

BPD Pathway Interventions

Co-ordinated Clinical Care

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Assessment/ Diagnosis/ Formulation/ Crisis planning/ Low intensity psychological therapies/ Treat co-morbidities

MILD/
MODERATE

Emotional Coping Skills Groups

8 Sessions DBT based skills programme
Weekly Group Sessions
CMHT patients with mild - moderate emotional and behavioural dysregulation; low levels of risk
May or may not have a diagnosis of BPD

MODERATE

STEPPS

20 Week CBT based manualised programme
Group and Individual sessions
CMHT patients with moderate BPD (or BPD type) difficulties

MODERATE/
SEVERE

DBT

Up to 18 months skill based approach (CBT + mindfulness)
Weekly group and individual therapy
CMHT patients with 'severe' BPD diagnosis

MBT

Up to 18 months mentalization based approach
Weekly group and individual therapy
Patients with 'moderate – severe' BPD diagnosis

Clinical Psychology

Formulation driven, time limited 1 to 1 work

Models include:

CBT for PD

Schema Based Therapy

Compassion focused Therapy (CFT)

Adapted DBT, IPT and ACT

Psychotherapy

Individual or Group
Psychodynamic Psychotherapy

Not diagnosis-driven

Brief , medium or long term

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