Self-harm and borderline personality disorder
Exploring practice, controversy and common ground

Date: Monday 4 October 2010
Venue: ORT House Conference Centre, London NW1

Key speakers

Professor Philip Thomas Honorary Visiting Professor, Department of Social Sciences and Humanities, University of Bradford

Dr Lucy Johnstone Clinical Psychologist, former Director of the Bristol Clinical Psychology Doctorate

Professor Allan O House Director, Leeds Institute of Health Sciences, University of Leeds

In partnership with Mental Health Today magazine
SAVE £50 when you book before 14 July 2010

Programme monitored by:
Self-harm and borderline personality disorder
Exploring practice, controversy and common ground

About the conference

There are over 150,000 attendances to accident and emergency departments each year for self-harm; it is one of the top five causes of acute medical admission. The UK has the highest rate of self-harm in Europe; this rate continues to increase. One half of those who die by suicide each year will have self-harmed at some time in the past.

Borderline personality disorder (BPD) is an increasingly prevalent, yet highly controversial diagnosis. It is defined in DSM-IV as a prolonged disturbance of personality function, characterised by depth and variability of moods. Suicidal or self-harming behaviour is one of the core diagnostic criteria in DSM, leading to a high rate of diagnosis in those who self-harm.

Service user activists and critical-thinking mental health practitioners have questioned the diagnosis being made on the basis of self-injury alone. Furthermore, there is significant concern that the diagnosis of BPD stigmatizes people, usually women, and can support pejorative and discriminatory practices.

Aims of the conference

The aim of this conference is to offer anyone working with people who self-harm who have a diagnosis of borderline personality disorder an opportunity to discuss helpful ways of working with this client group, with experts by profession from nursing, psychology and psychiatry, alongside service user/human rights activists.

This is one of the first conferences to bring together experts by experience and by profession to debate and question the use of borderline personality disorder as a diagnosis for people who self-harm. It seeks to actively engage with diversity, leading the way for constructive exploration of self-harm and borderline personality disorder.

Key themes

- What helps in working with people who self-harm
- Participatory debate on the diagnosis of BPD
- BPD and DSM reclassification
- Service user experience and knowledge in health education
- Evaluating treatment interventions
- Diversity, self-harm and BPD

Who should attend?

- Frontline mental health workers in social care teams
- Psychologists and psychiatrists in acute and community settings
- Mental health nurses in acute and community settings
- Prison staff in young offender and adult settings
- Women’s mental health services including forensic mental health services
- Personality disorder (PD) and borderline personality disorder (BPD) units and services
- Therapeutic communities
- Mental health charities
- Commissioners, Managers and Planners of mental health services
- Self-harm services; BPD user groups; self-harm user groups
- NICE guidelines representatives
- PD and self-harm experts
- Survivors

Free bursaries

Pavilion recognises the contribution people from across health and social care make to our conferences. To ensure our conferences are accessible to people using services, unwaged/family carers, and students, there are up to 5 free places available at each conference.

To apply, please write to us by post or email as below stating why you would like to attend this particular conference.

Post: Pavilion, Richmond House, Richmond Road, Brighton, East Sussex, BN2 3RL,

Email: info@pavpub.com

Remember to include your contact details as we will be in touch two weeks before the conference to confirm if you have been given a place.

Unable to attend?

