

Improving lives together

# Highly Specialised Personality Disorder Service

Cygnet Alders Clinic,  
Gloucestershire

Good

Now taking referrals



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.



Female



18+ years



20 beds  
in 3 wards



Part of the  
Welsh Hospital  
Framework

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.

## 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 Spectrum Disorder (ASD) 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:

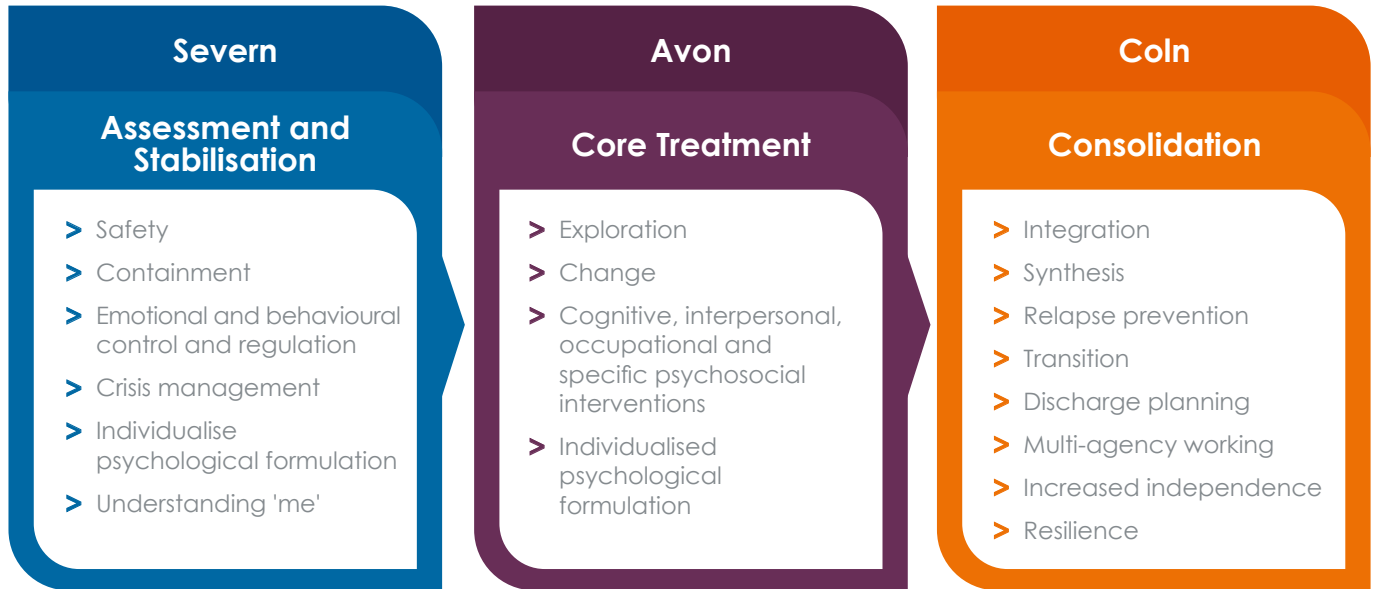
- > Dialectical Behaviour Therapy (DBT) Informed Approach
- > Cognitive Behavioural Therapy (CBT)
- > Compassion Focused Therapy (CFT)
- > Schema Focused Therapy (SFT)

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



Cygnnet 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 Cygnnet Alders every Thursday

**Two trained ADOS** staff members, who can complete assessments

**Facilities:**

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

**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

**Sponsorship of Gloucester Women's Rugby Club**

**Service users are given the opportunity** to take part in voluntary work in the community - We work with the brownies as well as local shops

**Paid therapeutic work** offered to service users, including; responsibility for maintaining art and therapy room, housekeeping

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

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

**i** For more information or to make a referral please call **0808 164 4450** or email [chcl.referrals@nhs.net](mailto:chcl.referrals@nhs.net)

**Our referral process:**

- 1** Referral made to Cygnnet referrals team via **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

"I really have felt a part of the MDT at Cygnnet Alders Clinic. Each time I have visited, I have received a warm welcome and have been looked after. They have facilitated the successful discharge of someone who has been in inpatient services for years. The level of support provided to the community team on discharge of the service user has been impeccable.

I do look forward to the opportunity where I may be in a position to work with the Alders team again. I really have learned a great deal about myself and my own working practice, by working alongside them - for which I am most grateful. I would like to wish the team my warmest wishes, and thanks." **Social Worker / Care Co-Ordinator**

**Where are we?**

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

