people with this diagnosis including self harm and suicidal ideation
- Understand the importance of team cohesion and effective care planning
- Use specific interventions and strategies to help people manage their behaviours and/or emotions
- Identify possible changes in individual, team or service provision