

'Working with Borderline Personality Disorder'

Since it was first named as a diagnosable disorder in 1980, the diagnosis of Borderline Personality Disorder has been surrounded by controversy and confusion. Amongst service users and staff alike, there exists lack of clarity around what the diagnosis actually means, and how those diagnosed with BPD should be treated. Drawing from a range of resources including research, practice, national guidelines and personal experience, this course will clarify these areas of confusion, whilst also addressing other important questions and concern.

Suitable for:

Staff working at any level, in any setting, with people who may have a diagnosis of Borderline Personality Disorder, who may be at risk of attracting the diagnosis, or who display some of the diagnostic criteria of Borderline Personality Disorder. The course may also be of interest to carers and to people who are themselves living with a BPD diagnosis.

Aims of the course:

- to focus on the diagnosis of Borderline Personality Disorder
- to establish a shared understanding of the diagnosis
- to consider what treatments are on offer to people with a BPD diagnosis
- to address the most important current debates around the diagnosis
- to address the most common concerns around working with, caring for, and living with, the diagnosis of BPD

Objectives of the course:

- to examine our various understandings of the BPD diagnosis
- to identify the diagnostic criteria for BPD, and to consider how a diagnosis is made
- to consider the degree and impact of stigma surrounding the diagnosis
- to measure rates of prevalence amongst specific groups, and to think through the reasons behind different rates of prevalence
- to identify possible causal factors behind BPD
- to listen to experiential accounts of living with BPD; as well as having access to current research, publications and resources which address the diagnosis
- to identify and evaluate the most important responses, treatments and professional approaches to BPD
- to identify and evaluate the recommendations of national guideline and policy in relation to BPD
- to identify what factors may be most important in assisting recovery
- to acknowledge the emotional demands of BPD staff and carers, and their consequent need for support, supervision and self-care.
- to increase participants' skills and confidence when working with and responding to people with a BPD diagnosis
- to offer an opportunity for participants to reflect on their own personal responses and their practice in working with people with a BPD diagnosis
- to provide an opportunity for participants to share experiences, knowledge and opinions around the issue of BPD.

Course summary:

Morning session:

Understanding Borderline Personality Disorder

- a history of the diagnosis
- prevalence of the diagnosis amongst the general population and specific groups
- what does Borderline Personality Disorder mean?
- Borderline Personality Disorder, discrimination and stigma
- living with Borderline Personality Disorder: research and experience

Afternoon session:

Responding to Borderline Personality Disorder

- treatments for Borderline Personality Disorder: an overview
- helpful and unhelpful responses: research and experience
- considering Dialectical Behavioural Therapy
- staff and carers: support, supervision and self-care

Learning materials and methods

Whilst being structured and facilitated in order to ensure a safe and comfortable space for all participants, it is also informal, friendly and participatory. Course facilitators use a range of different learning materials and methods, including:

- Published research
- Quiz
- Literature
- Experiential accounts of service users and carers
- Experiential accounts of staff
- Participatory exercises
- Group discussion and debate
- Individual reflection and feedback



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