

Emotionally Unstable Personality Disorder



AIM

To understand the key traits of those living with Emotionally Unstable Personality Disorder and be able to interact with them effectively and safely

DURATION

Half Day Course (3 Hours)

LEARNING OUTCOMES

By the end of this course, you will:

- Understand how personality disorders are defined
- Be aware of the causes of personality disorders
- Understand how personality disorders are grouped
- Recognise the key differences between the Clusters of Personality Disorders
- Know what Emotionally Unstable Personality Disorder is
- Recognise the symptoms of EUPD
- Know some potential causes of EUPD
- Understand how EUPD is diagnosed
- Be aware of risks and complications of EUPD
- Know ways to care for someone living with EUPD
- Be aware of treatments for EUPD

LESSONS AND TOPICS

Introduction to Personality Disorders

- What is Personality?
- What are Personality Disorders?
- Facts and Statistics

Types of Personality Disorders

- Cluster A: Suspicious
- Cluster B: Emotional and Impulsive
- Cluster C: Anxious

Emotionally Unstable Behavioural Disorder

- What is Emotionally Unstable Personality Disorder (EUPD)?
- Types of EUPD
- Causes
- Symptoms
- Diagnosis
- Associated Mental Health Problems

Risks and Complications

- Impulsive Behaviour
- Addiction
- Other Risks

Caring for those with EUPD

- Care and Support
- Personal Care
- Triggers
- Useful Contacts

Treatment

- Talking therapies
- Mindfulness
- Therapeutic Communities
- Medication
- Self-Help