



About Network Counselling & Training Ltd

An organisational member of the British Association for Counselling and Psychotherapy (BACP), Network is a well-established Bristol-based charity offering **affordable counselling** to all, alongside a person-centred integrative counselling training programme.

Network Training offers **two introductory courses** in listening skills/counselling, one of which can also be delivered to outside organisations in a flexible workshop format to meet their specific training needs.

Network also offers a one-year part-time **Certificate in Counselling Skills** and a two-year part-time **Diploma in Counselling**, both accredited by The National Counselling Society.

In addition, Network offers a full programme of **Continuing Professional Development** for counsellors and other professionals in the form of short courses and workshops on a range of specialist topics.

For further information about Network
please visit our website – www.network.org.uk
– or telephone us on (0117) 9507271.

Continuing Professional Development Workshop

Demystifying Borderline Personality Disorder

**An evening workshop led by
Kaitlyn Steele**

**Tuesday 15th March 2016
6.30 – 9.00 pm**

**Venue: Network Training
12 The Courtyard, Woodlands, Woodlands Lane
Almondsbury, Bristol BS32 4NQ**

Registered charity no: 292801
Company limited by guarantee reg no: 01951370

Demystifying Borderline Personality Disorder

The workshop

The diagnosis of Borderline Personality Disorder (BPD) is a controversial one, as are diagnoses of Personality Disorders generally. It provokes heated debate amongst people given the diagnosis, mental health professionals, researchers and policy makers. Many people with a diagnosis of BPD have also had very difficult experiences when they have tried to access mental health services. Too often, they are stigmatised and discriminated against. Assumptions may be made that they are untreatable or, worse still, that they are difficult, manipulative or attention-seeking. As a result, they are often turned away from such services and left with little or no help and support.

In this workshop, we will look at the diagnosis of BPD and consider whether it is a useful way of understanding this particular form of psychological distress. We will explore the experience of people who have been labelled as suffering from BPD and consider how we might make sense of their experience from a person-centred perspective. Finally, we will look both at the challenges and difficulties, and the rewards, of working with clients who present with this diagnosis.

The facilitator

Kaitlyn Steele is an experienced person-centred therapist and has been involved in the counselling world for most of her adult life. Initially, she trained in the 1970s as a clinical psychologist and was employed for a number of years in the NHS before moving into working as a person-centred counsellor and supervisor in the 1980s.

Some ten years later, she moved into working as a trainer and has been involved in the training of professional counsellors both at Further and Higher Education levels. She also has a small private practice as a therapist and spiritual accompanier and as a freelance

trainer. She is an experienced workshop leader and has led workshops and short courses for people working in a variety of different roles. She is also the author of a recently published book entitled 'Sacred Space: Embracing the Spiritual in Person-Centred Therapy.' For further information, please visit her website at www.kaitlynsteele.co.uk

Refreshments

Tea, coffee and biscuits will be provided during the evening.

Cost

The cost of this workshop is **£35 per person** – or **£20 per person** for students, volunteer counsellors and volunteer supervisors.

To reserve a place ...

... please complete and return to us the relevant booking form (which is either with this flyer or downloadable from our website).

Cancellation policy

Please note that we require a minimum of **seven days' notice of cancellation** before the date of the workshop, otherwise the full fee will be payable. Regrettably no part of the fee can be refunded for non-attendance on the day.

**IF YOU HAVE ANY ACCESS OR SPECIAL REQUIREMENTS,
PLEASE ADVISE US IN GOOD TIME SO WE CAN TRY TO
ACCOMMODATE YOUR NEEDS.**