

An integrated modular approach within a female personality disorder unit

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Addressing core deficits



Background



Role of the OT

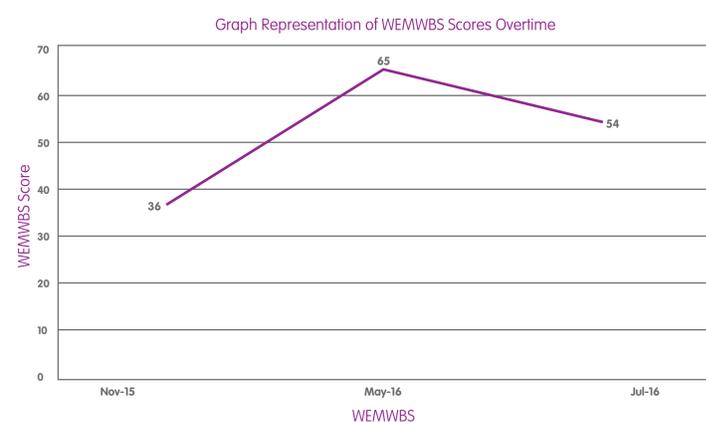
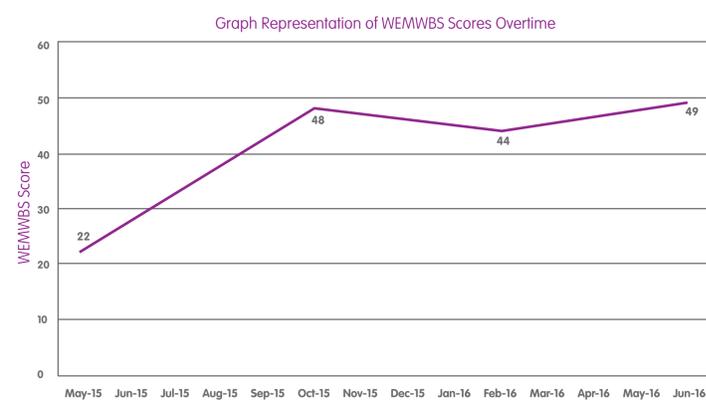
- ✓ Interpersonal: MoHOST, OSA, ACIS
- ✓ Self/identity: MoHOST, OSA
- ✓ Use activity to initially create a diversional program for assessment of function
- ✓ Collaboratively delivering DBT groups to enable patients to build a satisfying life
- ✓ Rediscovery of a persons occupational identity whilst offering opportunity for transferable skills to be practiced
- ✓ Individualised pathway within a consistent, time managed treatment program

"I actually applied the things that I was learning in the situations I found myself in and I did this over and over again. I was no longer sitting in groups and pretending that I was going to be doing the work. I started talking, I did the work until it was my first response to a situation. I am still changing but now at least I can say that I'm in REAL recovery" - Patient

Role of Counselling Psychologist

- ✓ Diagnosis: SCID-5-PD (MCMI as required)
- ✓ Additional assessment in form of outcome measures and team formulation
- ✓ Results of outcome measures mapped onto core deficits:
 - Regulation/modulation: DERS; BAI; BDI; BHS
 - Interpersonal: TASIT; CIRCLE
 - Self/identity: AIQ; WEMWBS

Results



Red (4 weeks)	Amber (20 weeks)	Green (16 weeks)
Assessment (OT and Psychology)	DBT: Emotion Regulation Group (OT and Psychology)	Interpersonal Effectiveness (OT and Psychology)
Diversional / Leisure Groups (OT)	Occupational Identity Group (OT)	Problem Solving and Discussion Groups (OT)
Sensory Profiles (OT)	Occupational Action Plans (OT)	Independent Program (OT)
Open Mindfulness Groups (Psychology)	Distress Tolerance (Individual) (Psychology)	Schema Group (Psychology)
Individual Therapy	Individual Therapy	Individual Therapy

Conclusions

- ✓ For the patient it provides a sense of empowerment and allows the patient to 'sign up for treatment'
- ✓ Offers the community teams and funders clarity in relation to time frames and cost implications
- ✓ For the unit team it offers collaboration with a clear and concise treatment plan. This further offers structure and an inter-professional approach