Conference papers, as presented to the delegates on the day, are available on CD-rom after the conference for £60 + VAT. This useful reference will include: available speakers’ papers, speakers’ biographies and any additional inserts.
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.30am</td>
<td>Coffee and registration</td>
</tr>
<tr>
<td>10.00am</td>
<td>Chair’s welcome and introduction&lt;br&gt;Professor Philip Thomas Honorary Visiting Professor, Department of Social Sciences and Humanities, University of Bradford</td>
</tr>
<tr>
<td>10.15am</td>
<td>Working with people who self-harm: what assumptions do we make, what helps, what hinders? A nursing perspective&lt;br&gt;Suzie Marriott Mental health nurse</td>
</tr>
<tr>
<td>10.45am</td>
<td>How can we best support people who self-harm: experts by experience informing clinical practice – a survivor and educator’s perspective&lt;br&gt;Clare Shaw Director and Training Partner, Harm-ed</td>
</tr>
<tr>
<td>11.15am</td>
<td>Refreshments</td>
</tr>
<tr>
<td>11.45am</td>
<td>Parallel workshops</td>
</tr>
<tr>
<td>A</td>
<td>The impact of being diagnosed as BPD. BPD and DSM reclassifications&lt;br&gt;CABL (Campaign to Abolish the Borderline Personality Disorder Label)&lt;br&gt;Clare Shaw Director and Training Partner, Harm-ed and Debra Shulkes Editor of ‘Advocacy Update’, the human rights and cultural publication of the European Network of (ex) Users and Survivors of Psychiatry (ENUSP)&lt;br&gt;Rosa Corcoran Writer and freelance journalist</td>
</tr>
<tr>
<td>B</td>
<td>Asian women and self-harm&lt;br&gt;Aarunima Bhatnagar Sexual Health Promotion Officer, Newham Asian Women’s Project</td>
</tr>
<tr>
<td>C</td>
<td>Dialectical behaviour therapy as treatment of choice for people who self-harm?&lt;br&gt;Dr Jo Hadfield Clinical Psychologist working in adult mental health services</td>
</tr>
<tr>
<td>D</td>
<td>Men and self-harm&lt;br&gt;Dr Mark Cresswell Sociologist, School of Applied Social Sciences, University of Durham</td>
</tr>
<tr>
<td>12.45pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>1.45pm</td>
<td>Conference debate&lt;br&gt;Does borderline personality disorder as a diagnosis help people who self-harm?&lt;br&gt;Speaking for: Speaker to be confirmed and user representative from Personality Plus&lt;br&gt;Speaking against: Professor Allan O House Director, Leeds Institute of Health Sciences, University of Leeds and Clare Shaw Director and Training Partner, Harm-ed</td>
</tr>
<tr>
<td>2.45pm</td>
<td>Refreshments</td>
</tr>
<tr>
<td>3.00pm</td>
<td>Parallel workshops repeated</td>
</tr>
<tr>
<td>4.00pm</td>
<td>Borderline personality disorder: diagnosis or formulation?&lt;br&gt;Dr Lucy Johnstone Clinical Psychologist, former Director of the Bristol Clinical Psychology Doctorate; Author of ‘Users and Abusers of Psychiatry’ and co-editor with Rudi Dallas of ‘Formulation in Psychology and Psychotherapy: Making sense of people’s problems’</td>
</tr>
<tr>
<td>4.30pm</td>
<td>Discussion and chair’s summary</td>
</tr>
<tr>
<td>4.45pm</td>
<td>Conference close</td>
</tr>
</tbody>
</table>

**Continuous professional development**

Professionals within the social care sector are required to undertake Continuous Professional Development (CPD) by the General Social Care Council (GSCC). Delegates can gain CPD points from attending our conferences and exhibitions.

**About Pavilion**

Pavilion is the leading publisher and event organiser for those working in social and healthcare fields, whether they work in the statutory, private or voluntary sectors. We publish over 200 training packs, Mental Health Today and Learning Disability Today magazines.

**Promotional opportunities**

For more information about promotional opportunities at this conference, such as exhibiting and including your promotional materials in the conference delegate packs, please contact: Graham Hoare, Customer Relations Manager, Pavilion:

Tel: 01273 666703  Email: grahamh@pavpub.com

For a full list of our conferences visit: [www.pavpub.com](http://www.pavpub.com)
Self-harm and borderline personality disorder
Exploring practice, controversy and common ground
Date: Monday 4 October 2010  Venue: ORT House Conference Centre, London NW1

How to book:
Fax: 0844 880 5062  Tel: 0844 880 5061  Web: www.pavpub.com  Email: info@pavpub.com
Post this form to: FREEPOST RLUZ-ATEU-RYUZ, Pavilion, Richmond House, Richmond Road, Brighton, BN2 3RL

Your details
(Please complete this section for each delegate. Photocopies are acceptable.)

