

## Professional Education

The Personality Disorders Service staff are pleased to provide education and training for hospital and community-based professionals.

## Research

Research interests of the Personality Disorders Service include:

- ◆ personality disorders
- ◆ learning disabilities
- ◆ childhood trauma
- ◆ sexual orientation
- ◆ mindfulness
- ◆ eating disorders
- ◆ program effect on hospitalization.

## Providence Care

is a leading provider of compassionate, non-acute health care, and is affiliated with Queen's University. Treating each person with respect, dignity and compassion, we specialize in complex continuing and long-term care, geriatrics and rehabilitation, mental health services and palliative care.

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# Personality Disorders Service



- ◆ *Consultation and assessment to physicians and clinicians*
- ◆ *Chrysalis Day Treatment Program*
- ◆ *Managing Powerful Emotions Group*

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# The Personality Disorders Service

## Consultations/Assessment

The psychiatrist with the Personality Disorders Service team provides consultations to family physicians, community psychiatrists, agencies, and other caregivers. Consultations cover:

- ◆ medication management
- ◆ treatment strategies, diagnosis
- ◆ issues that arise in psychotherapy.

The community caregiver is responsible for applying recommendations. Other team members may also offer assessments and consultations in their area of specialization.

Due to the small size of our program and demand for service, we are unable to offer assessment for disability applications, legal reports, or ongoing care by a psychiatrist.

Consultation referrals are accepted from medical, mental health, and social service professionals. The referral source will need to complete a Consultation Request. Individuals making self-referrals are encouraged to find a professional to facilitate the consultation process.

Clients recommended for the Chrysalis Program are referred to the team and Intake Coordinator for further assessment before acceptance into the Day Program.

## The Chrysalis Day Treatment Program

is an intensive group therapy program for adults with severe personality disorders whose problems are long-standing, hard to change, and encompass a range of personal and social situations. Clients must be non-psychotic and diagnosed with a personality disorder.

### Criteria for admission

1. Ability to make concrete goals for behavioural change
2. Willingness to conform to program norms, including making every effort to control destructive and self-destructive behaviour, and respecting group confidentiality
3. Must be living in the community with a strong motivation to remain out of hospital during program participation

### Treatment

focuses on helping participants understand and transform the destructive thoughts, feelings, and behaviours that are the source of their problems in maintaining a stable, productive life such as:

- ◆ self-damaging behaviours
- ◆ identity disturbance
- ◆ depression
- ◆ difficulty controlling anger
- ◆ severe dissociation
- ◆ eating disorders
- ◆ problems in intimate relationships
- ◆ suicidal ideation
- ◆ severe anxiety
- ◆ low self-esteem.

Chrysalis participants are encouraged to have a family physician who is aware of their treatment.

The Personality Disorder Service does not have the resources to provide medical/psychiatric care.

The program has a strong community orientation and works closely with other health care professionals. The program operates on a 15-week semester system from Tuesday to Thursday. Phase I of the semester is a 4-week intensive treatment for those for whom short-term intervention is appropriate. Those able to benefit from longer-term treatment may continue with Phase II for the remainder of the semester.

## Managing Powerful Emotions Group

is a 12-week group offered several times a year for individuals who have difficulty with emotion regulation but who do not need the intensive treatment regimen of the Chrysalis Day Program.

It is an educational group that teaches participants to use practical tools to understand their feelings and exercise control over emotional outbursts that create significant difficulties in their lives.