

## **Complexities in Personality Disorder: A Mentalization-Based Treatment (MBT) Approach**

### **Presenter Profiles**

#### ***INTERNATIONAL SPEAKER***

**Prof Anthony W Bateman** is a consultant to the Anna Freud Centre, London; Visiting Professor University College, London; Honorary Professor in Psychotherapy University of Copenhagen. He developed Mentalization-Based Treatment (MBT) and structured clinical management (SCM) for borderline personality disorder and studied their effectiveness in research trials. Adapted versions of MBT are now being used in multi-centre trials for antisocial personality disorder, eating disorders, and drug addiction. He has authored 15 books including 'Psychotherapy for Borderline Personality Disorder: MBT' (2014) and 'MBT for Personality Disorder: A practical guide' (2016) (with Peter Fonagy), numerous book chapters, and over 150 peer-reviewed research articles on personality disorder and the use of psychotherapy in psychiatric practice.

#### ***SPECTRUM SPEAKERS***

**Associate Professor Sathya Rao** is a psychiatrist and the Executive Clinical Director of Spectrum Personality Disorder Service. He is the Vice President of the Australian BPD Foundation. He is also an adjunct clinical associate professor at Monash University. Dr Rao is involved in clinical research and has published research papers, contributed chapters and co-authored books on borderline personality disorder. He was a member of the NHMRC Clinical Practice Guidelines development committee, 2012. He has taught clinicians across Australia and was the head of psychiatry training program of Victoria for the RANZCP previously. He is involved in treating complex personality disorder patients and provides second opinions and secondary consultations for complex clinical conditions associated with personality disorders. He was the recipient of the 2020 Meritorious Award of the Victorian Branch of RANZCP.

**Dr Julian Nesci** is a senior clinical psychologist and accredited Mentalization-Based Treatment practitioner and supervisor. His work within Spectrum's Mentalization-Based Treatment clinic includes individual and group therapy, supervision, and training. Julian also works within the Complex Care Service, providing consultation and treatment for consumers, carers, clinicians and services. Julian also has a background in working with people with severe eating disorders, acute mental health issues, and the adolescent forensic field. Together with his colleagues he is advancing Spectrum's Mentalization-Based Treatment program accreditation with the Anna Freud Centre in London. He is eager to support the growth and delivery of psychotherapy for people with complex difficulties within Australia.

**Andrew Mottram** is a senior clinical psychologist and accredited Mentalization-Based Treatment practitioner and supervisor. He holds broad experience in working with complex and severe personality disorder across several therapeutic modalities including ACT and DBT, focusing solely on Mentalization-Based Treatment since 2016. His work with Spectrum includes Complex Care Service consultation and treatment as well as the delivery of Mentalization-Based Treatment to both groups and individuals. Andrew is passionate about this treatment approach and the value it holds for both consumers and clinicians.

**Rita Brown** worked for nearly for 40 years as a pharmacist before embracing a career change to advocate for people impacted by BPD. Rita's passion is to work with and advocate for the needs of carers while also remaining sensitive to the needs of people with BPD and clinicians and other workers. Rita is currently the Carer Consultant for Spectrum the Personality Disorder Service and draws on her lived experience as a family member of someone with BPD to advocate for the needs of families and friends within Spectrum, other services and the wider community. She is a volunteer, founding and current President of the Australian BPD Foundation. Rita regularly facilitates peer to peer interactive workshops for carers run through Spectrum and presents at conferences and forum throughout the state and nationally. In addition she has contributed to numerous state and national consultations and submissions.

#### ***INVITED SPEAKERS***

**Dr Siddhartha Dutta** has been working at Goulburn Valley area mental health service for the last 18 years. He is currently the Director Adult Mental health Service, and the Psychiatrist for the Personality Disorder initiative in Goulburn Valley Health. After finishing his DPM and MD in Psychiatry from Ranchi India, he immigrated to Australia in 2003. In 2008 he obtained his FRANZCP and did his sabbatical at Spectrum in 2010. It is during this tenure that he discovered MBT and completed 3-day MBT training with Assoc Prof Anthony Bateman. Since completing his practitioner training in 2018, he provides supervision to clinicians who run the MBT adult group therapy program in Goulburn Valley Area Mental Health Service. He is passionate about bringing the joys of MBT into a rural area mental health services and popularising the practice of MBT amongst all mental health clinicians at Goulburn Valley Area Mental Health Service.

