

Spectrum Professional Development Workshops are designed primarily for staff within Victorian Public Mental Health Services. Some workshops are open to staff from other organisations (see www.spectrumbpd.com.au for details).

FAMILY WORKSHOPS

Learning about borderline personality disorder (BPD)



FEBRUARY

Dates: Tuesdays, 7, 14, 21, 28 February, 6.30pm—9.00pm (4-week evening series for families and friends)

Presenters: Rita Brown and Peter Fairbanks

Venue: 4 Bona St

This 4-week series of evening workshops is an opportunity for families and friends to learn about borderline personality disorder (BPD) and how to best support a loved one with BPD whilst still attending to your own needs. The group will explore a number of educational and practical approaches to learning new skills in the context of a safe environment amongst other carers and/or concerned loved ones.

**Please note this workshop is for family and friends—not workers*

Learning about borderline personality disorder (BPD)



MARCH, MAY, JULY, NOVEMBER

Dates: 4 dates available—choose from Monday 6 March, Wednesday 24 May, Wednesday 26 July or Wednesday 15 November, 9.30am—4.30pm (1-day workshop)

Presenters: Rita Brown and Peter Fairbanks

Venue: 142 Gertrude St

This 1-day workshop for families, friends and others who support someone with BPD (or a likely diagnosis of BPD) provides information about BPD and how to best support the person whilst still caring for yourselves. The group will explore a number of educational and practical approaches to learning new skills in the context of a safe environment amongst other carers.

**Please note this workshop is for family and friends—not workers*

Enquiries to Rita at Spectrum spectrum@easternhealth.org.au or (03) 8833 3050.

CLINICIAN WORKSHOPS

Understanding and working with clinical risk

MAY

Date: Friday 5 May, 9.30am—4.30pm (1-day workshop)

Presenters: Janina Tomasoni and Yvette Vardy

Venue: 54-62 Gertrude St

Cost: \$220 including GST

This 1-day workshop will introduce clinical staff to the assessment, formulation and intervention of self-harm and suicide risk in people diagnosed with borderline personality disorder (BPD). This workshop is suitable for mental health clinicians, nurses, and other professionals working with people with BPD.

Understanding and treating people with a diagnosis of BPD

MAY AND NOVEMBER

Dates: 2 dates available—choose from Thursday 11 May or Thursday 16 November, 9.30am—4.30pm (1-day workshop)

Presenters: Julian Browne and Yvette Vardy and 142 Gertrude St

Venue: 54-62 Gertrude St
Cost: \$220 including GST

This 1-day foundation workshop will focus on building an understanding of the person with BPD in order to develop a relevant treatment approach. Participants will learn the basic principles of assessment and risk management specific to this client group within the context of public mental health services. This workshop is suitable for mental health clinicians, nurses, and other professionals working with people with BPD.

Managing crises in people with BPD: A workshop for emergency department, crisis assessment teams and mental health clinicians

JUNE

Date: Friday 2 June, 9.30am - 4.30pm

Presenters: Charlotte Duncan and Yvette Vardy

Venue: 54-62 Gertrude St

Cost: \$220 including GST (1-day workshop)

This 1-day workshop will assist clinicians in Emergency Departments and Crisis Assessment Teams manage clients diagnosed with BPD who present with deliberate self-harm or threats to suicide. Participants will learn about the National Health and Medical Research Council's Guidelines for crisis management and risk assessment to develop sophisticated decision making when these clients present in their practice.

