

## BIGSPD values and philosophy

*Underpinned by our three pillars of knowledge*



### Aims

Our aim is to be the 'go to' organisation in Britain and Ireland in this field of practice. BIGSPD's task is to create a learning environment in support of helping people affected by the difficulties associated with the diagnosis of personality disorder. We will approach this through three underpinning pillars; Professional Experience, Lived Experience, Research and Development.

Our values include:

- **The way people choose to define themselves is an integral part of their identity.** The diagnostic label is a contentious one and one that continues to cause distress to many. We recognise this distress while also acknowledging others find the label useful.
- **How we help people is more important than how we label their problems.** A variety of diagnostic labels associated with personality disorders are considered important to the work of BIGSPD such as Complex-PTSD and dissociative disorders.
- **The past impacts on people's lives - what has happened to people is important.** We acknowledge the high prevalence of trauma and other forms of adverse childhood experiences in the lives of people who go on to be diagnosed with personality disorders.
- **Relationships are essential for working together.** We strive to create as safe an environment as possible for debate and reflection.
- **A diversity of experience enhances our capacity to learn from one another.** We value bringing together and sharing learning from mental health services, social care and the criminal justice sector as well as those who access these services.
- **Lived experience is central to achieving our aims.** BIGSPD strives to include people with a lived experience in all levels of the organisation as well as delivering inclusive events and decision-making processes.
- **We recognise and strive to end health inequalities of all forms and to promote equality and diversity.** As an organisation we will seek inclusion of all protected characteristics including ethnic, gender and sexual identity minorities.
- **Positive discrimination towards people with a lived experience is not a helpful approach to co-production, but positive action is.** We work to lower barriers to co-production whilst making such adjustments universally applied.
- **Critical reflection is important to us.** We challenge, test and interrogate ideas by taking a critical but reflective stance and welcoming difference of opinion.
- **We are committed to supporting change that enhances the experiences and responses of services.** People who receive this diagnostic label can be helped and are deserving of help. Stigma continues to negatively influence people's experiences of services and lived experiences should be valued alongside professional experience in this area.

All our members, conference delegates and executive members have a unique range of views and opinions but collectively BIGSPD as an organisation seeks not to hold a position on these debates. Instead, we provide a safe platform which encourages and facilitates inclusive debate, where all views, opinions and discussions relating to personality disorder and related difficulties are explored.

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