

Improving lives together

# Highly Specialised Personality Disorder Service

**Cygnet Alders Clinic,  
Gloucestershire**

Good

Cygnet Alders Clinic is a highly specialised personality disorder service for women with personality disorders and complex needs. Cygnet Alders Clinic is on the Welsh Hospital Framework with specialist service status.

At Cygnet Alders Clinic we provide a specialist psychologically informed personality disorder pathway across three living areas; Severn, for assessment and stabilisation; Avon, where service users move as they engage and progress with their treatment pathway; and Coln, which focuses on transitioning to the community.

We have a substantive Multi-disciplinary Team (MDT) comprising of a Hospital Manager, Clinical Manager, Head of Psychology, Head of Occupational Therapy, Ward Managers, Psychotherapist, Art Therapist, Psychology Assistant, Occupational Therapist (OT), OT Assistant, Activity Co-ordinator, Specialty Doctor, 11 RMN Nurses, Senior Support Workers and Support Workers. We work closely with the local community and primary care.

We promote physical health, wellbeing and meaningful occupation as part of our treatment programme, using strong community links to facilitate individualised wellbeing plans.



Now taking  
referrals



Female



18+ years



20 beds  
in 3 wards



Part of the  
Welsh Hospital  
Framework

## Our service user profile:

- Women, aged 18+ years
- Complex mental health needs, behaviours that challenge and emotional instability which may be characterised by a diagnosis of personality disorder or history of complex trauma
- May be detained under the Mental Health Act
- May have a history of substance misuse
- May have experienced regular placement breakdowns
- Sustained relational and social functioning problems
- Forensic or non-forensic history
- Capacity to engage
- May have associated Autism diagnosis

## Our approach

We adopt an integrated modular approach to treatment for women with a diagnosis of personality disorder, accounting for diagnostic differences and NICE guidelines.

With a focus on interpersonal relationships, we use individual formulation to deliver a personalised and integrated combination of psychotherapeutic and pharmacological interventions. These can include:

- Dialectical Behaviour Therapy (DBT) Informed Approach
- Cognitive Behavioural Therapy (CBT)
- Compassion Focused Therapy (CFT)
- Schema Focused Therapy (SFT)

Our aim is to address the core features of personality disorder: emotional regulation, interpersonal functioning, and self-identity and to prepare the women in our care for a transition to life back in the community.

## Therapeutic approaches and assessments:

- Dialectical Behaviour Therapy (DBT) Informed Approach
- Cognitive Behavioural Therapy (CBT)
- Trauma Focused-Cognitive Behavioural Therapy (TF-CBT)
- Compassion Focused Therapy (CFT)
- Schema Focused Therapy (SFT)
- Eye Movement Desensitisation and Reprocessing (EMDR)
- Cognitive Analytic Therapy (CAT)
- Rational Emotional Behavioural Therapy (REBT)
- START Risk Assessment
- Positive Behavioural Support Plans
- Psychometric Assessments
- Neuropsychological assessments
- Ongoing Psychological Formulation
- Wellness Recovery, Support and Action Plans
- Movement Therapy Groups
- Drug and Alcohol Support Group
- Grief Therapy Group
- Psycho-Educational Groups
- Art therapy

# Our Pathway

## Severn

### Assessment and Stabilisation

- > Safety
- > Containment
- > Emotional and behavioural control and regulation
- > Crisis management
- > Individualise psychological formulation
- > Understanding 'me'

## Avon

### Core Treatment

- > Exploration
- > Change
- > Cognitive, interpersonal, occupational and specific psychosocial interventions
- > Individualised psychological formulation

## Coln

### Consolidation

- > Integration
- > Synthesis
- > Relapse prevention
- > Transition
- > Discharge planning
- > Multi-agency working
- > Increased independence
- > Resilience

Cygnet Alders Clinic is located in the heart of the community, close to Gloucester City Centre and Cheltenham

Service users are able to access further education at Gloucester College

A beautician visits Cygnet Alders every Thursday

Two trained ADOS staff members, who can complete assessments

Links with community services such as a local animal sanctuary and a regular pet therapist

Obtained QAIS Wales, rating 3Q's

Art Psychotherapist and three ADOS and ADHD trained team member

- > Gym
- > Salon
- > Sensory room
- > Quiet lounge
- > Communal lounge
- > En suite bedrooms
- > Laundry room
- > Each ward has its own dedicated garden and therapy garden



Service users can access groups in the community including access to trauma services



Sponsorship of Gloucester Women's Rugby Club

"Alders has changed my life... After 18 years of being in hospital I finally have a future!" Service user

## Make a referral

1 Referral made to your regional NHS Partnerships Manager or 0808 164 4450 / [chcl.referrals@nhs.net](mailto: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

## Where are we?

Cygnet Alders Clinic  
155 Podsmead Road, Gloucestershire,  
South West GL1 5UA  
Phone number  
01452 222 390



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