From Therapeutic Relationship To Working Partnership - A Journey Towards Independence

Jo Mullen (former patient) and Nadine MacArthur (CPN, Moray West CMHT), NHS Grampian 2018

2017 Jo nominated Nadine for the RCN Patient's Choice Award. Nadine was selected as one of five finalists, and attended the awards ceremony in London on the 5th May.

2013 Nadine became Jo’s CPN. Nadine noticed a lack of resources for people with BPD and she also wanted to help Jo to utilise skills she had gained as a teacher. So, in 2014, by placing Jo in the role of ‘expert,’ Nadine encouraged her to write her booklet (nearly 900 copies have been sold in total).

2015 Using the booklet as a start, Nadine encouraged Jo to develop ‘Wot R U Like? A Programme for Self-Awareness.’ It is currently being used by several mental health services in England and Wales, including, Rampton high secure hospital and HMP Gartree.

2015 - 2018 Nadine and Jo have delivered ‘Wot R U Like?’ training to mental health professionals and students, and presented at conferences. They have co-authored a research study with staff from Abertay University, and their work has taken them to these places.

2017 In June, Jo registered as self-employed. By October, both Jo and Nadine felt that, with Nadine’s support, Jo had achieved a high level of confidence, self-esteem and independence. They therefore agreed that Jo no longer required a CPN. However, they will continue to deliver training and presentations together. They are currently promoting ‘Personapoly’ – a board game for people with BPD. Jo plans to start a PhD in 2019.

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