“Staying Connected when Emotions Run High”

an intervention for families and carers
who support someone with personality disorder

Project Air Conference 9 November 2012

Developed by
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SESLHD & ISLHD Family & Carer Mental Health Program 2012
Staying Connected When Emotions Run High

Learning Outcomes for families & carers

Increase in:

• Knowledge about personality disorder & impact
  – Role of hospitalisation
  – Evolved versus primitive brain and relationships
• Knowledge of the 5 key relationship strategies
• Skills in being a “good enough carer” to enhance safety
Theory... Bowen meets Linehan...

- **Theory:** Murray Bowen (Bowen family systems theory) & M. Linehan (with its individual strategy focus)

- **Staying Connected** Core concepts:
  - Humans are a relational species and each person’s behaviour impacts the other
  - Humans under stress will predictably adapt to each other in certain ways ("dances")
  - Such dances, whilst based on good intent, can provide short term relief of distress but may have longer term implications for functioning

NORMALISING AND NON-JUDGEMENTAL Stance
Staying Connected when emotions run high: Introducing the four carer dances
Staying Connected When Emotions Run High

• Film forms the basis of the 2-part family intervention

• Film Chapters include:
  – Carer Dances - & key relationship strategies
  – Safety Planning “like a fire drill”
    • Contagious Anger
    • Non Suicidal Self Injury vs Suicide attempt
    • Awareness of triggering for participants
  – Lived experience – a message of hope
Staying Connected
A 2- part intervention

PART 1: Full Day Workshop for Families
& may register for........

PART 2: Multi-family Group Advanced Skills
• Closed group
• 4 x 2 hour Modules
  – interactive
  – Over to you Workbook Exercises
  – Role play practice and coaching
  – Introducing Triangles
Early Findings: Family intervention  
March 2012 – Oct 2012

<table>
<thead>
<tr>
<th>Intervention</th>
<th>Number of cycles</th>
<th>Total participants</th>
<th>Evaluation</th>
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<tbody>
<tr>
<td>Part 1: Workshop</td>
<td>4</td>
<td>71</td>
<td>100% recommend</td>
</tr>
<tr>
<td>Part 2: Closed Group</td>
<td>3 completed +1 in progress</td>
<td>27 (over 40 registered interest)</td>
<td>RCT</td>
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Family Group Evaluation: notable quotes

• “Our home is like a dance studio ...we do all four dances all the time”. Dad
• “I had to take my Mr Fix it hat off”. Dad
• “I need to really focus on myself”. Sister
• “I was validated and allowed to draw my line in the sand.....to stop feeling guilty”. Mum
• “I can see I am the too, too kind carer ...That’s what I am & I will work hard to change.” Dad
• “Our biggest hurdle is our different approaches ..(as parents)”. Mum
Staying Connected When Emotions Run High: CLINICIAN Training Menu

- All attendees (191) either agreed or strongly agreed that the training was beneficial

<table>
<thead>
<tr>
<th>Mental Health Clinician Training</th>
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<tbody>
<tr>
<td>Full day Interactive Workshop</td>
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<tr>
<td>Registrar Training</td>
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<tr>
<td>3 hours including OSCE style interactive scenarios</td>
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<tr>
<td>Introduction and Overview Session</td>
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<tr>
<td>1 hour</td>
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Clinicians and the four dances

- Clinicians are humans and hence, can dance the four dances too
- The relationship strategies can be helpful to clinicians
- Good enough clinicians who can respond with contagious calm in the face of high distress can be profoundly helpful to
  - Consumers
  - Carers
  - Colleagues
Staying Connected: In Summary

- Families & carers of someone with PD can be a major resource
- Families benefit from learning about PD and its treatment and value learning new relational skills
- Clinicians value the opportunity to learn strategies to assist these families and foster effective service-family-consumer partnerships
STAYING CONNECTED
Family Intervention 2013

SEND FAMILY REFERRALS NOW FOR:

• FAMILY AND CARER Workshops & Groups
  – Illawarra & Shoalhaven (January/February 2013)
  – South Eastern Sydney (March 2013)

SEE FLYER with WORKSHOP DATES in your packs