



## Personalised risk assessment: Deconstructing the diagnosis of personality disorder | Agenda

8<sup>th</sup> April 2025 | 10.00-12.30

[ZOOM](#) | ID: 890 8514 5903 | PW: 104832

### Facilitation team

Dr Leah Quinlivan, Research Fellow (NIHR GM PSRC, University of Manchester), and NCISH Risk Assessment Delivery Lead

Dr Emma Nielsen: They are a researcher. They are also autistic and have lived experience. Emma will be a co-facilitator for discussions at PAR events. They are a PAR partner.

Dr Jay Watts: Psychiatric Survivor, Consultant Clinical Psychologist and Psychotherapist

Dr Bruce Tamilson: Consultant Neuropsychiatrist and Liaison Psychiatrist

Ellie Wildbore: Lived experience expert, researcher, and PAR Partner

Sal Smith: Director of lived experience at NCCMH

**Delegate number:** 200 (Approx)

### Aims and context

Content warning: Throughout this session, we will discuss sensitive topics including self-harm, suicide, and experiences of healthcare services. The diagnosis of personality disorder is highly controversial and may be triggering for some people. Discussing these difficult topics can hopefully help improve personalised approaches to risk assessment. However, they may bring up past experiences and be upsetting. Please do take care of yourself as priority. We will have a support space available throughout the session and afterwards.

The aim of this session is to highlight contextual issues around the diagnosis of personality disorder and the importance of taking a compassionate, relational, and personalised approach to risk assessment.

**Overview:**

**Dr Leah Quinlivan** will chair the session. She will also provide an overview of the context for the session and emphasise the importance of personalised approaches to risk assessment. She will give an update on the personalised approach to risk work.

**Dr Emma Nielsen** will speak about the language of self-harm and suicide, and will co-facilitate discussions and the Q&A.

**Ellie Wildbore** will share her personal journey of self-harm and discuss the importance of context and avoiding assumptions in personalised assessments.

**Dr Jay Watts** Dr Jay Watts will briefly explore why the diagnosis of personality disorder is problematic, and how personalisation becomes essential in its place. They will then introduce a key perpetrator–victim dynamic that increases risk of both worsening self-harm and suicide.

**Sal Smith** will speak about discrimination associated with the label and its impact over 20 years. She will discuss how the Culture of Care equity principles can serve as an antidote to the stigma and discrimination surrounding the personality disorder label.

**Dr Bruce Tamilson** will present recent research on the experiences of autistic adults who were previously diagnosed with borderline or emotionally unstable personality disorder.

Time	Item
10:00-10.10	<p><b>Welcome, wellbeing, and housekeeping</b></p> <ul style="list-style-type: none"> <li>Leah will welcome attendees. She will introduce the topic and highlight the importance of wellbeing.</li> <li>Leah will provide an overview of the learning session and the personalised approach to risk programme.</li> <li>Emma will talk about terms and language for self-harm and suicide.</li> </ul>
10.10-10.20	<p><b>Topic overview</b></p> <ul style="list-style-type: none"> <li>Leah will present NCISH data on self-harm and suicide for people who have received a diagnosis of personality disorder, emphasising the urgent need for high-quality, compassionate, and relational care.</li> <li>The numbers and statistics for self-harm and suicide represent real people and lives, which may be upsetting. Please prioritise taking care of yourself.</li> </ul>

10.20-10.40	<p><b>Self-harm and the importance of considering context</b></p> <ul style="list-style-type: none"> <li>Ellie will speak about her self-harm journey. She will discuss the importance of context and how it impacts care quality.</li> </ul>
10.40-11.10	<p><b>How the idea of 'personality disorder' can block listening</b></p> <ul style="list-style-type: none"> <li>Jay will explore how the notion of PD can produce a certitude that is not only dangerous for personalisation, but which also repeats victimising dynamics.</li> </ul>
11.10-11.20	<b>Break</b>
11.20-11.40	<p><b>Experiences of autistic adults previously diagnosed with 'personality disorder'</b></p> <ul style="list-style-type: none"> <li>Bruce will present recent research on the experiences of autistic adults who were previously diagnosed with borderline or emotionally unstable personality disorder.</li> <li>The referenced research paper '<i>The experiences of autistic adults who were previously diagnosed with borderline or emotionally unstable personality disorder: A phenomenological study</i>' can be accessed <a href="#">here</a>.</li> </ul>
11.40- 12.00	<p><b>Equity principals and their antidote to stigma</b></p> <ul style="list-style-type: none"> <li>Sal will discuss how the Culture of Care equity principals can be an antidote to stigma and discrimination over the label of personality disorder.</li> </ul>
12.00-12.25	<p><b>Discussion and Q&amp;A</b></p> <ul style="list-style-type: none"> <li>We welcome any discussion, comments, or questions for our speakers.</li> </ul>
12.25-12.30	<p><b>Meeting close</b></p> <ul style="list-style-type: none"> <li>Leah will close the meeting and provide an overview of the next learning event.</li> </ul>
12.30	<b>Close</b>