**Improving Access, Treatment and Support for People with a Diagnosis of**

**Personality Disorder**

Thursday 20th May 2021

Virtual Conference

10.00 **Chair’s introduction**

10.10 **A Lived Experience Perspective**

Confirmed

 **Leroy Simpson** *Person with lived experience of Personality Disorder*

• how can we improve the lives of people with Personality Disorder?

• the journey to diagnosis

• how can we reduce the stigma attached to a personality disorder diagnosis?

• improving access and services for diverse communities

• engaging with people to encourage continued contact with services

• understanding the lived experience

**Leroy’s biography**

In 2005 Leroy was diagnosed with severe depression, personality disorder with agoraphobic, paranoid and psychotic features.

I was born in 1961 and I am Black Caribbean

 He has been through the criminal justice and mental health systems, experienced homelessness and lived in supported housing. Since 2006 Leroy has been heavily involved in client Involvement. He is a member of four clients’ groups, sits on two advisory committees and a steering group. He was a member of a four NICE guideline development Groups.

In the last three years he has received a wide range of training, has chaired meetings with peers, area managers and directors, carried out research, interviews and has written reports. He has experience of working on policy making committees, media work, TV, radio and newspapers. Leroy has also delivered training courses to staff and peers including Recovery Approach Training, Reflective Practice, Action Learning Sets and Life Skills.

Recently I have served as a Board Member at Salvation Army Housing Association and for The Revolving Door Agency.

He is the ex- chair of the Harlesden Town Team which has almost 3,000 members and has raised nearly £4 million for their Town Centre Project.

Throughout his roles Leroy always promotes client Involvement and Personal Centred Planning.

10.40**Iatrogenic complications of compulsory treatment in personality disorder**

 **Dr Jorge Zimbron** *Consultant in General Adult and Rehabilitation*

 *Psychiatry* Cambridgeshire & Peterborough Foundation NHS Trust

Confirmed

• How do you care for those refusing care?

• Balancing the risks and benefits of compulsory treatment

• Is there an alternative?

• Case report highlighting two different approaches and their consequences in the

same patient.

**Jorge’s biography**

I am a consultant psychiatrist working at Springbank Ward, Fulbourn Hospital, in Cambridge. Springbank is a specialist unit looking after women with complex presentations and a diagnosis of personality disorder (PD).

There are only 2 units like Springbank in the NHS. We receive referrals from all over the UK, often regarding patients that have been treated in the private sector using coercive practices without benefit. I have developed an interest in reducing restrictive practices, as a way of improving the working environment and the outcomes for our patients. I share the positive results we have achieved in order to encourage people to move away from the default restrictive management approach to treat PD, which is generally unhelpful. The ward’s journey is one of the only positive stories about an NHS ward in the BBC archive ((<https://www.bbc.co.uk/news/health-47393050>).

I trained as a general adult and rehabilitation psychiatrist at Cambridgeshire and Peterborough NHS Foundation Trust. During my training, I carried out an MPhil in Psychiatric Research at the University of Cambridge. My medical training and foundation years were spent in London at Guy’s, King’s, and St Thomas’ School of Medicine and the Maudsley.

11.10 *Question and answers, followed by comfort break and virtual networking at 11.20*

11.35 **EXTENDED SESSION:**

**Treatment Models and Therapeutic Interventions**

Confirmed

**Dr Tennyson Lee** *Consultant Psychiatrist in Psychotherapy & Clinical Lead for Personality Disorders Service* East London NHS Foundation Trust

• treatment models and therapeutic interventions

• what does a treatment pathway look like

• successes, challenges and lessons learnt

• personality disorder in diverse communities – how do we ensure equality of access and treatment?

**Tennyson’s biography**

Dr Lee is aConsultant Psychiatrist in Medical Psychotherapy and General Adult Psychiatry and clinical lead at DeanCross Personality Disorder Service. He is co-director of the Centre for Understanding Personality Disorder (CUSP) which conducts research, and also trains and consults on development of PD services. He is joint research lead on the executive committee of the Medical Psychotherapy Faculty in the Royal College of Psychiatry. He is an honorary senior lecturer at in the Centre for Psychiatry within the Wolfson Institute Queen Mary University, London. Dr Lee was previously a senior lecturer in the School of Public Health at University of Witwatersrand where he led the Mental Health Programme of the Centre for Health Policy. Dr Lee trained at the Maudsley Hospital. He is a certified teacher and supervisor in Transference Focused Psychotherapy, serves on the International Society of TFP certification board, and is an a**ccredited practitioner of Mentalization Based Treatment.**

