

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 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



Much More Than A Label



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:

capsadvocacy.org/collective-advocacy/experiences-of-personality-disorder



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.