

# Borderline Derbyshire

Newsletter of the  
Derbyshire Borderline Personality Disorder  
Support Group



For anyone affected by  
Borderline Personality Disorder (BPD)  
also known as  
Emotionally Unstable Personality Disorder (EUPD)



For those in Derbyshire and beyond!



## Who we are...

### Committee—core members

Sue—chair/founder

Vicky—secretary

John—treasurer

### Other committee members

Jodie—volunteer

Ryan—volunteer

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**Welcome to *Borderline Derbyshire*...**

# Derbyshire Borderline Personality Disorder

SUPPORT



Group

News

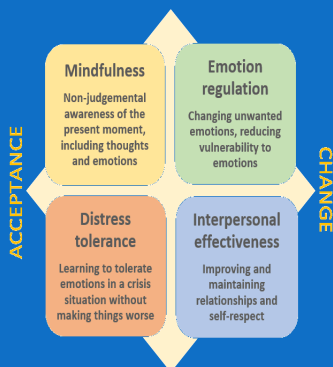
Our zoom groups are  
now  
nationwide!



Derbyshire Borderline BPD Support Groups

Private

Group DBT via zoom is  
available!





Bryony

The group is fantastic! I meet new friends, have a laugh and get lots of information.

I'm Bryony's mum, and I enjoy the support and friendship of the group.



Annie

**DERBYSHIRE**

## **BORDERLINE PERSONALITY DISORDER SUPPORT GROUPS**

**Information & chat for anyone affected by BPD, including friends, family members, support workers etc**

**Now solely on zoom until further notice  
Sundays at 4pm**



Jodie

I get the support I need at the group. It makes me feel comfortable and safe.

I'm Jodie's partner. I get a better understanding of what BPD is and make new friends in the same position.



Ryan

**If you would like to know more, please email Sue on  
[derbyshireborderlinepd@gmail.com](mailto:derbyshireborderlinepd@gmail.com),**

## Derbyshire Recovery and Peer Support Service

### Services We Offer

- Targeted support through one-to-one and group sessions.
- Signposting to other sources of community and specialist support
- Self help and peer support
- Telephone support
- Advice and information on mental illness.
- Recovery education to help manage and understand your mental health
- Social activities in the local community

If you would like to contact the service, we are open from 9am - 5pm Monday to Friday. Please email [DerbyshireRecoveryPeerSupportService@rethink.org](mailto:DerbyshireRecoveryPeerSupportService@rethink.org) or call us on 01773 734989.

Our Derbyshire Recovery and Peer Support service can be contacted via **webchat**. This is available between 9:00am and 5:00pm Monday to Friday. A chat icon will appear at the bottom right when this is available.

## Personal Health Budgets

Personal health budgets are a way of offering individuals with disabilities and long-term conditions, including mental health, greater choice and control in how the NHS supports them in improving their health and managing their care.

More information can be found here:

<https://www.england.nhs.uk/personal-health-budgets/personal-health-budgets-for-mental-health/>

## Derbyshire Cancer Buddies

online group and confidential 1-1 telephone support to community members who are diagnosed with, and/or affected by, cancer

Tel: 07547 698081 [info@derbyshirecancerbuddies.co.uk](mailto:info@derbyshirecancerbuddies.co.uk)

