

Working in an English Personality Disorder Service – Lessons for the Irish experience?

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Declaration of Interests

- None

Background

- 2003 No longer a diagnosis of exclusion
- 2004 Department of Health provided funding for 11 pilot projects offering different treatment modalities

NHS

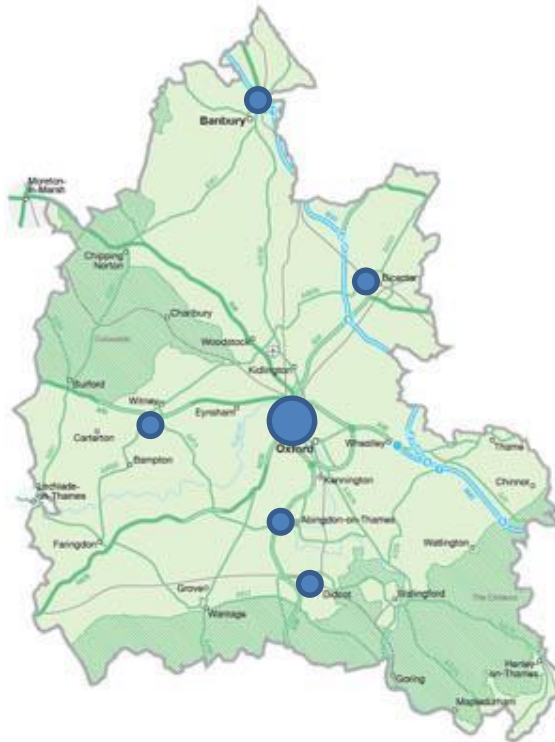
*National Institute for
Mental Health in England*

Personality disorder:
No longer a diagnosis of exclusion

Policy implementation guidance for the development of
services for people with personality disorder

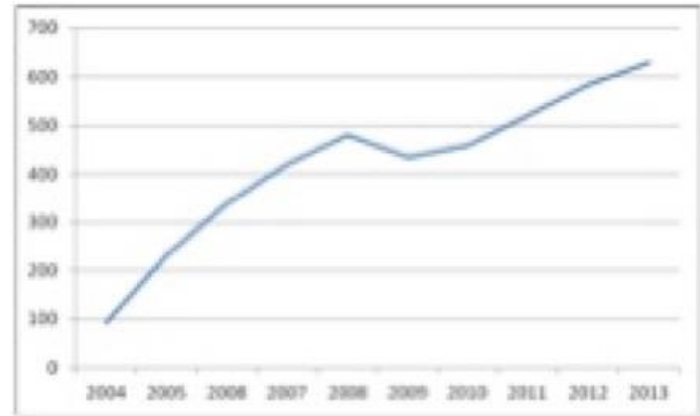


Oxfordshire Complex Needs Service (CNS)



