

## Short Term Educational Programme

The Short Term Educational Programme, also known as STEP, offers courses for a range of mental health issues. We are an enthusiastic and welcoming team, committed to inclusivity and diversity.

All of our courses are carefully designed in line with evidence-based practice, alongside volunteers, experts by experience and clinicians. The courses are facilitated by STEP with the support of these colleagues, depending on the requirements of the session.

### Get in touch

Our courses run at various times during the year. If you would like to find out more, please contact us using the details below:

#### Address

Short Term Educational Programme  
Floor 4, The Circle  
33 Rockingham Lane  
Sheffield S1 4FW

#### Telephone

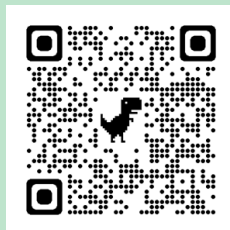
0114 226 2660

#### Email

sct-ctr.step.info@nhs.net

#### Website

To find out more about our Trust, the services we provide and the support on offer visit [www.shsc.nhs.uk/step](http://www.shsc.nhs.uk/step) or scan the QR code above.



Sheffield Health  
and Social Care  
NHS Foundation Trust

Course Information Leaflet

## Understanding Borderline

## Personality Disorder / Emotional Sensitivity

This course aims to provide support to anyone who struggles with the experiences associated with BPD, EUPD and/or emotional sensitivity.



**STEP** | Short Term  
Educational  
Programme

**Understanding Borderline Personality Disorder / Emotional Sensitivity** is a 4-week psycho-educational course. Each session lasts for up to 2.5 hours.

The course focuses on understanding experiences associated with Borderline Personality Disorder (BPD), Emotionally Unstable Personality Disorder (EUPD), and Emotional Sensitivity, and discovering ways to manage these.

Attendance can be online or in person and preferences can be discussed at enrolment.

#### **How do I know it's for me?**

If you would like to attend, you need to be able to:

- tolerate being in a group of up to 15 people

- identify with some of the experiences associated with emotional sensitivity / have a diagnosis of BPD/ EUPD
- attend all four of our 2.5-hour sessions
- be openminded to learning and practising new ways of coping.

#### **What should I do if I'm interested in attending?**

If you would like to attend, you need to discuss it with your GP or mental health worker, and they can refer you.

When we receive your referral, we will offer you an enrolment appointment and this will give you an opportunity to learn more about the course and ask any questions you may have.

## **Course Profile**

### **Week One**

We will discuss the concept of recovery and examine factors that may lead to emotional sensitivity and/or Personality Disorder. A psychologist will join us for this session.

### **Week Two**

Our second session will look at primary and secondary emotions. We will discuss validation and self-invalidation and introduce skills from Dialectical Behavioural Therapy (DBT), including Mindfulness.

### **Week Three**

At the third session our focus will be on emotional distress and how to manage crisis. We will introduce you to skills to help you better manage distress.

### **Week Four**

The final session will look at maintaining healthy boundaries and improving interpersonal skills. We will also discuss how to use the skills from the course in the future.