12.20 **First contact management of Personality Disorder in Primary Care**

Confirmed

**Dr Caroline Dollery**, *GP* Beacon Health Group Practice

• improving access for people experiencing symptoms of personality disorder for the first time

• improving referrral to IAPT and psychiatry services – easy in, easy out approaches

• understanding steps to diagnosis: supporting GPs to diagnose and refer

• supporting GPs to ensure good practice in working with people with personality disorder with a focus on Covid-19

• ensuring equity in access and supporting local communities to understand how to access services and what support is available

**Caroline’s biography**

Dr Caroline Dollery is a GP partner at Beacon Health Group and has been the regional Clinical Director for the East of England for mental health.  She has led on innovation in suicide prevention, as well as supporting the system to develop and implement national and regional investment in improved mental health services, including co-production.

13.00 **Small Breakout Rooms**

13.15 *Questions and answers,* *followed by lunch break and virtual networking*

13.45 **EXTENDED SESSION:** **Developing and Delivering an effective and therapeutic personality disorder pathway**

Confirmed

**Dr Stuart Mitchell** *Consultant Clinical Psychologist & Trust Lead for Personality Disorder* Northumberland, Tyne and Wear NHS Foundation Trust

• **Steps in development** of the pathway

• **Pathway description & key principles**

• **Specialist v. Generalist teams** and interfaces with other services

• **Successes, challenges, lessons learned** & next steps

**Stuart’s biography**

Stuart is a Consultant Clinical Psychologist and Trust Lead for Personality Disorder in the Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust. He is a trained Clinical Psychologist, Psychoanalytic Psychotherapist, EMDR, MBT and DBT therapist. He is also an MBT skills trainer and accredited MBT supervisor. Stuart has, alongside his colleagues, developed and leads the Personality Difficulties and Complex Trauma Pathway in his Trust. He has been practising MBT since 2006, including running full programme MBT, individual MBT and MBTi. He has trained hundreds of staff in both generalist and specialist approaches to treatment in personality disorder and complex trauma, including training the trainers and supervisors. More recently, he has been working with colleagues on adapting care pathways and treatment approaches for people who experience trauma-related problems and learning disabilities alongside personality difficulties, at both a local and national level.

He has recently co-edited a special issue of Clinical Psychology Forum on Improving Services for Trauma-related Dissociation and has co-authored a book with Mark Sampson and Anthony Bateman on Structured Clinical Management (SCM): An Implementation Guide, in press with OUP. He is an SCM trainer for the Anna Freud Centre, approved SCM supervisor, and delivers SCM training and supervision across the UK. He is currently working on a further book on Trauma-informed Care in Acute care settings with a psychiatrist and person with lived experience. He is working on further adaptations to the SCM model and researching these within his organisation and on developing National Guidelines for Working with Trauma-related dissociation.

14.30 **Working with family and friends of People with a ‘Personality Disorder’**

Confirmed

**Lessons from a Personality Disorder Managed Clinical Network**

**Dr Jannine Dowling** *Clinical Psychologist* **With Lorna Pankethman** *Carer Consultant* Leeds Personality Disorder Managed Clinical Network, Leeds and York Partnership Foundation NHS Trust

• the lived experience of caring for someone with ‘personality disorder’

• the practicalities of supporting family and friends: what carers tell us

• the development of a manualised, psychoeducational group for carers

outcomes: Wellbeing, understanding, satisfaction and Carer Experience

• coproduction: co-facilitation, peer support and service development

**Jannine’s biography**

After many years of working in specialist substance misuse services with young people, I finally retrained as a clinical psychologist. Post qualification in 2013, I have specialised in working with adults who have complex trauma histories and challenging presentations. While working with Leeds personality disorders services, I have worked with offending populations and probation teams, using consultation and systemic models to drive understanding and interventions, before arriving at the Pathway Development Service, which specialises in developing appropriate care pathways for people with personality disorder. Outside of work, my passions are cooking good food, eating good food and relaxing with a good book.

