

Horizon Group

Psycho-education & support



**Nottinghamshire Personality Disorder &
Development Network**

What is the Horizon Group?

The aims of the Horizon Group is:

- To **introduce** ideas for thinking about personality, personality disorder and personality development (psychoeducation)
- To **introduce** Stop & Think (social problem solving)
- To **introduce** Mindfulness as an approach in managing difficult emotions
- To **introduce** and experience personal and group reflections; noticing patterns, dilemmas and positives

The group consists of 12 weekly 2 ½ hour sessions with 2 group facilitators. The group helps individuals to start talking about and describing their difficulties along with thinking about changes they want to make themselves. It looks at increasing understanding of emotions and begins to explore the individuals own emotional responses and thought patterns. The group introduces the idea that our thoughts, feelings and behaviours are linked. The Stop & Think model and ideas from DBT around emotion regulation are used as frameworks to promote awareness and better understanding of the personality difficulties individuals face and ways of coping with them.

Barriers to engaging in therapy are explored and what it means to be a member of a therapy group. This can throw up lots of anxieties and time is spent thinking about how these can be managed.

Who is the Horizon group for?

The Horizon Group is a group work designed for people referred and accepted into the Network with predominantly Borderline or Antisocial Personality Disorder; this includes experiencing lifelong emotional difficulties and unhelpful personality traits that have become persistent, pervasive and problematic for them and are impacting on their relationships with others. The Horizon Group programme is an introduction to therapy using a psycho-educational approach and a supportive environment.

What happens after the Horizon group has ended?

During the programme thought will be given to the person's access to services either within or outside NPDDN based on an individual review. It may be that at the end of the programme the individual does not feel ready to engage in further group work and consideration will be given to signposting/linking with other services. We have close links with other services such as Framework, the Recovery College and the Involvement Centre.

Summary of the sessions covered within the Horizon Group:

Week		Session
1	What is personality, personality traits & personality disorder? How does this relate to me?	<i>Introduces ideas which may be helpful in thinking about personality and personality traits.</i>
2	Change and the Motivation Cycle	<i>Beginning to think about change and what maintains unhelpful cycles.</i>
3	Thinking about relationships	<i>Focus on relationships & problems you may experience and how this links with personality traits.</i>
4	Links between thoughts, feelings & Behaviour . What is Social Problem solving?	<i>Using CBT to focus on exploring the links between thoughts, feelings and behaviours.</i>
5	Stop and Think Uncovered	<i>Using Stop & Think as an approach to managing everyday problems.</i>
6	Stop and Think Taster	<i>Utilising the 6 steps approach of Stop & Think</i>
7	What is personality, personality traits & personality disorder? How does this relate to me?	<i>Introduces ideas which may be helpful in thinking about personality and personality traits.</i>
8	Stress and Anxiety	<i>Introducing thinking about anxiety and the physical experience of stress and anxiety.</i>
9	Stress Vulnerability	<i>Introduce the idea of stress vulnerability and thinking about our tolerance to stress.</i>
10	Thinking About Emotions What is Emotion Regulation?	<i>Opportunity to think about emotions, what they are, what purpose they serve and what actions they might lead to.</i>
11	Mindfulness Uncovered	<i>Brief introduction to Mindfulness i.e. Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you.</i>
12	Mindfulness Taster	<i>Focus on ending using mindfulness skills.</i>

Contact details

NPDDN, Mandala Centre, Gregory Boulevard, Nottingham, NG7 6LB

Tel: 0115 8760162

Fax: 0115 9602843

Email: NPDDN@nottshc.nhs.uk

Useful information

<http://www.mind.org.uk/information-support/types-of-mental-health-problems/personality-disorders/#.VmKPYoTPyRs>

www.emergenceplus.org.uk

www.rethink.org/diagnosis-treatment/conditions/borderline-personality-disorder/treatments

<http://www.nhs.uk/conditions/borderline-personality-disorder/Pages/Introduction.aspx>

Samaritans: Phone 08457 90 90 90 anytime

NCHA SMaRT Mental Health Helpline: 0800 561 0072. 5pm – 9pm.

