

## Supporting Clients with Personality Disorders

### BACKGROUND:

The term personality disorder is used to refer to people with an extremely broad range of experiences, difficulties and behaviours. Many people given the same diagnosis will have very different experiences and it is common for people to be given a diagnosis of more than one personality disorder.

### TARGET GROUP:

Staff who are working directly or indirectly with clients who have personality disorders. Many individuals with mental illnesses can significantly reduce symptoms and improve their quality of life with a combination of professional supports including person centred support.

### COURSE AIM:

The course aims to improve staff knowledge, relationships and ability to recognise deterioration of mental health. Mental disorders are caused by a complex interplay of genetics, the environment, and other outside factors.

### LEARNING OUTCOMES:

1. Gain awareness of the causes of Personality Disorders
2. Recognise clusters and compare/contrast types of Personality Disorders & coping mechanisms
3. Develop a knowledge of Personality Disorders showing an understanding of the impact on behaviour, communication, identity and relationships
4. Discuss the value of continuous situational risk assessment
5. Recognise signs of and respond effectively to a deterioration of Mental Health

### ORGANISATIONAL BENEFITS:

Improved staff knowledge and service delivery. Promoting safe working practices in line with Health & Safety at Work Act 1974 and Management of Health & Safety at Work Regulations 1999, whilst valuing and empowering support staff to deliver quality support services and follow good practice guidelines.

**Costs: £700 + VAT for 12-14 people, at your venue**

(Including all materials)

For further information or to reserve your place contact Steps Training on **02920 095300** or email [info@steps-training.co.uk](mailto:info@steps-training.co.uk) @ St Line House, Mount Stuart Square, Cardiff Bay, CF10 5LR