

24 July 2023

Tel: 01727 804227
Email: Hpft.foi@nhs.net

Our Ref: FOI/04724

Thank you for your request concerning Personality Disorder Therapies - DBT And CBT.

Your request has been considered and processed in accordance with the requirements of the Freedom of Information (FOI) Act 2000.

I am looking for information held by your organisation, detailing the care CMHT Adult services support Service Users with a Diagnosis of Personality Disorder / Complex needs – specifically Borderline / Emotionally unstable Personality Disorder.

To summarise, I am interested in how Trusts currently structure their out-patient Personality Disorder Services to meet Service User need.

I will focus on Dialectical Behavioural Therapy – frequently labelled the Gold standard therapy for BPD / EUPD. I am keen to understand how Trusts are varying from the standard DBT structure (12 month course with weekly Skills group, weekly 1:1 therapy, plus telephone support).

I understand that NHS Services are undergoing significant reform at present, which may make it hard for Trusts mid reform.

For the purposes of this request, for Current Services, please give the position as at the start of this Financial Year, April 2023 – Please do indicate if this is post transformation. I have included opportunity to indicate that Services are currently undergoing Review. There is also space to make comment on Future Provision.

Please see attached questionnaire.

Should you require further clarification, please do not hesitate to contact me.

Please find enclosed an information sheet regarding copyright protection and the Trust's complaints procedure in the event that you are not satisfied with the response.

Yours sincerely

Sue Smith

**Sue Smith
Information Rights Officer**

Enc: Copyright Protection and Complaints Procedure Information Leaflet.

If you would like to complete a short survey in relation to your Freedom of Information request please scan the QR code below or click [here](#).

