

Personality, Emergency mental health Care and Complexity (PECC)

Theme leads



Dr Helen Startup, Consultant Clinical Psychologist and Clinical Research Fellow, Sussex Partnership Trust. (left)

Dr Claire Warrington, Research Fellow, School of Applied Social Science, University of Brighton (right)

Theme principles • Patience • Empathy • Collaboration • Compassion

Areas of interest

The vision of the Personality, Emergency mental health Care and Complexity (PECC) theme is to develop programs of research that enhance the quality of life of people with life-long psychological struggles. For example, people in crisis and people with needs that are complex (either due to issues of comorbidity, because of the context in which they occur, or because at present psychological treatment outcomes are poor, such as those with anorexia nervosa).

Lived Experience Theme Group

At the core of our research is the focus on lived experience. Our Lived Experience Theme Group are fundamental to our approach. Our Theme Group is made up of people whose lived experience relates to the different areas of our work. The group meet at regular intervals to advise on new and existing studies.

"Being a part of the PECC Group has given me confidence, as well as the chance to increase my knowledge of research, the work of the Trust and other mental health conditions and allowed me to put my own experiences to good use."

- PECC Theme Group Member

****We are currently seeking new members, if you are interested in joining this group or finding out more about it, please contact:**

involvementinresearch@sussexpartnership.nhs.uk

Theme objectives

- Enhancing and evaluating interventions in forming relationships and managing intense emotions
- Suicide prevention and alternatives to Section 136 (police) detention

- Involvement of services/other agencies in providing emergency care
- Enhancing our knowledge of the needs of people with anorexia nervosa and improving psychological interventions to help them
- Highlighting the needs of parents in the context of parental mental illness and devising adequate support packages

Research and Innovation within the PECC Theme

Specialist Psychotherapy with Emotion for Anorexia in Kent and Sussex (SPEAKS NIHR Feasibility Study). Dr Anna Oldershaw, Dr Helen Startup and Prof Tony Lavender are testing an intervention designed to target difficulties in managing emotion in those with Anorexia Nervosa. Participants will be recruited from specialist eating disorder services in Kent and Sussex

Links between repeated detention and unaddressed trauma (ESRC Postdoctoral Fellowship). Dr Claire Warrington's Wellcome Trust funded PhD found that there are strong links between repeated detention and unaddressed trauma that is often labelled as 'personality disorder'. She is now exploring approaches that are trauma informed and put relationships at the centre to support people to reduce the frequency and severity of the crises that lead can to repeated detention.

Seeking the views of parents who struggle with emotional intensity (ESRC PhD Studentship). Abby Dunn is looking at the parenting experience, help-seeking and support provided to parents who have challenges with emotional intensity.

Mindfulness Based Interventions for Emotionally Unstable Personality Disorder (ESRC PhD Studentship). Dr Alison Roberts is exploring the role of targeting emotional dysregulation via mindfulness for those with EUPD.

The new **Sussex Partnership Eating Disorders Research Clinic** launches in September 2020 Co-Directed by Dr Helen Startup and Dr Nicola Gilbert. Work is needed to improve the targeting of ED interventions to provide a more effective treatment package for those with more complex and comorbid presentations. Our clinic will focus on developing potential solutions that have the themes of being 1) *timely* and 2) *targeted* at their core.

Associated weblinks

<http://www.sussex.ac.uk/profiles/13591>

<https://research.brighton.ac.uk/en/persons/claire-warrington>

Key publications

Heath, G. & Startup, H. (Eds) (2020). Creative Innovations in Schema Therapy: Advances and Innovation in Clinical Practice. Routledge.

Warrington, C. (2019). Repeated police mental health act detentions in England and Wales: Trauma and recurrent suicidality. *International Journal of Environmental Research and Public Health*, 16(23), 4786.

Bendelow, G., Warrington, C. A., Jones, A., & Markham, S. (2019). Police detentions of 'mentally disordered persons': A multi-method investigation of Section 136 use in Sussex. *Medicine, Science and the Law*, 59(2), 95-103.

McCusker, L., Turner, M. L., Pike, G., & Startup, H. (2018). Meaningful ways of understanding and measuring change for people with borderline personality disorder: a thematic analysis. *Behavioural and cognitive psychotherapy*, 46(5), 528-540.

Schmidt, U., Startup, H., Treasure, J. (2018) A Cognitive Interpersonal Therapy Workbook for Treating Anorexia Nervosa. The Maudsley Model, Routledge,

Petfield, L., Startup, H., Droscher, H., & Cartwright-Hatton, S. (2015). Parenting in mothers with borderline personality disorder and impact on child outcomes. *Evidence-based mental health*, 18(3), 67-75.

Contact details: helenst@sussex.ac.uk, C.Warrington2@brighton.ac.uk