What now?

We will keep a copy of it on your electronic records, for future reference.

The Extended Assessment will help clarify what help is required at this point in your life, including things which other people who live with Borderline Personality Disorder have found to be useful to manage their risks.

It is an agreement of what might be helpful and possible steps forward along the path to recovery.

What others have said about it

“Having somebody unrelated look at my life and the key people within it helped me see things from a different perspective.”

“The extended assessment is the first time in my life when everything has clicked into place. I have finally found the answers to why I have always felt different and suddenly it all makes sense – the missing pieces of the jigsaw.”

“What came out of the extended assessment was what would help me and what wouldn’t.”

Service contact details

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This leaflet is available in other formats, including easy read summary versions and other languages upon request. If this would be helpful to you, please speak to a member of staff.

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What is Extended Assessment?

Extended Assessment is a way to help people referred to our services who may have Borderline Personality Disorder (also known as Emotionally Unstable Personality Disorder). Although Borderline Personality Disorder is the main focus, other Personality Disorders will also be considered.

Extended Assessment is a collaborative process where you and a member of staff work towards understanding the difficulties you are experiencing and how these impact on your life.

The Extended Assessment helps to gain an accurate picture and possible diagnosis, enabling you to access the treatment and support that’s right for you.

Why use an Extended Assessment?

There can be a lot of stigma associated with mental illness and considerably more when people hear the phrase Personality Disorder. When clinicians use the term “personality disorder” it does not mean there is something wrong with your character, it means there are situations where you may struggle to cope or function.

The Extended Assessment can be useful as a process to look at how you have coped so far in life – what has worked and what remains a struggle and to see if this may be described as a personality disorder.

It can be helpful sometimes to talk through your past with somebody who can then help you begin to put some of the pieces together.

If it is a struggle for somebody to complete Extended Assessment it is unlikely that they would be able to manage psychotherapy at that time. So the Extended Assessment helps people figure out what help could be useful now and what could be useful later.

How does it work?

The Extended Assessment is generally completed across four 1 hour sessions with a member of staff; these normally take place once a week. This will give you the chance to express yourself fully and help you to feel heard, listened to and understood.

Over the 4 weeks you may explore:

- your current difficulties including any risky behaviour that may be present;
- strategies that you use in order to cope;
- significant past experiences and relationships;
- any previous diagnosis of Borderline Personality Disorder or experience with services;
- self assessment for Borderline Personality Disorder.

The member of staff that you worked with will then read the assessment back to you, so that you can check that the details are correct, and that they have understood your problems correctly.

The written Extended Assessment will be recorded on your electronic patient record. You will receive a copy and may wish to share this with others involved in your care such as your GP, so they can have a better understanding of your difficulties and what may help. It can also help you to better explain yourself to your family and friends.