

Intensive Management of Personality Disorder & Clinical Therapies Team Service video transcript

0:00:01.600,0:00:06.080

We are the intensive management of personality disorder and clinical

0:00:06.080,0:00:12.720

therapies team, known as IMPACTT.
If you experience difficulties

0:00:12.720,0:00:17.840

associated with a personality disorder,
we can provide a specialist assessment and

0:00:17.840,0:00:24.080

psychological therapy. We cannot help during a crisis. So, if you or someone else need urgent

0:00:24.080,0:00:33.760

mental health support, please contact NHS111.
In an emergency, call 999. To access our service,

0:00:33.760,0:00:38.320

you'll need to be referred by a health care professional involved in your mental health

0:00:38.320,0:00:46.080

care. We currently do not accept self-referrals.
After we have received your referral, we will

0:00:46.080,0:00:50.640

send you questionnaires about your daily life and current difficulties to complete

0:00:50.640,0:00:56.400

before your assessment appointment. At your assessment, we will explore your answers in

0:00:56.400,0:01:01.120

further detail as well as your treatment goals so we can create the right care

0:01:01.120,0:01:08.720

plan for you. The two therapies we offer are dialectical behaviour therapy known as DBT,

0:01:08.720,0:01:16.720

and mentalization based treatment known as MBT. DBT works to decrease emotional suffering and

0:01:16.720,0:01:22.240

help build a life worth living. It does this through understanding the factors that contribute

0:01:22.240,0:01:30.480

to difficulties and introducing skills to manage these more effectively. MBT is a relational goal

0:01:30.480,0:01:36.000

focus therapy that aims to develop your ability to make sense of your own and others thoughts,

0:01:36.000,0:01:45.920

feelings, beliefs, and actions. DBT lasts for 6 to 12 months while MBT lasts 18 months.

0:01:45.920,0:01:51.040

Both treatments involve attending weekly group

and individual therapy sessions at Erleigh House in

0:01:51.040,0:01:57.840

Reading or the Athena Centre in Slough. In certain circumstances, individual sessions can be done via

0:01:57.840,0:02:06.560

online video calls. You can find more information about impact and what we offer on our web page.