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poems
by
doctors

Edinburgh Hospitality

Sally Fox

In Forth Valley
we had an integrated
Dialectical Behaviour Therapy service
for Borderline Personality.
From the onset of diagnosis
I was hand-reared and geared
towards a 'life worth living'.
Whilst giving me the skills to cope,
they held the hope for me
till I could hold it for myself.
My future felt bright
with The Capital in my sights.
I expected continuity of care
Clearly too much to dare!

My notes and referral were lost in transition
and consequent decisions were made
that my PTSD wasn't 'present' enough
for a referral to The Rivers Centre
and it was 'too risky'
to enter into psychotherapy.
So I'm waiting for an appointment
with the Primary Care Liaison team.
I've waited eighteen months.
Now I'm told the OT is off sick.
And I am sick to *my* core
with the constant closed doors
But I guess that's Edinburgh hospitality:
You'll have had your DB . . . T!

Selected by Femi Oyeboode. From *Stigma & Stones: Living with a Diagnosis of BPD*, poems by Sally Fox & Jo McFarlane.
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Through their collection *Stigma & Stones*, writers/performers/partners Sally Fox and Jo McFarlane seek to promote understanding, improve treatment and reduce the stigma of living with a diagnosis of BPD.

The British Journal of Psychiatry (2016)
209, 208. doi: 10.1192/bjp.bp.116.181693