

## Who we are

We are a group of people who have experience of attracting a personality disorder diagnosis. We come together and try to make changes in the way we are treated and the services that are available.

## Personality Disorder

People can have very different experiences of personality disorder diagnosis. Some people find it a contentious label, others have found it a helpful way to name their experience. We seek to include a wide range of perspectives and emphasise the way people understand their experience for themselves. We also recognise this can change over time.



## Much More Than A Label

**A collective advocacy project for people who may attract a diagnosis of personality disorder**

We are always interested to make new connections. We are an inclusive group and welcome anyone who has or may attract a personality disorder diagnosis. Whether you have your own experience, or would like to hear from people about their experience, please get in touch.

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**CAPS**  
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advocacy

CAPS Independent Advocacy is a Scottish Charitable Incorporated Organisation. Scottish Charity Number: SC021772

# Much More Than A Label

## Collective Advocacy Project

the lived experience of personality disorder diagnosis



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## What we do

The group decides what it wants to do—it is experience-led—and has a CAPS worker to facilitate the work.

We look for ways to have a stronger voice for people's own experience of attracting a personality disorder diagnosis. We work to raise awareness and campaign for change.

In the past this has included a Lothian-wide consultation to gather people's experiences of personality disorder, developing training resources, delivering training sessions, presenting at conferences and speaking up for people's concerns in policy and service development.

## Consultation and toolkit

We carried out a consultation across Lothian to gather people's experience of personality disorder diagnosis and how they were treated as a result. We also gathered experiences of professionals working in the field.

We gathered these experiences and views, along with creative work about this, into a toolkit of resources. This can be used for training or awareness raising and is available to download on our website:

<http://capsadvocacy.org/lothian-wide-projects/personality-disorder-project/>



## Training

Based on the consultation and toolkit, we have developed a training course about the lived experience of attracting a personality disorder diagnosis and is delivered by people with their own experience.

We have a two day in house course, and also do shorter sessions in a range of contexts, from university training courses to voluntary sector organisations.

## Future plans

We feel there is a strong need for greater awareness about personality disorder from a lived experience perspective. This is especially true at the point people receive a diagnosis, as well as for professionals and the general public.

We are working on a booklet to concisely gather these perspectives and make them accessible.