

# PERSONALITY DISORDERS: Person or Problem?

- using a psychodynamic framework to enhance professional practice -



**19 March 2009 – 28 May 2009**

**2.30 - 6.00pm**

(no seminar - 23 April 2009)

**SIHR**

**The Scottish Institute of Human Relations**

- *understanding people* -

# PERSONALITY DISORDERS: Person or Problem?

- using a psychodynamic framework to enhance professional practice -

## Overview and Membership

This is a 60 hour Continuing Professional Development course comprising 36 hours attendance and 24 hours individual study. It is led by experienced members of SIHR with additional contributions from different disciplines in the caring professions.

This is a new course being developed as a pilot with the aim of seeking future optional academic accreditation. It is designed for practitioners in healthcare, social work, teaching, prison welfare housing, ministry, voluntary organisations et al who are working with service users with personality disorder.

The course offers an opportunity to further develop an understanding of people with personality disorders and how these disorders impact upon the individual, the family, the practitioner and the organisation. The learning is supported by an exploration of a psychodynamic framework. Additionally, different treatment modalities and the management of risk are explored.

**A group tutorial mid point in the course, and an individual post course consultation of 1 hour to assist participants in identifying future support and learning needs, are included in the course fee.**



## Course Content

The length of the course is 10 weeks, divided into two, five week blocks with a week's gap mid term. Each session is 3 ½ hours long comprising a reading and theory seminar and a work discussion seminar where current practice can be thought about in a small confidential group. Participants should expect to set aside a minimum of two hours per week for teaching and periodic preparation of work material.

## Aims and Objectives

1. To develop understanding of personality and other complex mental disorders in the context of personality developmental pathways and the potential impact of these upon service users and their families.
2. To develop knowledge of psychodynamic and systemic concepts, especially that of Transference and Counter-Transference, as an aid to working with services users with personality disorder.
3. To explore the impact of attachment, separation and loss on the individual's life experience.
4. To increase awareness of organisational dynamics and thus assist multi disciplinary and interagency working and service user involvement.
5. To further develop skills in assessment and the management of risk.



## Learning Outcomes

On completion of the course it is anticipated participants will have enhanced capacities in:-

- integrating knowledge of personality disorders with current work experience.
- formulating appropriate personal responses to people with personality disorder.
- reflecting on the use of self in practitioner or management role with relation to crises and risk.
- considering a variety of interventions, including the ability to harness service users' strengths in these.
- applying psychodynamic understanding to group and multi agency working.

## Costs

The course fee is £700.00 which includes all reading papers, certificate of completion and a one hour post course consultation. Applicants will be invoiced for the full course fee upon acceptance of application. In the event of cancellation prior to the start date a £50 administration charge will be levied.

Please note that course fee invoices will be sent out with acceptance of applications/offer of place letters with payment due no later than the mid point of the course.

## Venue, Dates and Times

- SIHR, 172 Leith Walk, Edinburgh EH6 5EA
- 10 Thursdays from 19 March – 28 May 2009 (no class 23 April 2009)
- 2.30pm to 6.00pm



**APPLICATION FORM**

**PERSONALITY DISORDERS: Person or Problem? - starting 19 March 2009**

|                             |  |
|-----------------------------|--|
| <b>NAME</b>                 |  |
| <b>ADDRESS</b>              |  |
| <b>Email</b>                |  |
| <b>Contact Tel.<br/>No.</b> |  |

**Current Work**

**Previous work and training experience (and relevant qualifications)**

**Reasons for Applying for this Course**

**Name, address and telephone number of work colleague /manager who will support your application.**

**Invoicing Details** (if different from overleaf):

|          |  |
|----------|--|
| NAME     |  |
| ADDRESS  |  |
| Tel. No. |  |

Please note that course fee invoices will be sent out with acceptance of applications/offer of place letters with payment due no later than the mid point of the course.

**Applicant Signature:**

**Date:**

**This form should be returned by 19 February 2009 to:**

**The Course Convenor  
Jill Prentice  
Personality Disorder Course  
SIHR, 172 Leith Walk, Edinburgh EH6 5EA**

I do not want to receive information about any other SIHR courses, trainings, events, or services.

Personal information will be held and processed by SIHR according to the Data Protection Act (1998). This information will be used by SIHR to administer and manage the course or service.

## **COURSE OUTLINE**

1. Putting Personality Disorder and complex mental disorders into an historical and sociological context (19 March 2009)
2. Personality Development (26 March 2009)
3. Psychodynamic and systemic frameworks and concepts (2 April 2009)
4. Psychopathology and the use of transference and counter-transference (9 April 2009)
5. Attachment and trauma (16 April 2009)

### **Break – 23 April 2009**

6. The impact of Personality Disorder upon the individual, families and professionals (30 April 2009)
7. The role of assessment and the management of risk (7 May 2009)
8. Different ways of working 1; mentalisation, CAT, DBT (14 May 2009)
9. Different ways of working 2; to be arranged and selected from Individual, Couples and Family Therapy; Therapeutic groups and Therapeutic communities (21 May 2009)
10. Organisational dynamics; multi disciplinary and interagency working; and Review (28 May 2009)

## **POST COURSE 1 HOUR CONSULTATION**

Week beginning 15 June 2009



**The Scottish Institute of Human Relations**  
*- understanding people -*



Founded as an education trust in 1971, The Scottish Institute of Human Relations (SIHR) is a national resource which provides educational programmes and services. A national charity, it has premises in Edinburgh and Glasgow, with a wide network of practitioners and members.

### *Why choose SIHR?*

Understanding human relationships is central to emotional health and well-being, but sustaining and applying that understanding in the work of promoting mental health or social well-being is very demanding. SIHR, in its role as an educational charity, develops and delivers courses and services for people who respond to such demands in their professional lives.

Our courses and services translate psychoanalytic, psychodynamic and systemic ideas into practical tools for professionals in the health service, voluntary and faith organisations, and education and social services.

### **The Scottish Institute of Human Relations**

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