

CAT-informed crisis work in early intervention for BPD -HYPE



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Summary of presentation

Crisis work is an important part of early intervention for BPD, which underscores the need for a relational focus. Young people can experience crisis situations in relation to different factors related to BPD, such as self-harm, suicidal behavior, substance abuse, or relational difficulties with parents, carers and/or partners. In the literature on crisis work and suicide prevention *entrapment* is a central risk factor: feeling trapped by unbearable thoughts, feelings or defeating or humiliating circumstances. In working with young people, both the young person, their loved ones and professionals can experience feelings of entrapment. The Dutch program *Helping Young People Early* (HYPE) offers early intervention for BPD in young people (12-25 years old) and their families based on CAT. It is developed with training and support of the Australian HYPE-program. In this CAT-based program for early intervention, the CAT model provides the scaffolding for detecting and understanding feelings of entrapment, which can guide crisis intervention. In this presentation we discuss how we use reciprocal role procedures in contact with the young person, their significant others, and other professionals, to guide interventions. In addition, we investigate how the CAT model can support the understanding in professionals both within the team and in collaboration with other professionals during times of crisis and will illustrate this with case examples.