

# Do you support someone With Personality Disorder or Complex Emotional & Relational Needs?

If yes, please consider joining us on our FREE:



## Workshop for Carers, Family and Friends Personality Disorder and Complex Emotional & Relational Needs

This is a 6-part online workshop on Zoom that runs over 6 consecutive weeks. (Future dates currently being arranged.) The workshop has been designed **for family, friends, and partners** (18+), who are supporting other adults (18+) with, or awaiting assessment for, Personality Disorder / Complex Emotional & Relational Needs, in Norfolk or Suffolk.

The workshop has been developed in collaboration with carers and people with lived experience throughout. We aim to bring people together to support and learn from one another in an inclusive atmosphere, explore topics and skills of interest, and offer a space for meaningful conversations about the experience of caring for someone.

Topics we will cover include:

- Exploring personality, personality disorder and complex emotional & relational needs
- Supporting someone experiencing difficult emotions
- Validation and containment
- Recovery, discovery, and management
- Walking the middle path
- Boundaries
- Advocacy
- Sharing resources, ideas, and advice
- Looking after ourselves in the short and long term
- *And much more...*

Emotive subjects often come up in these workshops, so please bear this in mind. Although we aim to support each other, this is not a crisis or emergency service for urgent issues.

**If you are interested, please email [KUFtraining@nsft.nhs.uk](mailto:KUFtraining@nsft.nhs.uk)** with your name, contact details, the reason you wish to join, and confirming you and your person are over 18.