Treating Personality Disorder: Evidence and Systems: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



Treating Personality Disorder: Evidence and Systems: Facilitator Pack

Teaching the course to a group

A facilitator pack · 4 sessions · for trainers

TALKING THERAPIES UK

First edition · 2026

Published by Talking Therapies UK, talkingtherapies.co.uk.

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First edition, 2026.

This pack accompanies the course “Treating Personality Disorder: Evidence and Systems” on Talking Therapies UK Training & CPD and its course book. It is drawn from the course and is kept current with it: whenever the course changes, the pack is set again.

Revision 2. This printing was set on 9 November 2026 from the course as it stood that day.

A note on teaching from this pack. It supports qualified trainers and supervisors teaching within their competence. Running the course from it does not award the course’s CPD certificate, which participants gain by completing the course online.

Set in Poppins and Roboto, the Talking Therapies UK typefaces.

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How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “Treating Personality Disorder: Evidence and Systems” to a group: a session for each of its 4 modules, with timed plans, the points to draw out, group activities and discussion questions, the course’s assessment with answers, an attendance register and an evaluation form.

Part 1 sets out the course and how to plan it. Part 2 has a timed plan for each session, built from the course’s own modules, lessons and practice tasks; read it with the module it teaches. Part 3 holds the course’s assessment with its answers, an attendance register and an evaluation form.

What this pack covers

- Plan the course as 4 sessions
- Follow a timed plan for each session
- Draw out each lesson’s key points
- Run each lesson’s practice task as a group activity
- Check understanding with the course’s own questions
- Keep a register and gather evaluations

PART 1

Planning the course

What the course covers, who it is for, and how to run it.

CHAPTER 1

About Treating Personality Disorder: Evidence and Systems

This advanced integrative course equips experienced clinicians and service leaders with the conceptual and practical tools to deliver evidence-based personality disorder interventions within real-world systems. The curriculum begins by dissecting the four major structured treatments—Dialectical Behaviour Therapy, Mentalisation-Based Therapy, Schema Therapy, and cognitive approaches—examining exactly what each modality targets (for example, affect dysregulation, impaired mentalising, maladaptive schemas, or maladaptive cognitions), the strength of the empirical support for each, and their respective limitations. Learners will critically appraise randomised controlled trials, meta-analyses, and service-level outcome data, enabling them to distinguish between first-line, second-line, and adjunctive interventions and to match modality choice to patient need with precision.

The second half shifts from individual technique to system design, interrogating why fragmentation persists across British mental health services despite decades of guidance. Participants analyse the organisational, commissioning, and workforce barriers that sustain siloed pathways, and explore how these structural issues translate into poorer continuity of care and disengagement for people with personality disorder. Building on this analysis, the course presents the Integrated Personality Treatment Framework (IPTF) as a stage-based, stepped-care roadmap that synthesises the strengths of each evidence-based modality into coherent, service-level pathways. Through case-based discussions and service mapping exercises, learners will translate the IPTF into actionable plans—auditing existing pathways, identifying gaps, and redesigning referral and care-coordination processes to deliver cohesive, recovery-oriented treatment.

By the end of the course, participants will have not only deepened their clinical fluency in the evidence base but also developed the strategic insight required to advocate for and implement IPTF-aligned systems within their organisations, thereby bridging the gap between individual treatment fidelity and systemic transformation.

By the end of the course, participants will be able to

- Compare the evidenced treatments, including DBT, MBT, schema therapy and TFP, and their shared factors
- Apply general therapeutic principles for personality difficulty in any modality: consistency, coherence and continuity
- Design care pathways that avoid both neglect and iatrogenic over-intervention
- Work with the system around the client: crisis plans, admissions policy and team splits
- Hold staff dynamics: splitting, burnout and the pull to reject
- Evaluate long-term outcomes and argue for realistic, hopeful expectations

Who it is for

The course is pitched at experienced practitioners working with complex presentations, who already use the approach in their practice.

At a glance

- 4 sessions of about 210 minutes, one for each of the course's modules.
- The online course is accredited for 14 hours of CPD.
- Each participant needs the course book, or access to the online course, for reading between sessions.

CHAPTER 2

Planning the sessions

Run one session for each module, a week or a fortnight apart, so that participants can read the module and try its practice task between sessions. The sessions can also be run as a block over two or three days.

OVERVIEW

The course at a glance

Session	Module	Lessons	Time
1	Part 1: The structured treatments compared	5	210 minutes
2	Part 2: Staging and Stepped-Care Models in the Treatment o	5	210 minutes
3	Part 3: The British service context	5	210 minutes
4	Part 4: Embedding Integrated Personality Disorder Pathways	5	210 minutes

The group

- Six to sixteen participants: enough for small-group work, few enough for everyone to contribute.
- Agree ground rules at the first session: confidentiality, respect for different experience, and how participants will speak about their own clients (with nothing that could identify them).
- Ask before the course about access needs, and send any reading a week ahead.

What you need

- A copy of this pack, and the course book or the online course for each participant.
- A flipchart or whiteboard, and space for groups of three or four to work.
- Printed copies of the attendance register and the evaluation form in Part 3, which you may copy for the groups you run.

Keeping it safe

Training about psychological difficulties can bring up participants' own experience. Say at the start that anyone may step out, have someone available to talk to afterwards, and know where to point a participant who is struggling: their GP, their own supervisor or employee assistance programme, or Samaritans on 116 123.