

FAMILY CONNECTIONS

A SKILLS BASED
PROGRAM FOR FAMILIES
FACING BORDERLINE
PERSONALITY
DISORDER CHALLENGES

 01604 658834

 nhft.nhs.uk



MAKING A
DIFFERENCE
FOR YOU,
WITH YOU

WHAT IS BORDERLINE PERSONALITY DISORDER?

This is a medical or diagnostic term used in mental health services. This is also referred to as Emotionally Unstable Personality Disorder.

FAMILY CONNECTIONS

This 12 week programme for adult family members of individuals with BPD provides current information, teaches coping skills and creates the opportunity to develop a support network.

Studies show that family members benefit in the following areas:

- **Decreased grief**
- **Decreased burden**
- **Reduced distress and depression**
- **Increased master/empowerment**

COURSE CONTENT

Skills training based on Dialectical Behaviour Therapy (DBT) in:

- **Research-based 12-week course**
- **Education & Research on BPD**
- **Skills training for families based on Dialectical Behaviour Therapy (DBT)**
- **Relationship Mindfulness**
- **Effective Communication**
- **Validation**
- **Development of a support network**

FRAMEWORK

The format of the classes allows group participants to obtain information as well as acquire and practice the application of skills in a confidential and supportive environment.

IS THIS PROGRAMME FOR YOU?

- I am a family member, a partner/spouse, caregiver or close friend of someone struggling with BPD
- I want to improve my relationships

- I am willing to consider how my own behaviour impacts my relationships
- I am willing to try out new skills even though they may be uncomfortable at first
- I am willing to fully participate in the classes and practice what i have learned

PARTICIPANT COMMENTS

- The sharing and problem solving really helps me deal with the grief
- It's good to finally have found a support network
- I like practicing the skills and then seeing the difference it makes when i use them
- The Family Connection course changed my life and enable me to learn practical skills to help my family communicate better than ever
- A ray of hope for our family in a deep sea of seemingly endless despair and pain

HOW DO I REGISTER?

Arrange an initial telephone appointment:

Telephone: 01604 658834

Email: personalitydisorderhub@nhft.nhs.uk

Once you have registered interest in the course we will be in touch to arrange a meeting to discuss the course and answer any questions you may have.

This workshop is NOT open to people who suffer from BPD, only to family members and close friends.

DELIVERED BY NHFT PERSONALITY DISORDER HUB AT:

The sessions will be delivered remotely via Zoom or Microsoft Teams.



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**Northamptonshire Healthcare
NHS Foundation Trust
Personality Disorder Hub
Campbell House
Northampton
NN1 3EB
Telephone: 01604 658834
www.nhft.nhs.uk**

Inspected and rated

Outstanding ★



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If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504

এই লফিলেটেট যদি আপনার অন্য কোনো ফরম্যাটে

বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করুন

0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Jeżeli się skrajutę norite gauti kitu formatu ar kalba, kreipkitės į PALS: 0800 917 8504

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku,

prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.