

# Inviting Carers!

**Are you a Carer for someone with Personality Disorder or complex emotional needs?**

We are developing a 4-part workshop for Carers, bringing people together to share skills and knowledge, and support one another. The course has been developed in collaboration with Carers and people with lived experience of personality difficulties and/or a personality disorder diagnosis, throughout.



**Pilot Workshop for Carers:  
Personality Disorder and  
Complex Emotional Needs**

We are looking for Carers to take part in the pilot, hopefully some time in December and/or January. The Pilot is a 'practice run', so your feedback would be welcome and appreciated. You would ideally attend the whole course and at the end of each workshop there would be a very short survey (mostly multiple choice).

The pilot will take place online, via Zoom, one evening per week, for four weeks. Each session is 2 to 2½ hours, with breaks, and there will be support with the IT should you need it.

The course content will look something like this (TBC)...

Over the 4 workshops we will look at:

- Exploring personality and personality difficulties
- Supporting someone with difficult emotions
- Skills for managing strong emotion
- Looking after ourselves in the short-term and long-term
- What is recovery?
- Recovery and personality difficulties
- Walking the middle path and recovery
- Boundaries
- Balancing empowerment and protection
- Advocacy
- Reasons to hold the hope (research into recovery)
- Evidence-based treatments
- Signposting other support for carers
- Sharing resources, experiences, and advice
- *And much more...*

**If you are interested, please send your name, and contact email, to:**

**[Anya.Jarvais@nsft.nhs.uk](mailto:Anya.Jarvais@nsft.nhs.uk)**