Facebook @derbyshirecancerbuddies

# Useful Information

## Apps:

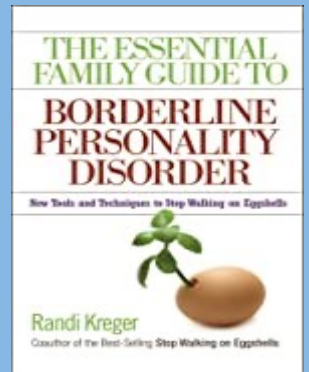
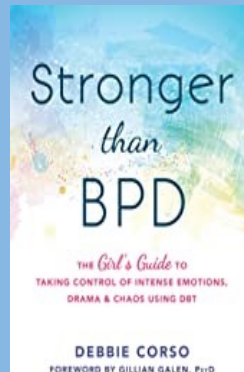
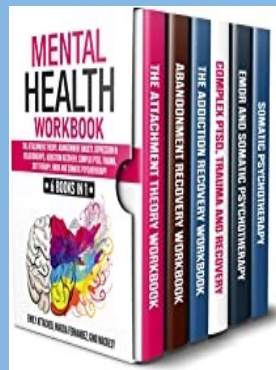
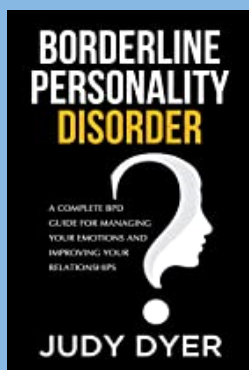
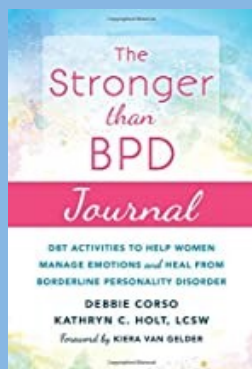
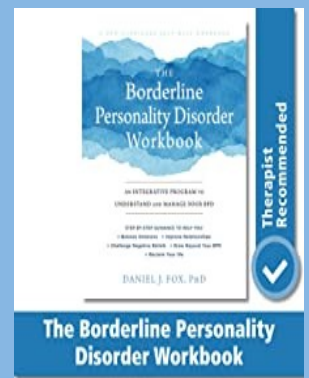
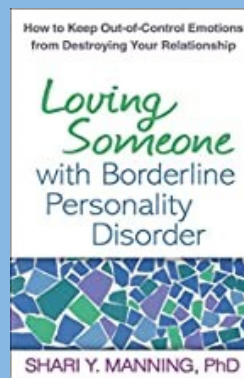
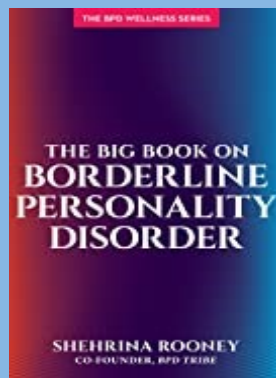
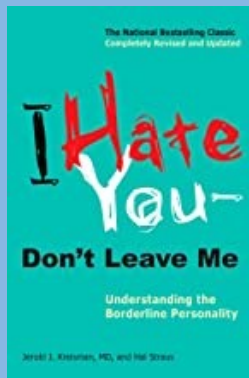
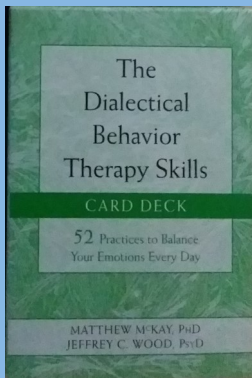
[www.calm.com](http://www.calm.com)

For Meditation and Sleep

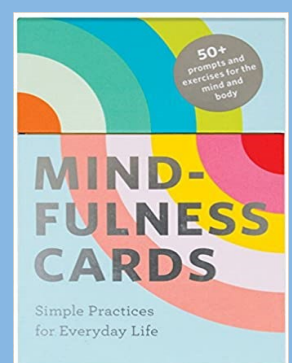
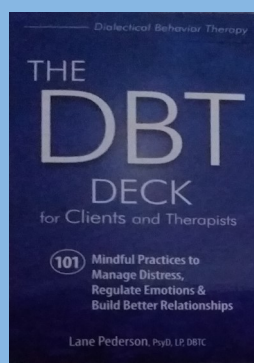
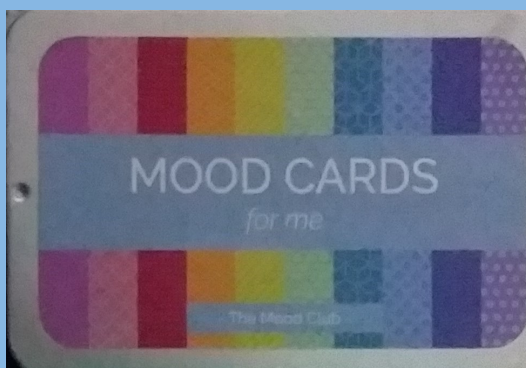
<https://insighttimer.com>

For sleep, anxiety and meditation

## Books:



## Cards





## **Why does EMDR make some patients worse?**

The key element for Eye Movement Desensitisation and Reprocessing (EMDR) therapy to be effective is to “activate” the emotions from the past. This activation normally opens a can of worms. If the clinician is not well versed in trauma, autonomic dysregulation, dissociation, positive affect, memory consolidation, etc., it may not know how to contain all the worms coming out at the same time.

Even if it's not all the worms, sometimes opening the can may feel too intense, too painful, too disturbing. I never do EMDR before my clients have developed a whole set of regulation skills and have increased their tolerance to experience strong emotions without feeling overwhelmed.

If the therapist doesn't know how to direct the EMDR sessions to make them safe, the opening of the emotional channels can cause re-traumatisation. Then, the client feels worse than before, and could be worse than before. The symptoms could increase and could even put the client in danger.

Many clinicians have been going to EMDR training because there are so many people with trauma symptoms, and EMDR offers a fast and inexpensive option. But the reality is that EMDR is only a modality to process traumatic memories, but trauma treatment is much more than just processing. These clinicians really believe that they can just save years of training by applying a formulaistic protocol and heal trauma. That doesn't happen. I have said before that EMDR is a great tool for traumatic memories in the hands of an expert. It's like a scalpel in the hands of a surgeon. But if you put a scalpel in the hands of a physiotherapist, it can be lethal.

