



Thames Valley Initiative

# People: personality and pathology

A course introducing key concepts and approaches to working with people diagnosable with personality disorder (PD) or complex trauma

## About the course

The people: personality and pathology course is organised by the Thames Valley Initiative team who provide training for both statutory and voluntary sector staff across Berkshire, Buckinghamshire and Oxfordshire primarily but it is also open to those further afield. All training is delivered in partnership with ex-service users from STARS (Support, Training and Recovery Systems) and the complex needs services in these areas.

“Better understanding,  
different approach”

The course takes place over eight days from 10am to 3pm, March to November, at a venue in the Thames Valley. The course is structured as follows:

- theory seminars
- project groups
- case discussion groups
- a three day residential group experience

The sessions are led by a variety of internal and external speakers, practitioners, therapists and STARS with extensive experience in the field of personality disorder (PD) or complex trauma treatment.

You will gain an experience of innovative and effective projects relevant to your particular field of practice, discover how to effectively use supervision, and gain an understanding of group dynamics when working with people with PD or complex trauma.

“Learning from STARS was wonderful!”

## What does the course provide?

- An overview of the concept of personality development and PD or complex trauma.
- Space to reflect on your own beliefs and attitudes towards people with PD or complex trauma and how this might impact on others.
- Use of case discussion groups to explore the dynamics of your relationships with clients and plan strategies to enable effective therapeutic relationships.
- Ability to recognise tensions, conflicts and misunderstandings that can occur between teams working with this client group.
- Practice based project groups to develop and improve services in your workplace.



“Inspiring”

## Who is this course for?

This course is for all staff working with people who attract a diagnosis of PD or complex trauma and is relevant to both statutory and voluntary sectors.

“Good to hear STARS’ experiences”

This may include:

- mental health workers of all grades
- social workers
- criminal justice professionals
- probation officers
- prison officers
- YOI workers
- voluntary sector staff
- addictions workers
- housing sector workers
- homelessness team staff
- psychotherapists and counsellors
- GPs
- primary care workers

“I have more compassion, tolerance and understanding of those diagnosed with PD”

## Additional details

Please note that the course requires 120 hours of self directed study and a practice based project which forms part of the final assessment.

We recommend that students arrange to take study leave outside of the course days to allow for collaboration with fellow course members on their projects.

“I feel less us versus them”

The location for the residential weekend is usually in Kent. This and the course location will be confirmed nearer the time.

## Course cost

You will be notified of the course cost on application. The course cost includes all literature, light refreshments and full board accommodation for the residential weekend.

“I have gained a better understanding of myself. I can identify some of my unhelpful coping mechanisms and now understand why!”

## How to make a booking

Places are limited and early booking is advisable. For an application form, please contact:

Sue Pauley, administration and training manager

Tel: 07815 902 049

Email: [sue@tva2i.net](mailto:sue@tva2i.net)

For more information on course content, please contact:

Fiona Blyth, training co-ordinator

Tel: 07717 875 624

Email: [fionablyth@gmail.com](mailto:fionablyth@gmail.com)

For more information on service development, please contact:

Sheena Money, service development co-ordinator

Tel: 07789 615 170

Email: [sheena@tva2i.net](mailto:sheena@tva2i.net)

Participants will be selected to ensure that the learning group will form a widely based network of people interested in furthering this field of work.



If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরম্যাট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

જો તમને આ માહિતી બીજી ભાષામાં અથવા બીજા આકારમાં જોઈએ, તો કૃપા કરીને અમને પૂછો

यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए हो तो कृपया हम से पूछें

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নেবৰ তথ্যটু চিহ্ন মাহতবাবী বিসী দুনী ভাষা নাং মবল হিঁচ চাহীসী হেঁদে তাং বিবথা অব বে মাতুঁ পুহেঁ

اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے درکار ہیں تو براہ کرم ہم سے پوچھیں۔۔

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