Workshop details

- **Venues:** Spectrum Group Room, 4 Bona Street, Ringwood East
Turning Point Training Room, 142 Gertrude Street, Fitzroy
Turning Point Boardroom, 54-62 Gertrude Street, Fitzroy
- **Catering:** Lunch, morning and afternoon tea are included in the full day

Creating coherence: An introduction to the principles and practical applications of DBT

JUNE

Dates: Wednesday 21 and Thursday 22 June, 9.00am—4.30pm (2-day workshop)

Presenters: Sathya Rao, Philippa Bradley and Yvette Vardy

Venue: 54-62 Gertrude St

Cost: \$440 including GST

This 2-day workshop will provide an overview of the theory and principles of dialectical behaviour therapy (DBT) as well as the practical applications of treatment. Participants will discuss common clinical concerns, enhanced by demonstrations and case studies. Skills and strategies to achieve treatment progress will support participants to apply DBT to clinical practice. This workshop is suitable for all mental health clinicians new to DBT as well as those with prior experience. Supervision will also be offered following the training to support clinicians in applying the practices and principles into their daily work. Participants should attend both sessions.

Understanding and managing challenging BPD presentations: A workshop for private and public practice psychiatrists

JULY

Date: Wednesday 16 August, 9.30am—4.30pm. (1-day workshop + 12 months' supervision for 2 hours once a month). Supervision is optional and not a prerequisite to attend the workshop.

Presenters: Sathya Rao, Josephine Beatson and Charlotte Duncan

Venue: 54-62 Gertrude St

Cost: \$300 including GST

This 1-day workshop is aimed at helping psychiatrists who treat and manage people with BPD in private & public psychiatry. It will assist psychiatrists in the assessment and management of clinical risks, crisis management, understanding and dealing with transference and countertransference and in differentiating comorbid disorders such as psychosis, depression, bipolar and eating disorders. The workshop will be followed by monthly group supervision (face to face or via video/teleconference for a period of 12 months provided by one or more of the workshop facilitators, where psychiatrists will have the opportunity to discuss their challenging and high risk cases.

Understanding BPD presentations: A workshop for general practitioners

SEPTEMBER

Date: Thursday 14 September, 6.00pm—9.00pm (evening workshop)

Presenters: Sathya Rao and Josephine Beatson

Venue: 54-62 Gertrude St

Cost: \$110 including GST

This 3-hour evening workshop is aimed at up-skilling GPs in the detection of BPD, as well as managing crises with patients, drafting an initial treatment plan and organising inpatient referral. The workshop will provide GPs with the opportunity to discuss the challenges they encounter in organising appropriate care for their patients.

Wise Choices and the ACT therapist stance

SEPTEMBER

Dates: Thursday 14 and Friday 15 September, 9.30am—4.30pm (2-day workshop)

Presenters: Luisa Hannan and Clive Collins

Venue: 54-62 Gertrude St

Cost: \$440 including GST

This 2-day workshop will explore the application of acceptance and commitment therapy (ACT) in Spectrum's Wise Choices group and individual therapy program. The workshop will utilise both theory and experiential learning to enhance psychological flexibility in therapists working with people diagnosed with BPD. It is suitable for people who have a working knowledge of ACT and are wishing to utilise the Wise Choices program as a group facilitator or in individual therapy work. Participants should attend both sessions.

Mentalization based treatment for BPD

OCTOBER AND NOVEMBER

Dates: Monday 23 October and Monday 20 November, 9.30am—4.30pm (2-day workshop)

Presenters: Kate Cooke, Julian Nesci and Andrew Mottram

Venue: 54-62 Gertrude St

Cost: \$440 including GST

This 2-day workshop will provide an introduction to the essentials of mentalization based treatment (MBT). MBT draws upon readily useable treatment ideas and practices that can be easily integrated into everyday clinical care provided by the full range of health disciplines. The approach has been shown to be effective in achieving sustainable remission in BPD, and is now being used at a number of centres throughout the world. The training will cover the theoretical underpinnings of the approach, describe and illustrate its therapeutic techniques, and practise skills for the application of MBT in a clinical setting.

training price. Light refreshments will be served at evening workshops

- **Registration:** via the Spectrum website
- **Cost:** Unless otherwise stated, half-day workshops cost \$110, 1-day workshops cost \$220 and 2-day workshops cost \$440 (GST inclusive)
- **Enquiries:** contact Spectrum Training Officer on 8413 8425