

Highly Specialised Personality Disorder Service

Cygnets Aspen Clinic, Doncaster



**Beds available
Now taking referrals**

Cygnets Aspen Clinic is a specialist service for women with a diagnosis of personality disorder and associated complex needs. We provide assessment, stabilisation, treatment and rehabilitation for up to 16 women.

Our service users may have complex trauma histories or have experienced regular placement breakdowns. At Cygnets Aspen Clinic we provide a collaborative, multi-disciplinary approach to care and treatment with a focus on recovery and co-production with service users.



Female



18+ years



16 beds

"I actually applied the things that I was learning in the situations I found myself in and I did this over and over again. I was no longer sitting in groups and pretending that I was going to be doing the work. I started talking, I did the work until it was my first response to a situation. I am still changing but now at least I can say that I'm in REAL recovery."

Service user



Our service user profile

- > Female, aged 18+ years
- > Primary or secondary diagnosis of personality disorder or emotionally unstable personality disorder (EUPD) with associated complex mental health needs and challenging behaviours
- > Dual diagnosis of autism or learning disability
- > May be subject to a section of the Mental Health Act
- > Referrals accepted from Tiers 1 - 4
- > Sustained relational and social functioning problems
- > Experienced Trauma may have Post-traumatic stress disorder
- > May have a forensic history
- > May have a history of substance misuse or dependency
- > May have experienced regular placement breakdowns

Our approach - a modular treatment pathway

At Cygnets Aspen Clinic we operate an integrated modular approach to treatment for women with a diagnosis of personality disorder, accounting for diagnostic differences, NICE guidelines and the work of Livesley (2004).

Our multi-modal treatment pathway consists of a range of therapeutic models including Dialectical Behaviour Therapy (DBT), Trauma-focused Cognitive Behavioural Therapy (TF-CBT), and Compassion focused Therapy (CFT).

The Psychology team at Aspen Clinic offer a range of evidence based psychological assessments and therapies which are tailored to the individual's specific needs. Our priority is to empower women to feel safe enough to trust and engage in the work. Importantly, we promote service user's choice to engage with us.

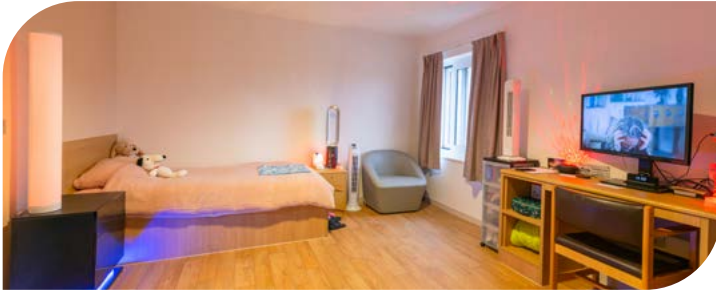


Therapeutic approaches and assessments

Our therapeutic interventions are tailored to individual presenting needs, based on comprehensive psychological formulations undertaken on admission. The interventions we use include:

- > Dialectical Behaviour Therapy (DBT)
- > Trauma-focused Cognitive Behavioural Therapy (TF-CBT)
- > Compassion-focused Therapy (CFT)
- > Trauma based Therapy
- > Eye Movement Desensitisation and Reprocessing (EMDR)
- > Structured Clinical Interview for PD (SCID-5-PD)
- > Millon Clinical Multiaxial Inventory (MCMI)
- > Difficulties in Emotion Regulation Scale (DERS)
- > Beck Anxiety Inventory (BAI), Beck Depression Inventory (BDI), Beck Hopelessness Scale (BHS)
- > The Awareness of Social Inference Test (TASIT)
- > Chart of Interpersonal Reactions in Closed Living Environments (CIRCLE)
- > Aspects of Identity Questionnaire (AIQ)
- > Warwick-Edinburgh Mental Well-being Scale (WEMWBS)
- > Model of Human Occupation Screening Tool (MOHOST)
- > Assessment of Communication and Interaction Skills (ACIS)

Addressing core deficits



"I cannot express how **amazing the staff here are!** They saved me from myself and took the **responsibility to keep me safe** until I could do it for myself. I will never be able to thank them enough for the way they helped me and the **huge impact they have had on my life.**"
Service user

Average length of stay **12 months**

- ### Our facilities
- > En-suite bedrooms
 - > Sensory room
 - > Occupational therapy room
 - > Laundry room
 - > Therapy kitchen
 - > 1:1 psychology room
 - > On site beauty lounge
 - > Quiet lounge
 - > Downstairs communal lounge
 - > Garden including an area for service users to grow their own fruit and vegetables

Service users are able to **access further education** at a local college, Dearne Valley

Our student art therapist helps service users with communication and self-expression as well as new ways to gain personal insight and develop new coping mechanisms

Access to local GP for any **physical health requirements** supported by an registered general nurse (RGN) who supports both the GP service and current responsible clinician

Staff are fully trained in Dialectical Behaviour Therapy (DBT) and DBT skills, Eye Movement Desensitization and Reprocessing (EMDR), Trauma focused therapy, counselling, Post Traumatic Stress Disorder (PTSD) and will adapt programmes and training according to individuals need

2 Registered general nurses, a mental health nurse and a learning disability nurse

Our occupational therapist is sensory focus trained and provides community skills including: **travel confidence building and local shopping skills**

i For more information or to make a referral please call **0808 164 4450** or email **chcl.referrals@nhs.net**

Where are we?

Cygnets Aspen Clinic
Manvers Road, Mexborough,
Doncaster, South Yorkshire S64 9EX
Phone number
01709 572 770



- ### Our referral process:
- 1 Referral made to Cygnets referrals team via 0808 164 4450/chcl.referrals@nhs.net
 - 2 Assessment arranged and undertaken via our management team
 - 3 Feedback provided on whether our service can meet the individual's needs
 - 4 Assessment pack formulated including care plans and funding information
 - 5 Admission agreed and plans for transition arranged with referring team following confirmation of acceptance of placement

CYG-601 | Date of Preparation: 25/03/23

Please visit cygnetsgroup.com for more info | Follow us on social media: