

The Complex Emotional Needs (CEN) & Mentalization Based Treatment (MBT) pathway offers treatment to patients who struggles with emotional dysregulation, relationship difficulties, impulsivity - including self-harm and overdoses - poor sense of self, reactive anger and some paranoid sensitivity. These difficulties come under the name of Emotionally Unstable Personality Disorder (EUPD - also known as Borderline Personality Disorder). To receive a diagnosis of EUPD or for these traits to warrant treatment within a secondary service provision, this presentation needs to be pervasive, protracted and problematic.

The treatment of choice for this presentation is Mentalization Based Treatment (MBT), which is delivered by clinicians who have trained in this modality. It is offered as a short (20 weeks) or a long-term treatment (18months) and this is mainly in group form with a small individual component. There is a more structured version of this, which is called Structured Clinical Management (SCM). We offer Art Psychotherapy and MBT where the patient struggles with verbal communication of their emotions. We also offer a brief intervention, called MBT Outreach, to those patients who suffer from EUPD and have come into contact with the ward or crisis services, in order to facilitate discharge and to provide the patients with a crisis plan.

The CEN pathway works closely with the Neighbourhoods and is involved in helping them to further develop their psychological skills offer, with implementing and supporting the use of Structured Clinical Management.

The CEN pathway fosters the development of a strong Service User presence within the Trust including co-facilitating KUF (knowledge and understanding framework for people who suffer from personality disorder).