

STEP

Short Term
Educational
Programme



Sheffield Health
and Social Care
NHS Foundation Trust




Understanding Borderline Personality Disorder / Emotional Sensitivity Course

Information leaflet

This course aims to provide support to anyone who is struggling with the experiences associated with BPD, EUPD and/or emotional sensitivity.

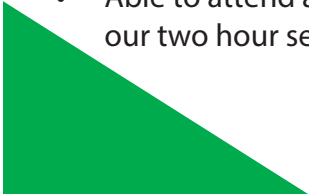




The Understanding Borderline Personality Disorder / Emotional Sensitivity Course focuses on understanding experiences associated with Borderline Personality Disorder (BPD), Emotionally Unstable Personality Disorder (EUPD) and emotional sensitivity, and discovering ways to manage these.

How do I know if it is for me?

If you would like to attend one of our courses you need to be:

- Able to identify with some of the experiences relating to emotional sensitivity / have a diagnosis of BPD/ EUPD.
 - In a position to tolerate being in a group of up to 15 people.
 - Able to attend all four of our two hour sessions.
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- At a stage where you are ready to take on self-management.
- Open minded to trying new things.

If you're not sure if the course is for you, you can speak with one of the team and ask any questions you may have before you agree to be referred.

Just give us a call on [0114 226 2660](tel:01142262660) and ask to speak to a course facilitator.

What should I do if I'm interested in attending?

If you would like to attend the course you need to discuss it with your GP or mental health worker. They will need to refer you to the course.

When we receive your referral we will offer you an enrolment appointment.

This will give you an opportunity to meet the team and ask any questions you may have.

The Understanding Borderline Personality Disorder / Emotional Sensitivity Course

The course runs over four weeks, with one session a week lasting for around two hours.

It has been carefully designed to help people who are experiencing:

- Emotions that can feel very strong and difficult to manage.
- Difficulties developing and maintaining relationships.
- Difficulties with a sense of identity.

Please be aware that attendance at the first session is compulsory in order to get the best out of this course.

If you cannot attend the first session unfortunately you will not be able to attend the rest of the course.

Week one

Our first session will explore the concept of recovery and discuss what personality is.

We will also explore emotional sensitivity.

Week two

During the second session we will be joined by a psychologist who will talk about factors that may lead to emotional sensitivity and introduce the idea of Mindfulness.

Week three

At the third session our focus will be on emotional distress and experiencing a crisis.

We'll also introduce you to skills to help you better manage distress.

Week four

The final session will look at validation and maintaining boundaries.

The session will also introduce some interpersonal skills and think about plans on how to use them going forward.

Short Term Educational Programme

The Short Term Educational Programme, also known as STEP, offers courses for a range of mental health problems.

All of our courses are carefully designed and facilitated by experienced staff, alongside volunteers and experts by experience.

Get in touch

Our courses run at various times throughout the year.

If you would like to find out more about one of our courses you can get in touch with us using the below contact details:

Address

Short Term Educational Programme
Fourth Floor
The Circle
33 Rockingham Lane
Sheffield
S1 4FW

Telephone

0114 226 2660

Website

To find out more visit www.shsc.nhs.uk/step