



JCK TRAINING

Health and Social Care | UK & International

Working with Borderline Personality Disorder

COURSE INFORMATION 2012

Course Overview: Working with Borderline Personality Disorder

This intensive 1-day in-house course aims at helping support social care staff understand the nature of Borderline Personality Disorder beyond the stereotypes ('attention seeker' or 'drama queen' to name but two) and will help delegates work with service users to develop positive coping strategies and attitudes. We will also be introducing the Toolkit to create simple, 'do-able' techniques as well as being able to work alongside mental health professionals and therapists, and to understand the basics of approaches such as Cognitive Behaviour Therapy (CBT) and Dialectical Behaviour Therapy (DBT) which are being developed to help and support this client group.

Much of the day to day work with BPD service users concerns their relationships with others and in particular those closest to them. Keyworkers and Care Co-Ordinators are often in the 'firing line' of the fluctuating moods and attitudes of the client, but to counter the often negative view of services there is ample research and anecdotal evidence that patient, long-term professional relationships and relatively straightforward factors such as stable accommodation can, and do, make a positive difference to the otherwise chaotic lives of people diagnosed with BPD.

New for 2012!

This 1-day course is now available as a shortened 3 hour workshop with reduced Learning Objectives and more intensive input. Contact us for details.

Learning Objectives: By the end of the course participants will be able to:

- Describe the meaning of Borderline Personality Disorder
- Discuss some of the key ramifications of this diagnosis to the individual and those around them
- Explore our own and others attitudes to BPD
- Develop workable strategies to support clients with Borderline Personality Disorder

This course is suitable for:

- Mental Health Professionals
- Residential Care Staff
- Supported Housing Workers
- Prison Workers

Course Outline: Working with Borderline Personality Disorder

Session Title	Description	Learning Method
Introductions	About today's course Introducing the Trainer and the group members to each other	Working in Pairs Large Group Discussion
The Checklist	Individual Exercise: What does BPD mean to us?	Small Group/Individual Exercise Presentation
Defining & Describing	How do clinicians diagnose Borderline Personality Disorder? Is there a 'cause'?	Small Group Exercise Case Studies
The Mind Map	Small group exercise: Creating images of BPD and exploring the effects they have on themselves and others	Video Clips Large Group Discussion
Treating BPD	Current treatment and service approaches	Slideshow Large Group Discussion
The Personality Disorder Toolkit	Some useful skills workers can use in day-to-day work with difficult clients and situations	Trainer-led Role Play Large Group Discussion
Summary, Evaluation and Close		

Delegates will receive a Handout Pack and Course Outline for use on the day. As a follow-up to the training we supply a complementary PDF manual sent to delegates by email. This is a comprehensive text written exclusively for this course and serves as a 'refresher' to the course material covered on the day itself. Delegates will also receive a Certificate of Attendance within a week of the event. All courses are fully evaluated using our own documentation, but in-house evaluation methods can be used if preferred.

Fees

We can provide an individualised, no-obligation quotation for you on request. The fee we quote is exactly what will be invoiced should you wish to book a course and will be guaranteed for a 3 month period following your initial enquiry.

We charge per course (not per person) and can work with a group of between 5 and 25 delegates at a venue of your choice. The fee includes all trainer expenses such as travel and accommodation, as well as course materials and a Certificate of Attendance for every delegate.

Our quotation includes:

Course Fee	£600 per day ^{1,2}
Travel	£0.40p per mile ³
Accommodation and subsistence	£70 per night ⁴

Working with JCK Training

Booking one of our courses is a collaborative process. From requesting a quotation to booking a date, we work closely with our clients to ensure each course is tailored to training needs and meets organisational learning outcomes. Programmes are adapted to meet the needs of any specific staff or client group at no extra charge, and Training Managers are asked to fully approve the programme before confirming dates and details. Clients will be invoiced (for the total quoted on the original quotation) on successful completion of the agreed project.

- 1** The course fee includes course delivery plus pre-course consultation and tailor-made Learning Objectives, content and case material specific and appropriate to the service users with whom your organisation works. Course materials are included as well as Certificates of Attendance for each delegate, which will be printed, signed and sent to you by post within a week of the
- 2** We usually deliver training over the course of a day, but most of our courses can be delivered as shorter 3-hour workshops with some truncation of Learning Objectives and content. Please enquire if this might be of interest to you. In most cases we can only provide shorter workshops on a consecutive AM and PM basis as it would not be practical to travel long distances for a single 3-hour course.
- 3** Travel expenses are based on a return journey between our base in Weymouth, Dorset and the training venue arranged by your organisation. We use Google Maps to calculate the shortest car journey, but will travel by train or air where practical and financially viable in which case any savings will be reflected in the quotation.
- 4** We will charge for overnight accommodation and subsistence only where significant travel is required by the trainer prior to course delivery.



Lead Training Consultant Connor Kinsella with a group of BTEC Care of the Older Person students

We guarantee:

- ▶ Brief, high-impact courses
- ▶ Individualised programmes focussed on YOUR staff and YOUR client groups
- ▶ Value for Money: we work with groups of up to 25 delegates
- ▶ Skilled, experienced trainers with years of 'hands-on' experience
- ▶ Testimonials and references available on request
- ▶ High quality training materials and reading lists

Contact Us

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