

# Aberdeen Counselling Forum

## “An Introduction to Personality Disorders”

This workshop aims to provide an introduction to understanding personality disorders. The day will provide an opportunity to explore facts and myths around personality disorders, become aware of tools for assessing personality disorders. Allow participants to frame therapeutic interventions within the context of their own work setting, whilst reflecting upon their own personality traits.

By the end of the session participants will have acquired an introductory understanding of the common signs and symptoms which may indicate the presence of personality disorders, such as:

- Emotional instability disorder
- Histrionic personality disorders
- Narcissistic personality disorders

\*Reflected upon their own personality traits and how this reflection can help us understand the lived experience of those with a personality disorder.

\*Explored appropriate and inappropriate therapeutic methods, for building and maintaining a therapeutic alliance with clients with personality disorders

\*Established a personal understanding of when it is and is not appropriate to work with this client group.

\*Identified onward pathways for client referral.

\*Created a self-care package to minimise the diminishing impacts of working with clients with personality disorders.

The session is designed to utilise and build on the existing knowledge and experiences of the participants present. The session is a combination of:

- Interactive group discussions
- video presentations
- Case studies
- Personal reflective time

**FACILITATOR: Sally Ingram** is a qualified, psychotherapist, trainer, supervisor, adult, child and adolescent counsellor. Sally's work with clients spans 20 years in the role of counsellor, supervisor, residential family worker & heads a University wellbeing service.

**Saturday 16<sup>th</sup> March 2019**

**Rubislaw Church Centre, Beaconsfield Place, Queens Cross, Aberdeen**

**10am – 4:00pm**

Tea and coffee will be provided – no lunch is provided. Doors open from 9.30 am

**Contact person for booking: Jacquie**

**Telephone: 07928744701**

Email: [jacque.sim@icloud.com](mailto:jacque.sim@icloud.com)

**ACF Booking Form “Intro to Personality Disorder”  
Workshop – 16/3/19**

PARTICIPANT NAME \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

TELEPHONE NUMBER: \_\_\_\_\_

PLEASE TICK APPROPRIATE PAYMENT BOX

EARLYBIRD – RECEIVED BY 28 <sup>th</sup> February 2019	
ACF MEMBER - £50	
ACF CONCESSION <b>MEMBER</b> - £45 (Low income, 60+, F/T student, counselling diploma student)	
<b>ALL NON MEMBERS</b> - £65	

PAYMENT AFTER 28 <sup>th</sup> February 2019	
ACF MEMBER - £60	
ACF CONCESSION <b>MEMBER</b> - £55 (Low income, 60+, F/T student, counselling diploma student)	
<b>ALL NON MEMBERS</b> - £75	

IF YOU ARE AN ORGANISATIONAL MEMBER, PLEASE STATE WHICH ORGANISATION:  
\_\_\_\_\_

CHEQUE PAYABLE TO: **Aberdeen Counselling Forum** AND SEND WITH BOOKING FORM TO:

**Jacque Simpson, Applegrove Cottage, Midmar, Aberdeenshire AB51 7QD**

Cheques are not banked until after the workshop but secures your booked place. **Cancellation fee of 50% will be refunded up to 3 days prior to event, thereafter no refund will be given.**

Confirmation/receipts and certificates will be issued electronically unless requested otherwise.