*5 February 2021*

## **If disassociating is a natural protection from trauma, why is it that the resulting personality changes it causes are considered to be a disorder?**

Fever is a natural protection against invading microbes but it can also kill you or cause seizures, right?

In the same way, dissociation is a protection against death, but if it becomes the “regular” way to operate for your brain, it creates dysfunction. Dissociation disconnects the communication between areas of the brain creating problems that can have repercussions on your personality, your mood, your actions, your thoughts. For example, dissociation can split your personality, making you act a certain way sometimes, and completely different in other circumstances, without your awareness or your control. Dissociation can turn off the part of your brain that is aware, and therefore, you may not notice any improper behavior and then you may deny it, making you seem unaccountable, etc.

Dissociation does not always cause disorders, the same way that fever does not always cause seizures, only in extreme cases, when the brain doesn't go back to normal functioning.

*26 January, 2021*

*Antonieta Contreras, Psychotherapist, Quora.com*



## Update on our meetings

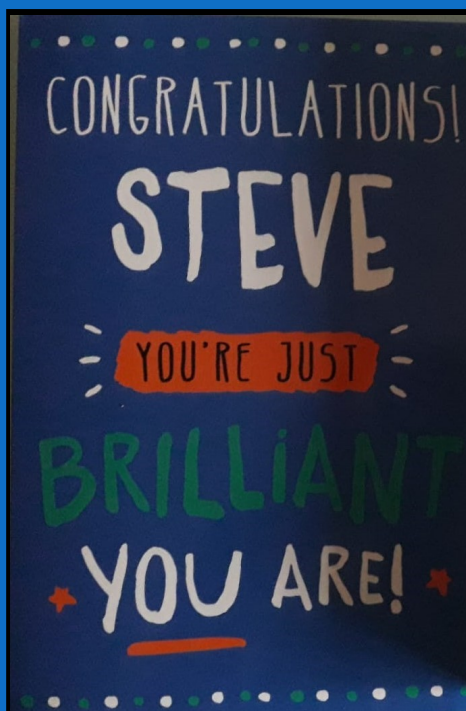


We hope to be re-opening two of our  
face-to-face groups in the Summer, in  
**Chesterfield and Ilkeston**

xxxxxxxxxxxxxxxxxx

On-going zoom sessions (nationwide)

Sundays at 4pm



*Steve*  
*You continue to*  
*be an*  
*inspiration,*  
*putting your*  
*own issues aside*  
*to help other*  
*members*  
*x*  
*Thank you!*







## Debt Advice

by

**Florence (group member)**



For those of us who are in debt there is hope!

### **The Debt Relief Order (DRO)**

Depending on the amount of debt you have, you can either apply for bankruptcy or a DRO

The DRO is for when you have fewer debts than is required to be declared bankrupt

You must owe £20,000 or less and must not own your own home

You will have to provide details of money coming in and the debts

A DRO freezes your debt repayments and interest for 12 months.

