

PSYCHOEDUCATIONAL WEEKENDS

The Psychoeducational Weekend offers a series of seminars and workshops on a variety of topics such as:

- A clinical overview of Personality Disorders (including prevalence, contributing developmental factors, and diagnostic categories).
- The setting and maintaining of inter-personal boundaries
- Supporting someone with self-harm and suicidal behaviour
- Issues of medication and personality disorder
- The Drama Triangle and Co-dependency
- Coping strategies for carers

The weekend aims to provide a balance of informed teaching and open discussion, whilst promoting a space for supporting one another.

The weekends take place once or twice a year at the Complex Needs Service in Oxfordshire from around 10.30am - 4.00pm on a Saturday and a Sunday. Please get in contact if you would like to find out when the next weekend is scheduled to take place.

DETAILS

When:

The group meets fortnightly on Thursdays from 6.00pm-7.30pm

Where:

Complex Needs Service, The Wing Unit, Berton Road, Aylesbury, HP20 1EG. Please note that parking is available but that staff, service-users and visitors now have to pay for parking.

Contact:

If you would like to attend the group, please call us on the number below to discuss whether it is going to be suitable for you:

- friendsandfamily@oxfordhealth.nhs.uk
- 01865 901 635



FRIENDS AND FAMILY SUPPORT GROUP



A group for friends or family members who offer support to someone with long-standing and complex emotional needs (which may have led to a diagnosis of a personality disorder)

Who is the group for?

The group is aimed at family members or friends who are supporting someone with complex emotional needs. In some cases, these needs might have led to a diagnosis of a personality disorder. Typically, one or more of the following behaviours might be present:

- Unpredictable and quickly fluctuating moods
- Unstable (and often intense) pattern of interpersonal relationships
- Ongoing symptoms of depression and/or anxiety
- Self-harm (e.g. cutting or burning)
- Suicidal thoughts (including suicidal attempts)
- Unpredictable and impulsive behaviours
- Misuse of alcohol or illicit or prescribed drugs
- Unhealthy and dysfunctional relationship with food and eating

The friend or family member you are supporting may be involved with the Complex Needs Service, but this is not a requirement of attending the group.

What happens in the group?

The Friends and Family group is a 'support group' rather than a 'therapy group'. Members of the group often comment that it is useful to hear other people's experiences and coping strategies, and that it can be very helpful to realise that you're not alone in your struggles.

The group is facilitated by clinicians from the Complex Needs Service. In the first part of the meeting, each group member has the opportunity to talk about their current situation if they wish to do so.

For those who choose to discuss their situation further, there is the opportunity to do so in the second part of the meeting. Members receive support from others in the group, who have likely been in similar situations. This may take the form of asking questions (so the group has a better understanding of what someone is going through), and it may also include suggestions and advice if appropriate.

The group often emphasizes the importance of setting and maintaining boundaries - both to ensure your own well-being, but also to encourage the person you are supporting to take increasing responsibility for their own life.

Every so often we may introduce a relevant topic (such as self-harm, maintaining boundaries, co-dependency etc.) which would then lead to an open discussion in the group.

Attending the Group

Other than supporting someone with complex emotional needs, there is no other criterion for attending the group.

The group welcomes individuals who are able to attend on a regular basis, as well as those who are only able to attend occasionally.

If you are interested in attending, please contact the group facilitator using the contact details on the back of this leaflet. We will get back to you so we may have a brief discussion about the group and whether it is appropriate for your situation.

Confidentiality

The Friends and Family group is completely confidential and whatever is spoken about in the group remains in the group.

If you are supporting someone who attends the Complex Needs Service, the content of their therapy groups will not be shared with you and nor will the content of the Friends and Family group be shared with them.

Your confidentiality would only ever be breached if you shared something which clearly indicates that someone is at risk of very significant harm. In the unlikely event of this situation occurring, the group facilitators would discuss this with you.