Questions to consider when developing the treatment plan for clients with Personality Disorder Diagnosis

- What were the triggers for this recent presentation?
- What is the formulation as to why the client copes in this way?
- Is the diagnosis clear and has it been explored collaboratively with the client?
- What impact is the client’s personality disorder and attachment style likely to have on how she interacts with me or other parts of the service (e.g. CR/HT, A and E)?
- What are the treatment / care plan goals?
- Have I discussed the focus of treatment, ground rules, boundaries, time scales of our input with the client (the ‘treatment frame’)?
- Am I adhering to the ‘treatment frame’, maintaining consistency and making sure I am not being drawn into unhelpful relationship dynamics (e.g. over involved, feeling special, being rejecting / punishing)?
- Does the client want to or feel able to reduce their self-harming or other crisis behaviour?
- What are the functions of the deliberate self-harming behaviour (e.g. suicidal, managing emotional pain, reducing numbness, expressing distress, care seeking, self punitive, etc)?
- What is the ‘backwards chain’ that led to the self-harming or other crisis behaviour? (e.g. vulnerability, triggers, thoughts, feelings, urges, actions, short and long term consequences)
- What are the skills and strategies the client needs to work on to break the chains that lead to the crisis situations?
- What impact is the treatment plan having on the client’s self-harming or other crisis behaviour?
- Is the treatment / care plan helping the client to achieve their collaboratively agreed goals?
- Does the client have a co-morbid disorder that requires treatment (e.g. depression, addiction etc)?
- Am I implementing the ‘core’ strategies in risk management, e.g. risk matrix / formulation, risk information and crisis plan, risks addressed in care-plan, triangle of care?
- Am I confident in my documentation and getting adequate supervision?