

Individual therapy which can include:

### Schema Focused Therapy (SFT)

### Trauma Therapy (Eye Movement Desensitising Reprocessing (EMDR))

### Cognitive Behavioural Therapy

### Other Services FIPTS offers:

#### Case management

We can provide some service users with a more intensive service that involves giving them a 'care team'. This care team will normally consist of a psychiatrist, psychologist and care coordinator. They will help service users with very complex problems that can make simple day-to-day tasks difficult to achieve.

#### Consultancy

We can provide one-off or ongoing advice regarding risk assessment, therapy and management of service users with personality disorder. FIPTS staff can also make themselves available to attend CPA meetings and MAPPA meetings and provide training and information as appropriate.

#### Training and service development

We also deliver a variety of evidence-based training packages to services wanting to improve their skills in working with forensic service users. Staff can also assist organisations in implementing a psychologically informed framework within their service.

#### Research

We are committed to exploring and sharing knowledge and information about what works for service users with personality disorder specifically within forensic settings, through research and service evaluation.

#### Services for women

We are in the process of piloting services for women. Please contact us if you would like to know more.

### What people who use our service say:

*'FIPTS has in the past been able to help me with a lot of things and... understand a lot of things, and perhaps if the FIPTS team wasn't here I don't know if I would have continued.'*

*'With... FIPTS is more like you look into what you've done, why you've done it, what was going on at the time and to recognise the signs and if you are feeling those signs, you can come and speak to me before it escalates.'*

*'Speaking truth within my bones, heart and soul I can honestly say that [the service] has done really well by me, they have supported me, they have helped, I owe a lot of thanks to them because without them I couldn't have achieved what I have achieved today.'*

From: Jacobs, B., Bruce, M., Sonigra, K., & Blakesley, J. (2010). Service user experiences of a community forensic personality disorder service: a qualitative survey. *The British Journal of Forensic Practice*, 12(4), 47-56.

If you'd like a large print, audio, Braille or a translated version of this leaflet please ask.

Contact SLaM  
SLaM switchboard: 020 3228 6000  
SLaM website: [www.slam.nhs.uk](http://www.slam.nhs.uk)

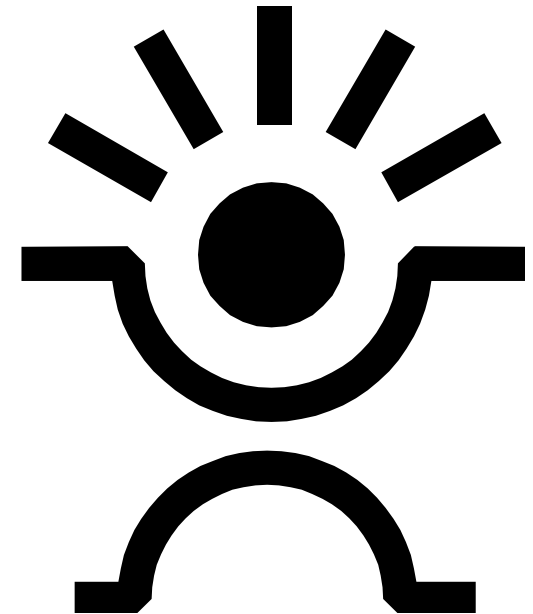
### Patient Advice and Liaison Service (PALS)

PALS is here to listen and support you in whatever way they can to ensure your experience at SLaM is a positive one. If you are not happy about something at SLaM then PALS will try to help you. If you decide you want to make a formal complaint PALS can advise you how to do this.

PALS 24hr information line: 0800 731 2864  
PALS website: [www.slam.nhs.uk/pals](http://www.slam.nhs.uk/pals)  
PALS email: [pals@slam.nhs.uk](mailto:pals@slam.nhs.uk)

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## FIPTS Community Team



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### **What is FIPTS?**

FIPTS is the Forensic Intensive Psychological Treatment Service. We help our service users be more independent, by reducing harmful behaviour and improving their quality of life.

We work to increase quality of life for service users in the areas of relationships, employment, education and community integration. We achieve this by offering full case management and working closely with other agencies.

### **Who do we work with?**

We aim to provide effective and meaningful assessment, treatment and management of people with personality disorders who may be of high risk of sexual or violent offending behaviour towards others.

### **Criteria:**

- Service users 18 years or older.
- Diagnosis of, or likelihood of, personality disorder.
- Forensic history of violent and/or sexual offending.
- Willingness to engage in psychological treatment and management.
- Client presents a high level of risk for violent and/or sexual offending.
- Functional link between personality disorder and risk for violent and/or sexual offending.
- IQ of 70 or more.
- Live within the boroughs of Lambeth, Southwark or Wandsworth.

### **What is personality disorder?**

Everyone has different ways of relating with others, differences in how they view themselves and how they deal with situations. These characteristics make up our personality, which is expressed in our thoughts, feelings and behaviours.

Our personality allows us to get on with other people, and cope with every-day life and situations. However, for some people, parts of their personality can cause them difficulty, leading to problems in building and maintaining relationships, keeping out of trouble, gaining employment, having stability in behaviour and feelings, and dealing with stressful situations. Sometimes a diagnosis of personality disorder may be given to a person when they experience this kind of difficulty.

### **How can FIPTS help?**

#### ***Initial contact***

We invite all potential service users to meet with one of our team members to chat about what they want to change, sort out or achieve. Together we try to help the person think about all the things that seem to block them achieving their goals. We then plan how we can support them to overcome these obstacles (or blocks) so they can live a better quality life. Obstacles might be poor accommodation, unemployment, lack of money, little community support, overwhelming feelings or offending behaviour. As everyone is different, we offer a range of services to help people achieve their goals.

### ***Psychological therapies***

Psychological therapies are offered to help people address particular issues such as violent and sexual offending, substance misuse, and managing difficult thoughts and emotions. Talking therapy involves exploring thoughts, feelings and behaviour. This type of therapy is provided by a clinician on a one-to-one basis, in a group setting, or in a combination of the two.

Our group programmes include:

#### **The Moving Forward Group**

This group aims to help clients identify areas in their life they would like to change and/or improve, identify ways to work towards future goals, and help with developing skills and strategies to reach these goals.

#### **Personality Disorder Awareness Group**

This group is an educational group that aims to provide participants with an introduction to personality disorder. It also offers support in understanding and exploring what a diagnosis might mean for a client.

#### **Dialectical Behaviour Therapy (DBT) Group**

DBT is a treatment approach for people who have difficulty in managing their emotions which may have created problems in their lives (and in the lives of those around them). The DBT programme typically requires a commitment of at least six months and has both one-to-one and group-based elements.