

You can refer yourself, or be referred by any worker involved in your care.

For further information and to request a referral form please contact

### Journey programme

Leeds Personality Disorder  
Managed Clinical Network  
Unit 24, The Sugar Refinery  
Sugar Mill Business Park  
Oakhurst Avenue  
Leeds LS11 7DF  
**0113 855 7950**

### Leeds Personality Disorder Managed Clinical Network

The Clinical Network is a multiagency service, established to provide a range of services for people with personality disorder. The partners of the Clinical Network are:

- Leeds and York Partnerships Foundation NHS Trust
- Community Links
- Leeds Survivor Led Crisis Service
- Institute of Mental Health - Nottingham
- University of Nottingham

## Journey Programme

doing • being • becoming

### Leeds Personality Disorder Managed Clinical Network



We can offer you this information in:



Please contact Interpretation and Translation Support Team:

0113 8556418/9 [translation.lypft@nhs.net](mailto:translation.lypft@nhs.net)

## Personality disorder

The experience of personality disorder can seriously impair peoples' ability to engage in a balanced range of daily activities. Personality disorder can lead to feelings of low motivation, a sense of not being able to influence or control life, a lack of purpose or direction and problems developing goals. An inability to engage in a balanced range of activities further increases these problems.

The activities people with personality disorder engage in are often primarily driven by distressing thoughts and feelings about oneself and other people, with an immediate need to manage these feelings and make them bearable. These activities can at times involve doing too much and at other times doing too little.

The general result of this activity is often a sense of exhaustion and failure and a sense of being stuck and not knowing how to change.

Journey aims to assist people with personality disorder to engage in activities that more effectively manage distressing thoughts and feelings. Journey aims to assist people to engage in activities that move beyond the experience of personality disorder towards a focus on engaging in recovery.

## Journey

Journey is an occupational therapy group work programme designed for people with personality disorder. Journey is based on the understanding that what people do (occupation) – and don't do in their daily lives has a direct impact upon their health and wellbeing.

Through engaging in activity people develop a sense of identity, learn how effective they are, experience a sense of their potential, develop the ability to be with other people, and construct images of who and what they would like to become in the future.

Journey helps group members in a welcoming, supportive and safe environment to think about:

- what we do
- why we do it
- how it influences our lives

This activity refers to everything that people do – from looking after themselves, preparing food, cleaning the home, watching television, looking after others, to going to college, going to work, doing activities with other people and direct coping strategies.



## Programme

Journey consists of two 8 week phases.

**Phase one – group work**  
(first eight weeks):

In this phase Journey meets **10.30am to 2.30pm on Thursdays at The Stocks Hill Day Centre, Armley**. Group members have an arranged phone call with a staff member between sessions.

This group work phase presents opportunities to experience being and working with others. There is a focus upon these themes:

- thinking and learning about personality disorder
- exploring what group members do and why
- exploring the effectiveness of these activities in managing emotional distress
- exploring activities that have a potential focus on recovery

By the end of phase one, group members develop individual action plans with assistance from staff members. The action plan is a plan to do a specific activity over a number of occasions and reflect upon this experience in the context of the above themes.

**Phase two – action plans**  
(second eight weeks):

This phase consist of two group sessions and four individual sessions with a staff member. The individual sessions focus upon enacting the individual action plans, creating the physical evidence of actually doing the plans, and reflecting upon what has been learnt about oneself and other people.

Journey programme is open to people 18 years and over who:

- Have a primary diagnosis of personality disorder, or who have emotional and interpersonal problems which could be described as personality disorder
- Are experiencing problems engaging in a balanced range of activities that promote health, wellbeing and recovery.
- Can focus on a structured task for a period of time.
- Can generally manage the stimulation of interpersonal contact with other people in a group setting