**Lorna’s biography**

Lorna is a retired Orthoptist who previously worked at St James’s University Hospital in Leeds. She has worked in the NHS for 39 years. She has been married for 37 years and is the mother of two adopted boys, the youngest who still lives at home and has a diagnosis of BPD. Since leaving the NHS two and a half years ago, Lorna volunteered to work for Leeds NHS Foundation Trust and work for Leeds Personality Disorder Services as an Expert-by-Experience, co-facilitating the Cygnus group for Carers. She also works one day each week for the British Thyroid Foundation as Medical Query Co-Ordinator, although her main interest is Thyroid Eye Disease. She is also on the management committee of OPTIN at Leeds Teaching Hospitals NHS Trust, a charity which supports overseas training initiatives. She has worked mainly in Leeds but also done some work in Madagascar as part of the OPTIN programme teaching ophthalmologists. In her spare time, Lorna attempts to play golf. She enjoys cycling, walking, reading and is trying to learn German.

*15.00* ***Delivering a trauma informed approach***

**Adverse Childhood Experiences: ACEs & Personality Disorders –**

**a modular strategy for prevention**

Confirmed

**Dr Arnon Bentovim** Child and Family Training UK

*Visiting Professor* Royal Holloway, University of London

• reviewing the literature on ACEs and personality disorders

• understanding and delivering a trauma informed approach

• modular interventions to prevent the development of Personality Disorders

**Arnon’s biography**

**Arnon Bentovim** *trained in Psychiatry at the Maudsley Hospital/Institute of psychiatry, and as a Psychoanalyst, and systemic/family therapist. He helped to establish the Association and Institute of Family Therapy, and researched measures of family functioning,
and clinical approaches at the Institute of Child Health, Great Ormond Street Children’s hospital, and the Tavistock Clinic. He took responsibility for the management of child protection at the Hospital, and he and colleagues established the Child Sexual Abuse Assessment and Treatment Service the first comprehensive service in the UK, and a service to assess the risk and therapeutic needs
of maltreated children. Child & Family Training, UK- a not for profit organization- was founded in 2004 to develop and promote multidisciplinary training of evidence -based approaches to assessment, analysis and intervention. Research initially funded by the DofE on common factors in therapeutic work led to the development of UK. The Hope for Children and Family (HfCF) intervention resources. Award –Sept 2014 the International Society for the Prevention of Child Abuse and Neglect recognised Dr Bentovim ‘For his Career Dedicated to the Field of Child Abuse and Neglect and Promotion of Child Rights’. He is Life President of The Lucy Faithfull Foundation*

15.30 Small Breakout Groups

15.45 *Questions and Answers, followed by Comfort Break*

16.00 **Reducing suicide in people with a diagnosis of personality disorder: Embedding suicide mitigation practice into your service**

Confirmed

**Dr Phil Moore***Chair* Thrive, London's Suicide Prevention

• risk management or risk mitigation?

• the impact of Covid-19 on suicide rates

• managing demand for services during and beyond Covid-19

• improving intervention and support

• reducing the risk of suicide- lessons from Thrive

**Phil’s biography**

Phil Moore is a long-standing and enthusiastic GP committed to transforming the NHS through the opportunities afforded by the current system. He has held public roles in the NHS and beyond for many years including in Kingston, London-wide in mental health and primary care, and nationally as a board member of NHS Clinical Commissioners and member of various national advisory groups on mental health. He is a trustee and chair of a variety of charities, and a Visiting Fellow in Healthcare Management at the University of Surrey. He has a strong educational background having been a GP Trainer and Honorary Teaching Fellow at Imperial College. He frequently speaks and chairs at national conferences.

16.30 **Supporting people living with personality disorder: Peer support, innovative approaches and user led training and education**

Confirmed

**Sue D Ellis** *Sue D has a accoKUF Training Lead, User Led Training*

North of England at SU Training & Development

• supporting people to understand personality disorder better and provide them with practical advice to help manage the condition and feel more equipped to support themselves and others to achieve greater emotional wellbeing

• supporting people to consider how life experiences may affect personality development

• delivering innovative approaches to user led training and peer support

• our course for people living with personality disorder

**Sue’s biography**

Sue is a contented and fulfilled wife to Dave, Mother of two and Grandmother of five. A qualified Librarian and Person Centred Counsellor, Sue has enjoyed a varied career in statutory, academic and third sector organisations. The last ten years has been spent applying all her learning, knowledge and experience; BA, 1st Class Honours degree in Counselling, an MSc in Experience and Expertise in Personality Disorder and applying this to educating and consulting to people working and accessing health & criminal justice services and includes co-authoring chapters in textbooks on the subject area.

Resolute and passionate, Sue believes that with kindness, compassion, care and empathic and validating relationships, everyone can become self-fulfilled and reach their true potential and overcome extreme adversity.

*17.00 Questions and answers, followed by close*