

STARS

Support, training and recovery systems

NEWSLETTER
SPRING 2024

STARS

TVI
TRAINING & VOCATIONAL
INITIATIVES IN
PERSONALITY DISORDER

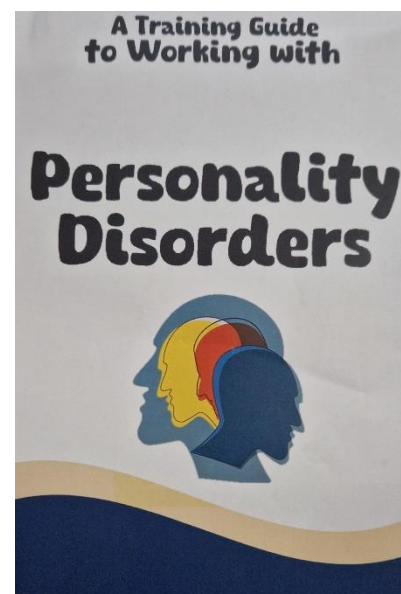
STARS are all Experts by experience in Personality Disorders, having completed an intensive therapy for Personality Disorder. We collaborate with TVI (Training and Vocational Initiatives) Professionals and Complex Needs Staff to develop and present training to groups of professionals across the country. STARS also work alongside clients, encouraging engagement in services

People, Personality & Pathology 2023

In February we saw the 22/23 PPP cohort come to an end. After working with the participants over 11 months exploring and learning all things personality disorder we were delighted to see the two project groups' presentations. The group I was working with were passionate about creating a website to help understanding of ASD and personality disorder comorbidity and cross over.

Marina helped the other project group create a training and educational process for new starters within the workplace to help with stigma and to encourage curiosity while working alongside personality disorder diagnosis. I thoroughly enjoyed taking part with this course with STARS having some incredible and valuable feedback from the participants.

~ **Kristina**



Personality Disorder Skills Day

"I enjoyed hearing from the STARS and their first-hand experiences, as well as hearing the group conversation. Thank you Sheena, Pauline, and Steve! Really interesting and insightful session".

"Hearing from the two STARS about their experiences and for participants to ask them questions"

I recently did a PD skills day with Sheena & Pauline. The students were from Oxford Safe Haven. They were an engaged group with many questions. Seemed to like what we had to say.

~ **Steve**



PDPOP Psychiatrists' Training

Last autumn, the PDPOP team held an adapted PDPOP training, specifically for psychiatrists. The event was well attended, by both trainee psychiatrists and their trainers. From a personal point of view, the main points that we learnt were around stigma and prescribing. Sadly, there is still a lot of stigma around personality disorder, even within psychiatry, and a reluctance to diagnose due to (generally unnecessary) feelings of hopelessness amongst clinicians. The first instinct, especially amongst trainees, is to prescribe a variety of medications, including tranquilisers. This highlights the importance of the deprescribing initiative currently underway within Oxford Health.

~ **Cordy**

Consular Training at the Foreign Office

My First Day Out Training as a STARS Member "As a STARS member for just over 7 months, I decided to take the leap and volunteer to do the 'Consular Training' at the Foreign Office with Fiona Blyth. I went in open minded, having been reassured at my pre-meeting with Fiona that I could speak as much or as little as I was comfortable with. Giving the consuls an idea of some of my lived experience with BPD, and what my behaviour and coping skills would have looked like before going through the TC treatment, was received really well alongside the training programme. They were very friendly, caring and willing to learn, and I felt at ease answering some of their questions. Going to your first training gig might feel a bit intimidating - knowing that it may be a large group of strangers in the room; but being in the presence of other STARS that you have a rapport with, and remembering that people are there to learn makes it quite special and exciting. I am looking forward to the next one."

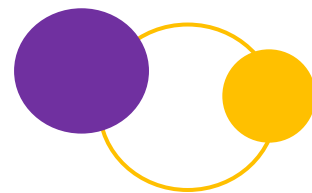
~ **Maxine. Member since June 2023**

Personality Disorder Pathway Event

At the end of March, Health Innovation Oxford held an event titled "Improving Care for Patients with a Diagnosis of Personality Disorder", involving speakers from across Oxfordshire, Buckinghamshire, Berkshire, Surrey and Hampshire. I spoke about the benefits of PDPOP, not only for those being trained within the programme, but also for me as a lived experience trainer. Almost all of the talks given were co-produced and given by a clinical member of staff and a lived experience trainer, which was very refreshing to see!

~ **Cordy**

Cumberland Lodge 2024 Symposium



In March, we returned to Cumberland Lodge in Windsor Great Park for the annual PDPOP symposium. This year, for the first time, the delegates were a mix of GPs and nurses, which brought a new and interesting dynamic. The lived experience trainers played a greater part this year than in previous years, making for a thoroughly enjoyable experience, with great food, in beautiful surroundings!

~ **Cordy**

This was my first time at Cumberland lodge after being a part of the PDPOP team for the last 8 months. It was lovely to see some familiar faces from the different trainings I had taken part in and hearing how they have already incorporated what they had learnt from the training to their current roles. I really enjoyed getting involved with the discussions, team brainstorming new ideas and even the role play using my lived experience to further the delegates knowledge and understanding of personality disorder and how to work with it.

~ **Kristina**

Upcoming Training

Thursday 30th May 2024 – Personality Disorder training 10am to 3pm

Thursday 6th June 2024 – Self-Harm training 10am to 3pm

We have availability for our upcoming online courses. For more information or too book onto a course please contact Debbie Stirzaker on 01865 901979

These trainings are online via Zoom

The willow weeps

When you look at a willow what do you see?

I see a heart, a face, a wise old tree,
The sap that flows contains a thousand tears,

The willow holds on to your dreams and fears,

It's branches creep and reach towards you,

Each leaf a chapter, a journey through,
It's bark is irregular, as are imperfections,

The water it sits by, your soul reflections,

The roots are your strength, grounded and steady,

You are the willow, and shall weep when you're ready.

~**Laura B**



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[www.oxfordhealth.nhs.uk/service description](http://www.oxfordhealth.nhs.uk/service-description)