**Dr Matt Ruggiero** is an internationally accredited practitioner and supervisor in Mentalizing-Based Treatment and a Counselling Psychologist in Perth, Australia. He runs MBT for individuals and groups at Lifespan Psychology Centre, with a focus on treating both adolescents with emerging personality disorder and parents/children engaging with Child Protection services. He is lead consultant for the implementation of MBT as a model of practice at the Perth Children's Hospital Mental Health Inpatient unit as well as teaching and conducting research into developmental psychology at Curtin University.

**Kalina Clarke** is a nurse with 17 years' experience primarily in mental health. She has worked across various roles, such as Associate Nurse Unit Manager in the Acute inpatient unit, Child and adolescent specifically first episode psychosis, and is currently completing a Masters of Nurse Practitioner. Kalina is one of the inaugural clinical specialists in the Personality disorder initiative auspices by Spectrum. She also works in an advanced practice role providing supervision to staff clinically from a mental health nursing perspective, and for clinicians working with complex and severe personality disorders. Kalina completed her Masters in mental health nursing and conducted research on best practice for managing borderline personality disorder, evolving from this was the implementation of quality improvements within Goulburn Valley Health namely

therapy options, Mentalization Based treatment. With support of senior leaders Kalina and her colleague Cathy Breewel commenced an Adult MBT group in 2015 which had great results, this group has also seen an expansion to 2 groups and further clinician training.

**Bridie Carlisle** is a mental health nurse currently working as a senior CAMHS clinician at GVHealth. She has a strong interest in working with adolescents who suffer from borderline personality disorder. Working closely with Kalina Clarke and Cathy Breewel she was a part of creating and building a youth MBT program in 2018 which continues to see fantastic outcomes and completed MBT Basic training in 2019. Bridie also enjoys working with young people experiencing eating disorders and supporting clinicians in the service working with eating disorder clients, Bridie enjoys providing supervision and preceptorship with new graduates and postgraduates and facilitating the expansion of MBT skills within the service.

**Melissa Bradshaw** has previously worked for several years as a mental health nurse in the acute inpatient setting. Melissa transitioned to the CAMHS team for her Post graduate time and has remained embedded in their team. She has been interested in working with adolescents with Personality disorders, and has been part of the youth MBT group for the last 12 months

**Dr Celeste Benetti** is a Senior Clinical Psychologist who works in both private practice and at the Alfred Child and Youth Mental Health Service in Melbourne. She has been accredited by the Anna Freud Centre, London, as an MBT Practitioner and as an MBT Supervisor since 2019. Celeste has implemented and coordinated an MBT Program for young adults and older adolescents with BPD at The Alfred since 2015. This work involves individual and group work, consultation, training, and supervision. In 2019, Celeste implemented the MBT Family and Carers Training and Support Program (MBT-FACTS) across Alfred Health for family and carers of young people with BPD or related difficulties. Celeste's clinical work is with adults, adolescents, children, families and systems.

**Dr Michael Daubney** is a Child, Adolescent and Adult Psychiatrist with clinical interests in psychotherapy, trauma, infant mental health and adolescent inpatient and outpatient treatment. He is Medical Director of Adolescent Extended Treatment Community CHQ HHS and the consultant psychiatrist to Fraser Coast Assertive Mobile Youth Outreach Service. He is the immediate past Chair of the binational Committee Section of Psychotherapy (RANZCP), an Accredited Mentalization Based Therapy supervisor with the Anna Freud Centre and Qld Director of Advanced Training Psychotherapy (RANZCP). He is a supervisor of junior and advanced Child and Adolescent Psychiatry trainees in psychodynamic psychotherapy, conducts supervision of other professionals including GPs and maintains a psychotherapy component in his private practice.