After this, all of the debts included may be written off

The DRO will be on your credit report for 6 years

DRO's are not free...£90 has to be paid upfront

For further advice phone the Citizens Advice Bureau

The telephone number for the CAB is: 08001448848



*Have you lost your job?*

*Struggling to pay rent or council tax?*

*Need help filling in forms?*

*Do you want free advice?*

**DERBYSHIRE UNEMPLOYED WORKERS' CENTRES**

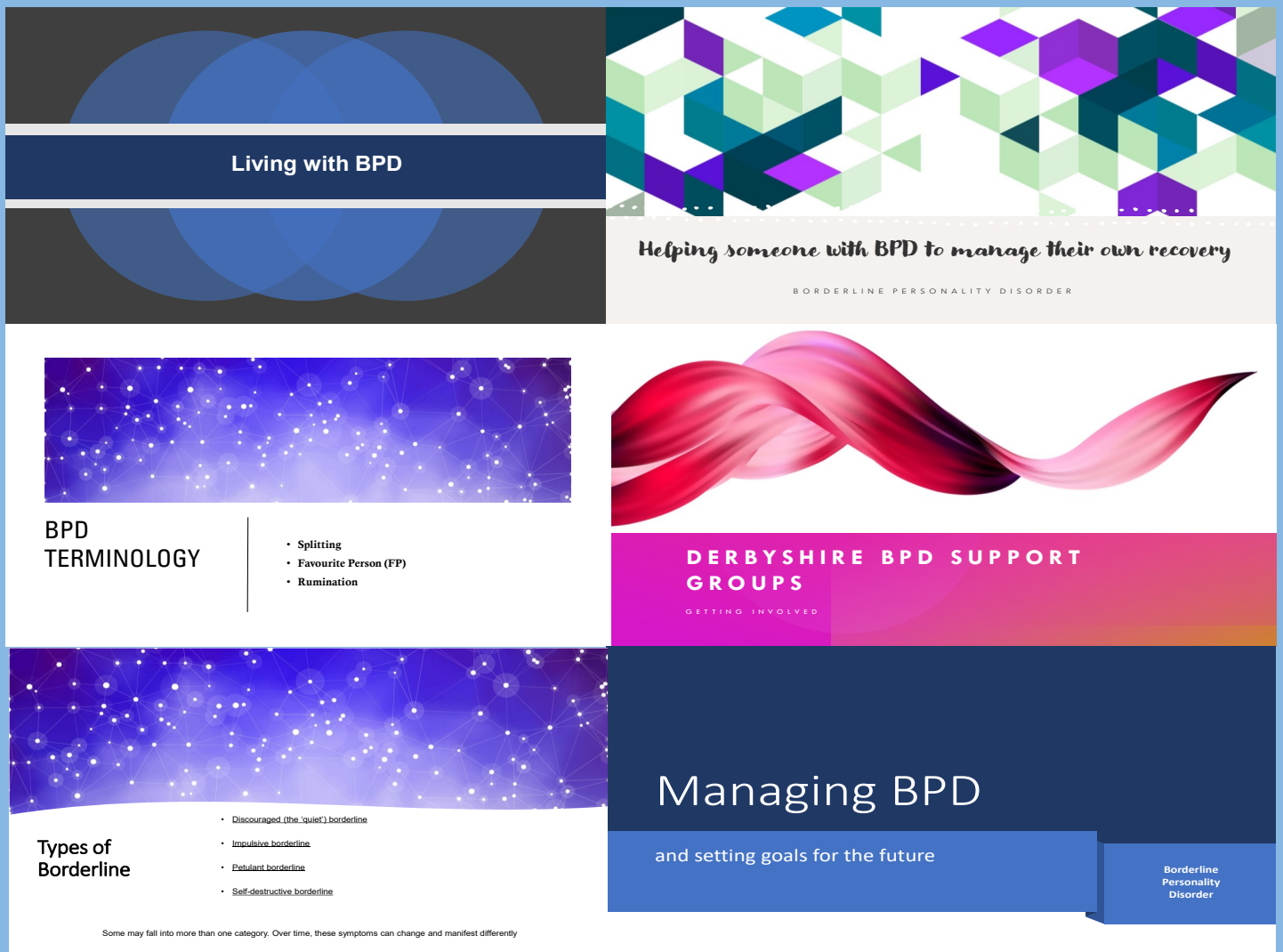
*Telephone us on 01246 231441*

*weekdays 8.0am - 4.0pm*

*Or email us at [info@duwc.org.uk](mailto:info@duwc.org.uk)*

*Contact us and we will find a way to support you!*





**PowerPoint presentations given at our zoom meetings (above)**

*Derbyshire borderline personality disorder support groups*

**and those given to raise awareness at forums and events (below)**



## *Member's story...*

### *The Deadly Creature (An experience of BPD)*

*By*

*Winnie Smith*

*I could hear a low growl. The claws of the creature tapped their way down the corridor, my breathing grew heavy with each tap of the claw. I could smell cleaning solutions, I could feel cobwebs around my fingers, I could feel the tickle of the dust under my nose and the scent of my bloodied body.*

*I closed my eyes, tried to think of a happy place but the more I did, the more intense the creatures growl came. I could hear the smell of wet dog, the smell raising between the gap of the door. This was my last chance of survival. I instinctively reached for the nearest object; anything would do.*

*The knocking of the door grows intense, the snarls pierced my ears and the jangle of the janitor's closet rattled. I prepared myself, I stood at the door, unlocked it, and waited for the animal to enter. The object tight around my hand, my breathing grew faster with each intense moment, and then, the door swung open.*

*There stood my mother and father who rushed towards me, cradled me into their arms, as I cuddled back, and sobbed.*

*"He can't hurt you. He isn't real" my mother whispered.*

*"We will always protect you, even if the evil one has manifested within your head" my father calmly told me.*

*A smile appeared on my face as my cats and dog came rushing to love me too. I knew that, even with this awful mental illness, I still had the best support around me.*

*And I was never going to let it get to me.*

*I was safe.*

*You were safe.*



**Supported by...**

**Public Health**

**North Derbyshire CCG**

**Derbyshire County Council**

**Derbyshire Dales District Council**

**Foundation Derbyshire**

**Derbyshire Recovery and Peer Support Service**

**Derbyshire Voluntary Action**

**Lloyds Bank**

**We welcome ex-offenders, and are proud to be a member of...**

