

**Fortnightly on Wednesdays
12.00 – 1.00 PM (AEST/AEDT)**

General Enquires:

☎ (03) 8413 8750

✉ spectrumtraining@easternhealth.org.au

Who should attend: Any healthcare professional in private or public services in Victoria



Register:



Regular attendance is not required.

Cost: Free

Online Personality Disorder and Complex Trauma ECHO Sessions

Helping you to help others

The Personality Disorder and Complex Trauma ECHO is a program for healthcare professionals who are keen to improve their capacity to work with people with personality disorder and complex trauma. The ultimate purpose of these sessions is to establish a community of practice of healthcare professionals ranging in expertise and who have a common purpose to improve the wellbeing of people with personality disorder and complex trauma.

Facilitated by GV Health, each session begins with a presentation from a Spectrum or an affiliated expert on a specific topic which is then followed by an in-depth case consultation. There are opportunities for attendees to ask questions and provide recommendations on the case study which is presented by one of the attendees.

Using a real-time online format, attendees will be able to:

- Learn new approaches and skills
- Participate in in-depth case consultation
- Receive feedback and recommendations
- Provide expertise to a community of colleagues
- Earn CPD points (self-managed)
- Have fun!

The Personality Disorder and Complex Trauma ECHO curriculum will address a variety of topics pertaining to personality disorder and complex trauma. The topics will range from understanding the causes and symptoms to topics that assist in treatment and recovery.

2022 Curriculum

DATE	TOPIC	PRESENTER
6 July 2022	What is the difference between complex PTSD and BPD?	Assoc Prof Sathya Rao
20 July 2022	Validate the valid - the importance of validation as a therapeutic tool	Cathryn Pilcher
3 Aug 2022	On dealing with strong feelings towards a person with PD and/or complex PTSD	Assoc Prof Josephine Beatson
17 Aug 2022	Can we prevent suicide in BPD and/or complex PTSD?	Marianne Weddell
31 Aug 2022	Treatment principles for BPD and/or complex PTSD	Assoc Prof Sathya Rao
14 Sept 2022	Can a person with autism also have BPD and/or complex PTSD?	Dr Lukas Cheney
28 Sept 2022	The importance of developing a shared formulation	Cathryn Pilcher
12 Oct 2022	A chain analysis, what is it? How can it help people with BPD?	Zoe Gibbs
26 Oct 2022	Is it ADHD or BPD?	Dr Lukas Cheney
9 Nov 2022	Why isn't there a pill for BPD and/or complex PTSD?	Dr Mithra Nithianandan
23 Nov 2022	To what extent does genetics contribute to the development of BPD?	Assoc Prof Jillian Broadbear
7 Dec 2022	What is mentalising and why is it important when working with people with BPD and complex trauma?	Julian Nesci