

**Would you like to learn more about  
Borderline Personality Disorder/BPD/EUPD?**

**Do you support someone with  
Borderline Personality Disorder (BPD) or  
Emotionally Unstable Personality Disorder (EUPD) or  
Emerging Emotionally Unstable Personality Disorder?**

**Join our 5 week course  
Families and Carers Training and Support (FACTS)**

**FACTS** is a unique, carer-led training programme, developed with the support of the Anna Freud Centre, for the friends and families of people with BPD/EUPD.

**During the course, you will learn:**

- What BPD/EUPD is, and how to manage this condition
- How you can rebuild relationships and reduce conflict
- How best to support your relative or friend
- How to cope with your feelings

Contact: [BPDboking@yahoo.co.uk](mailto:BPDboking@yahoo.co.uk)

Great, and  
very  
useful!



**If you are interested in FACTS you may  
also like to know about the  
Harrow Rethink Support Group for  
Carers of People with Borderline Personality  
Disorder/EUPD**

Enjoy a hot drink in a friendly and supportive  
atmosphere, share ideas and information

We usually meet on the second and last Monday  
evening of the month online or in-person.  
We may change the date when there is a bank  
holiday.

Contact us to confirm details of meetings:

[BPDboking@yahoo.co.uk](mailto:BPDboking@yahoo.co.uk)

**All participants must be aged 18 years or over**

## **Do you support someone with Borderline Personality Disorder (BPD) / Emotionally Unstable Personality Disorder (EUPD)?**

We know it can sometimes be difficult to live with, or care for, someone who has Borderline Personality Disorder (BPD/EUPD). Families and friends can struggle to cope with their own feelings, leaving them traumatised, disempowered and unsure how best to help their loved one. Support and advice is rarely available and when it is, is often confusing and unhelpful.

Professor Anthony Bateman, a leading expert in BPD at the Anna Freud Centre, has developed 'FACTS', a support programme for families and friends who are involved with people with BPD/EUPD. The purpose of FACTS is to improve family wellbeing and offer advice and support to families. It is led by trained carers of people with BPD.

### **What is FACTS and how does it work?**

The Families and Carers Training and Support programme has been designed to support people who are involved with someone who has Borderline Personality Disorder (BPD/EUPD). One of the aims of this project is to make FACTS available to as many families in the UK as possible.

FACTS works by bringing small groups of families and friends together for 5 sessions.

Topics include: Introduction to BPD/EUPD, Mindfulness and Managing Emotions, Mentalising, Validation Skills, and Problem Solving Skills. During the sessions participants are introduced to various skills and invited to participate in some group activities, as well as carrying out small homework tasks.

### **What else do I need to know?**

The volunteer FACTS leaders have received some training but have no specific clinical or professional qualifications, and do not have any clinical responsibility towards participants or their families and friends, nor for how carers use the skills, or for any subsequent events. Should the carer trainers have any serious concerns about the well-being of participants or their families, they will discuss these directly with the participants, and encourage them to access appropriate help, for example from their GP.

### **How is the project being run?**

FACTS started as a research project in 2013 at the Anna Freud Centre in London.

An initial successful pilot course was followed by a 'Randomised Controlled Trial' (RCT) which showed that the programme for families and carers improved their overall wellbeing, and helped them feel more confident in supporting their family member or friend.

In summer 2017, in response to requests from carers from the local Rethink Mental Illness and the BPD Carers support groups, FACTS was run successfully in Cambridge.

FACTS in Harrow is the next stage in making the course available to more carers.

Participants have the chance to be trained to run FACTS as carer-leaders. This supports the long-term aim for FACTS to become available to carers throughout the UK.

### **Who can take part?**

Criteria for participation include being a family member or friend of a person with BPD/EUPD, and being able to attend the 5 evening sessions. The individual with BPD/EUPD does not need to be receiving specialist support from BPD services for their carers to be able to participate.

### **What will it involve?**

You will attend five evening sessions, each lasting 2 hours, spaced out over a few weeks.

### **How will I benefit?**

You will learn more about BPD/EUPD and how to support the person you care for. You will also be contributing to an exciting project, which has been shown that the education and support for families provided by FACTS is helpful both for families and for the person with BPD/EUPD.

**Background reading:** 'Overcoming Borderline Personality Disorder, A Family Guide to Healing and Change, Valerie Porr, TARA4BPD (Treatment and Research Advancements National Association for Personality Disorder). <http://www.tara4bpd.org/>