CNS Organisation

- Total budget £850k
- 12 WTE staff
- 700 referrals annually

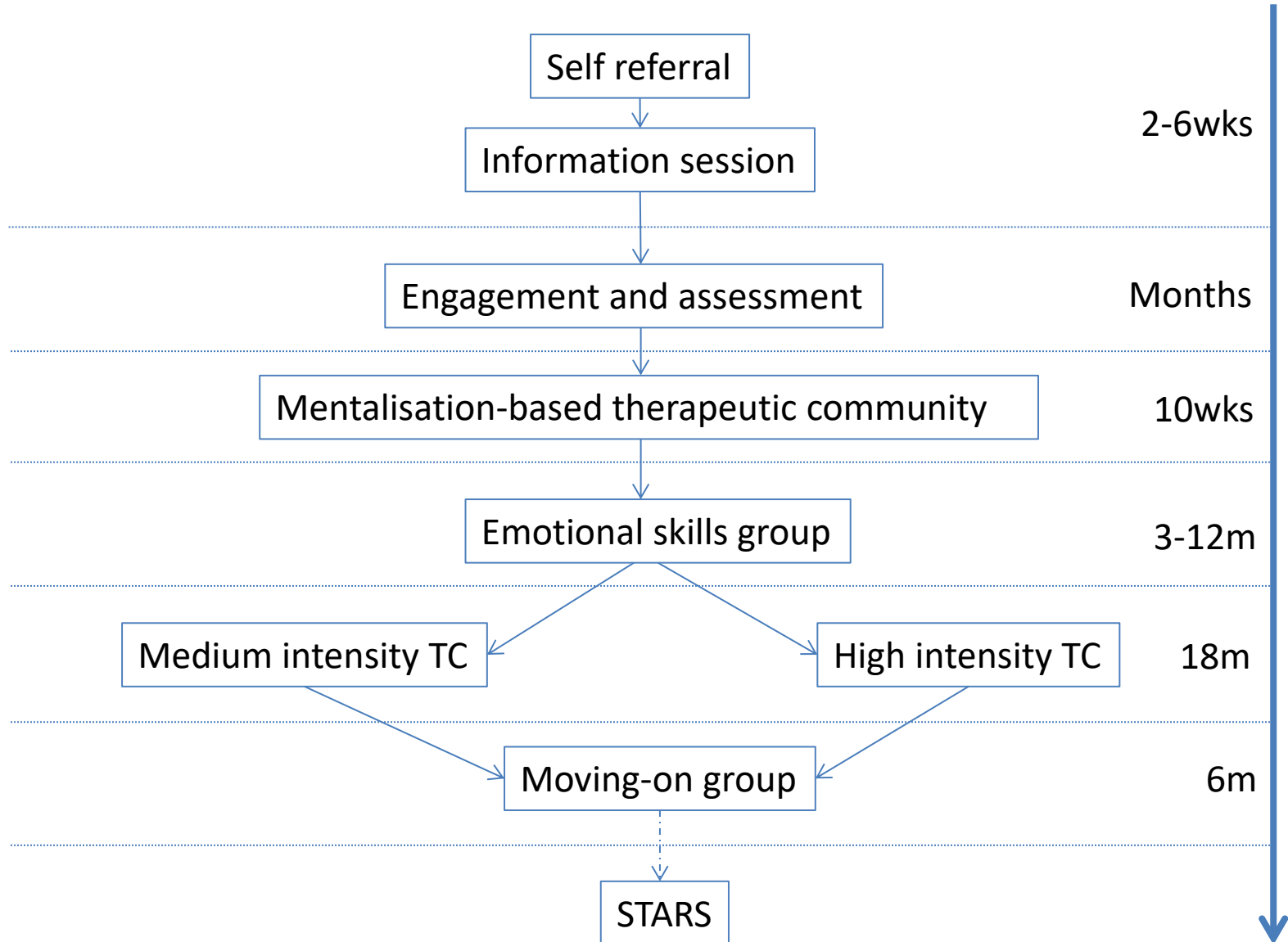


CNS Staffing

- 12 WTE staff
 - One consultant medical psychotherapist
 - One staff grade doctor/SHO
 - One administrator
 - One team leader (band 8a)
 - One deputy team leader and two clinical leads (band 7)
 - Four band 6s and one band 5



CNS Structure



CNS Therapeutic Communities (TCs)

- Two medium intensity TCs and one high intensity TC
- Each 12-18 members



Example timetable for a three-day-per-week DTC

Monday	Tuesday	Wednesday
9:05–9:15 Pre-brief	9:05–9:15 Pre-brief	9:05–9:15 Pre-brief
9:15–10:15 Opening community meeting	9:15–10:15 Opening community meeting	9:15–9:45 Opening community meeting
10:15–10:30 Break	10:15–10:30 Break	9:45–10:00 Break
10:30–11:45 Small group	10:30–11:45 Psychodrama group	10:00–11:15 Large group
11:45–12:00 Break	11:45–12:45 Lunch	11:15–11:30 Break
12:00–13:00 Small group feedback (20 mins) and Closing community meeting TC closes	12:45–13:00 Business meeting 13:00–14:00 Focus group or SCIDs group (alternating weekly) 14:00–14:15 Break	11:30–12:00 Activity 12:00–12:30 Closing community meeting TC closes
14:00–16:00 Preparatory group	14:15–15:15 Creative group (with feedback) 15:15–15:30 Break 15:30–16:30 Thursday and Friday discussion (20 minutes) and Closing community meeting TC closes	

Democratic TCs – Distinctive Features

- Democratisation
- Permissiveness
- Reality confrontation and a culture of enquiry
- Communalism



CNS as a Dedicated Personality Disorder Service

- From a therapist perspective
 - Stepped care
 - Ethos
 - Peer dynamics
 - Demanding
- From a community psychiatrist perspective
 - Optimism
 - Consistency
 - Liaison
 - Inflexibility and disconnection



References

- National Institute for Mental Health in England (2003). *Personality Disorder: No Longer a Diagnosis of Exclusion*.
- Pearce & Haigh (2017). *The Theory and Practice of Democratic Therapeutic Community Treatment*.
- RCTs:
 - Pearce et al (2017). *Democratic therapeutic community treatment for personality disorder: randomised controlled trial*. BJPsych 210(2): 149-156.
 - Piper et al (1993). *A Randomized Trial of Psychiatric Day Treatment for Patients with Affective and Personality Disorders*. Hosp Community Psychiatry 44(8): 757-763.