

NHS GREATER GLASGOW AND CLYDE

Core Training for Clinical Management of Borderline Personality Disorder

Coordinated Clinical Care (CCC)

Background and Context

The Borderline Personality Disorder Implementation Steering Group identified the need for core training for all mental health staff to improve understanding and working practices with people who have Borderline Personality Disorder (BPD). It is widely recognised that mental health staff can find this group of patients difficult to engage with and can feel lacking in knowledge and skills and poorly equipped for this aspect of their work. The training was developed by a multi-professional group of staff and the content was informed by a biopsychosocial model of personality development and by a growing body of evidence for effective therapeutic interventions for difficulties associated with the disorder. Lived experience consultation was integral to the process and remains a key component of the personality disorder strategy. Rollout commenced in February 2021 and the training is delivered digitally via Microsoft Teams. Ongoing evaluation indicates that the training is effective towards improving understanding, empathy and confidence in working well with people with a diagnosis of BPD.

Outline of the training

- The training emphasises the relationship between staff and patient, a developmental theory about why this might be difficult to manage with this patient group and leads on to some practical interventions and skills for working well with these complex presentations. It aims to consider 'real life' clinical situations as a context to applying the principles and techniques of the training.
- The training draws on different theories and approaches (Attachment theory, Psychodynamic theory, Bio-socio theory, and Dialectical Behaviour Therapy (DBT) and Mentalization Based Training (MBT) and pulls out common themes which are likely to contribute to more coordinated and consistent care of people with BPD. It includes a section on managing crisis situations and hospital admissions.
- The training includes an introduction to some basic skills drawn from these models. This training is designed as a framework to underpin further, more specialist skills training, for example Mentalizing Skills 2 day course, DBT skills training, or STEPPS training.

Aims of the Training

- To introduce the GG&C Co-ordinated Clinical Care Principles (CCC)
- To understand the complex factors contributing to the development of BPD
- To highlight changes to diagnostic definition of BPD e.g. Borderline Pattern
- To acknowledge the challenges to working with BPD
- To promote principles of good practice, skills and strategies for working well with BPD
- To emphasise treatability and evidence based therapies
- To consider the importance of having a team and individual support network

Who is the training aimed at?

- All GG&C adult mental health and social care staff who work in a clinical/care role
- The Borderline Personality Disorder Implementation Steering Group identified the Phase 1 priority service areas as adult in-patient and community mental health and crisis teams.
- As rollout has progressed there has been representation from other clinical areas at the training however the Phase 1 service staff remain the priority focus

What is the expected commitment?

- Participants will be expected to commit to a whole day of training (9.30am – 4.30pm)
- Participants will be asked to complete a pre, post and 3 month follow up outcome measure. There will also be a course evaluation to complete at the end of the day.
- On the day, participants will be asked to contribute to group activities and discussion to enhance the learning experience and create a clinical context. A device with working camera and microphone is essential for participation in the training.

How will the training be delivered?

- The training has been designed as a one day programme for whole or mixed teams across the priority service area.
- The training has been adapted for delivery via the MSTeams platform but remains compatible with in-person delivery
- The training aims to blend a variety of learning mediums including PowerPoint presentation, video clips, group activities and discussion topics.
- The training is delivered by two CCC trainers, whose role it is to coordinate and deliver the training and by in person or by video representation from the BPD Dialogues Lived Experience Group.

For further information contact ggc.cccadmin@nhs.scot