

Trauma Informed Personality Disorder (TIPD) Pathway

TIPD Extended Assessment

The South West Yorkshire Partnership NHS Foundation Trust (SWYT) Trauma Informed Personality Disorder (TIPD) Pathway has been developed to improve access to high quality, evidence-based interventions to people with personality disorders and personality disorder type difficulties across both community and inpatient services.

The pathway is trauma-informed in that it recognises the high likelihood of past and ongoing trauma being a contributory factor to individuals' complex mental health needs and thus contextualises their current difficulties in terms of their past experiences, advocating a shift from the question ***'what is wrong with you?'*** to the question ***'what has happened to you?'***.



“Discovery through a journey from unwellness to wellness”.

The SWYT TIPD Pathway has been designed to adopt a formulation-driven whole systems approach to assessment, intervention, and discharge planning. Our approach recognises the importance of involving and identifying the needs of significant others (carers, family members, partners, and/ or close friends), and building support within an individual's surrounding social and community network.

Our aim is to give the individual the best opportunity to manage their difficulties, build on their strengths and aspirations, and to live their life as well as is possible. The TIPD pathway proposes a time limited, phased based approach to working with people with personality disorder type difficulties. Broadly speaking there are three distinct phases intervention and with different goals, expected time limits and associated intervention approaches: stabilisation, intensive discharge preparation. The TIPD Extended Assessment forms the foundation of this pathway.

The purpose of the extended assessment is to:

validate the service user's experiences; identify their needs and goals alongside strengths and positive coping skills.

gather information about the service user's family or social support network and how they might support the service user in their recovery journey

gain a shared understanding of the service user's current difficulties and maintaining factors (formulation)

gather information about the service user's past experiences and a shared understanding of how these may be related to their current difficulties, if it feels safe to explore their past (they are not expected to speak at length about past experiences if do not wish to)

introduce basic skills to help manage overwhelming emotions help the service user to understand what personality disorder is and what it means for them, including the advantages and disadvantages of diagnosis

assess the service user's motivation to change and engage with treatment
establish an agreement around service user and clinician responsibilities
assess historical and current risks and establish an individualised Staying Safe plan

identify any needs and barriers that need to be overcome for a service user to engage in an intervention (e.g. severe alcohol misuse).

*“Early intervention is key.
Keeping the whole
person and formulation
in mind”.*