



Guideline-Informed Treatment for Personality Disorders (GIT-PD)

What is GIT-PD?

GIT-PD is an abbreviation of Guideline-Informed Treatment for Personality Disorders. It is a treatment for people with a personality disorder, which covers a logical sequence and structure.

There are many different personality disorders, but they often all lead to certain symptoms and problems. Think of intense emotions, mood swings, anxiety symptoms, having negative thoughts about yourself and your feelings, impulse control issues, such as suddenly, without thinking, spending a lot of money, having sex or binge eating, using addictive substances, driving dangerously. You may also often struggle in relationships. For example, you are distant or unpredictable, you find it hard to accept that there can be both happy and unhappy feelings in personal relationships, you have difficulty working together with others or you have trouble understanding other people. Having a personality disorder can also make you feel very lonely.

GIT-PD helps you to gain a better understanding of the background of your symptoms and problems in everyday life, and to find new behaviour in dealing with this. You will learn to better cope with your own feelings, thoughts and behaviour, and with those of others. You will also learn to deal better with emotions you are struggling with, and you will develop a positive self-perception as well as a better perception of others, which you have carefully reflected on. The aim of this treatment is for you to suffer from fewer symptoms and problems caused by your personality disorder.

Who is GIT-PD intended for?

GIT-PD is available for everyone suffering from a personality disorder.

What happens at GIT-PD?

GIT-PD is a three-phase treatment. The treatment's duration is about 15 months. During treatment, you will have a regular therapist and receive support from a team of therapists from different fields.

Phase 1

When Once a week for 45 minutes.

How long 1 to 3 months.

What Start and introduction.

- You will have individual (one-to-one) **sessions with your regular therapist**. Together, you will discuss which symptoms and problems you want to work on in the coming period. And how your symptoms and personality disorder are related.
- You will also work together to make an **alert plan**. This plan will help you to better deal with feelings, thoughts and behaviour that could lead to a crisis and disrupt the treatment.
- Together with your therapist, you decide on the **treatment goal** for the second phase. You will also consider who you want to invite from your closest circle to discuss the treatment plan.

In the first phase, we may, in consultation with you, decide not to continue with phase two. If needed, we will then consider other means of support.

Phase 2

How long 3 to 9 months.

What You will receive treatment for the symptoms and problems you want to work on in a group of up to nine participants. For example, regulating your emotions, gaining control over impulses (things you suddenly do without giving it a second thought), sensitivities in contact with others. You will also have personal contact with your regular therapist, about once a month.

There are three types of group sessions you can choose from in phase 2. Together, we decide which one is best suited for you and whether your location offers these sessions:

- **GIT-PD group.** This group involves **group psychotherapy**, once a week for 90 minutes. This is where you will work on understanding how to break old unhelpful patterns. You will also take part in the **goals' group**, 60 minutes a week. In this group, you will each week come up with a practical goal which you will focus on for that week. You will also attend **occupational therapy**, 60 minutes a week. This is non-verbal therapy: therapy that makes you experience and feel more than you speak. It allows you to work on your goals and problems in a completely different way. In the GIT-PD group, you therefore spend 3.5 hours a week on these components. You can join this group for a maximum of three times for ten weeks. After each round, we will check to see whether you want to join another round.
- **Acceptance and Commitment.** These are group training sessions that focus on understanding the things you are struggling with and the things you can do. We pay close attention to the values that are important to you, and what you need to be able to better reconnect with your values. These group sessions are two hours a week, in up to three rounds of seven sessions.
- **Skills training in emotional dysregulation.** These group sessions focus on psychoeducation: information about the causes and symptoms of emotional dysregulation. By means of exercises and homework you will learn about how to get and keep your emotions under control in a positive way. These group sessions are 2.5 hours a week for 18 weeks.

If needed, you can have additional treatment:

- Art therapy: individually (one-to-one) or in a group.
- Psychomotor therapy (individually) or psychodrama (individually).
- A session with the psychiatrist about your medication.
- Systemic therapy sessions. These are also referred to as couples therapy or family therapy.
- EMDR, a maximum of eight sessions.

Phase 3

How long 3 months.

What Conclusion. In this phase, we work towards ensuring that you can sustain the results of treatment. We will also look at how you can make sure it does not take a turn for the worse again and how you can rejoin society. In this concluding phase, the contact with your regular therapist will become less and less frequent. Together with you, we will discuss whether we can stop treatment or whether you will be given a referral for help in-house or outside the NPI.

Publication

Hutsebaut, J., Kaasenbrood, A., & Bunningen, N. (2014). Integrated Guideline Behandeling Kenniscentrum Persoonlijkheidsstoornissen (Treatment Knowledge Centre of Personality Disorders).

Costs

For all adults (18 years or over), treatment at the NPI is covered by the Healthcare Insurance Act. You will need Dutch health insurance for this. Payment is then handled via the health insurer. A general excess applies. You pay this excess each year to your health insurer on all care needed that year. The government decides the level of this excess on an annual basis.

Privacy

The NPI protects your privacy as regulated by law. It means that we keep information about you and your treatment secure and do not share it with others unless you have given your consent. We adhere to Arkin's privacy regulations. These regulations outline the rules by which our employees are bound when it comes to handling personal data and medical files.

You can read the privacy regulations here: <https://arkin.nl/documents/2023/07/Privacyreglement-Arkin-2023.pdf>. You can also request a copy from our secretariat by calling +31 (0) 20 590 4700.

Contact

If you are interested in treatment from the NPI, first discuss this with your GP or treatment provider. They can refer you to us. You can only make an appointment for an intake, an introductory meeting, if you have a letter of referral from your GP or therapist.

If you have any questions about the registration or if you would like to schedule an appointment for the intake, please call Arkin's Central Registration (the NPI is part of Arkin): +31 (0) 88 505 12 02. Another option is for your GP or treatment provider to register you with Arkin for treatment at the NPI.

If you are the referring physician, please contact Arkin's Central Registration on weekdays from 8.30 to 17.00 via telephone number +31 (0) 590 55 55 for registrations, peer consultation and any questions you may have.

If you are an Arkin treatment provider, please contact the Consultation and Registration Team (CAT). More information is available at <https://www.npisppecialist.nl/voor-verwijzers/consultatie-expertise-en-second-opinion/>.