Dr Mr Mrs Ms (Please circle) Other:
First name:
Surname:
Job title:
Department:
Organisation:
Address: __________________________
Postcode: _______________________
Tel: ____________________ Fax: ______________

☐ I am a wheelchair user  ☐ I require a vegetarian meal  ☐ I require a hearing loop
Please state any other requirements:

I agree to the terms and conditions as stated at the bottom of this page

Name: __________________________
Signed: __________________________ Date: ____________

Delegate rates and purchasing options
(For group rates and bursary places please see terms and conditions.)

Book by 14 July 2010 and SAVE £50

<table>
<thead>
<tr>
<th>Option</th>
<th>Early bird</th>
<th>Standard</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central gov/private orgs</td>
<td>☐ £260 + VAT</td>
<td>☐ £310 + VAT</td>
<td>☐</td>
</tr>
<tr>
<td>Public sector/educational/charity/NHS/local gov/ voluntary orgs</td>
<td>☐ £220 + VAT</td>
<td>☐ £270 + VAT</td>
<td>☐</td>
</tr>
<tr>
<td>Unwaged/student/small voluntary orgs</td>
<td>☐ £160 + VAT</td>
<td>☐ £210 + VAT</td>
<td>☐</td>
</tr>
<tr>
<td>Conference papers</td>
<td>☐ £60 + VAT</td>
<td>(Total £70.50)</td>
<td>☐</td>
</tr>
<tr>
<td>Total £</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Workshop sessions

<table>
<thead>
<tr>
<th>1st choice</th>
<th>2nd choice</th>
<th>Please write the letter of the two workshops you would like to attend (A-D):</th>
</tr>
</thead>
<tbody>
<tr>
<td>11.45am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.00pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Venue
ORT House Conference Centre, 126 Albert Street, London NW1 7NE
(a map of the venue will be sent with confirmation of your booking)

Date
Monday 4 October 2010

Conference fees
The fee includes lunch, refreshments and conference materials. Please note accommodation is not included.

Conference papers
Conference papers will be sent out a week after the conference, please fill in the ‘Your details’ section.

Group discount
Group discounts are available, please call 0844 880 5061 for more information.

Confirmation of booking
When booking, please wait for written confirmation before arranging travel.

Terms and conditions
Cancellation and refund policy
All cancellations will be subject to a £50 administration fee, if received in writing by 20/09/2010. We regret that any cancellations after this date cannot be refunded, but substitute delegates are welcome at any time.

Payment
30 days either from date of invoice or before the conference (whichever sooner). Payment must be received prior to the conference.

Pavilion reserves the right to make changes to the programme, speakers or venue should this become necessary.

If you DO NOT wish to receive further information from Pavilion, please tick here: ☐
We may also make your details available to carefully screened organisations working in the health and social care field. If you DO NOT wish to receive information from these companies, please tick here: ☐

Payment
☐ By cheque  A cheque for £_____________ is enclosed
Please make cheques payable to: Pavilion Publishing (Brighton) LTD

☐ By invoice  Please send invoice to
Name (IN BLOCK CAPITALS):
Position:
Organisation:
Address: __________________________
Postcode: _______________________

☐ By BACS
Acc. name: Pavilion Publishing (Brighton) Ltd  Bank: HSBC Bank plc
Acc. Number: 41299964  Sort code: 40-25-06  Quote: C62
(please also send a copy of this form to the address above)

☐ By debit/credit card  Please debit my
[ ] Visa  [ ] Mastercard  [ ] Maestro  [ ] Solo  [ ] American Express
Card no: __________________________
Valid from: __________________________
Expiry date: __________________________
Issue no: __________________________
(Switch only)
Card security code: __________________________
(last 3 digits on signature strip)
Cardholder’s name: __________________________
Registered cardholder’s postcode: __________________________
Signature: __________________________