

FAMILY WORKSHOPS

Learning about Borderline Personality Disorder (BPD)

APRIL, JUNE, JULY & NOVEMBER

Dates: 10th April 12th June; 30th July & 12th November 2019

Presenters: Rita Brown and Jo Veltkamp

Venue: 110 Church Street, Richmond

Time: 6.30pm-9pm



The evening program is a general information session which will focus on giving participants a better understanding of BPD and providing information and resources. For more in depth educational and practical approaches to learning new skills and ways to support your family/friend with BPD you may wish to consider the full day Workshop.

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

Learning about Borderline Personality Disorder (BPD)

MARCH, MAY, JUNE, OCTOBER & NOVEMBER

Dates: 28th March, 10th May, 25th June, 4th October & 21st November

Presenters: Rita Brown and Jo Veltkamp

Venue: 110 Church Street, Richmond

Time: 9.00 to 4.30 pm



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 : Rita at spectrum@easternhealth.org.au or on (03) 8833 3050

CLINICIAN WORKSHOPS

Core competencies for Working with People with Borderline Personality Disorder (BPD)

APRIL

Dates: April 10th

Presenters: Sathya Rao, Philippa Bradley, Debbie Dick

Venue: 110 Church Street, Richmond

Time: 9.30 to 4.30 pm

This workshop will provide discussion and practice of the key competencies clinicians require for working effectively with people with borderline personality disorder (BPD). It will include a developmental understanding of factors contributing to a diagnosis of BPD, the ongoing effects of early life experiences and complex childhood trauma, and the role of therapeutic relationships in treatment. The workshop will also focus on the assessment and management of chronic and acute risk, and principles for treatment and treatment planning.

An Introduction to Dialectical Behaviour Therapy (DBT)

MAY

Date: April 11th and 12th

Presenters: Marianne Weddell and Zoe Gibbs

Venue: 110 Church Street, Richmond

Time: 9.30am—4.30pm

This 2-day workshop will provide an overview of the theory and principles of DBT Skills: core mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. This workshop is suitable for all mental health clinicians new to DBT as well as those with prior experience.

Day 1 looks at the key aspects of acceptance and change, with a deeper look into validation as well as behaviour change principles.

Day 2 covers the fundamentals dialectical behaviour therapy (DBT) as well as the practical applications of treatment.

Engagement with People with BPD during Crisis in Public Mental Health

MAY

Dates: May 22nd

Presenters: Peter Smith and Kat Kahler

Venue: 110 Church Street, Richmond

Time: 9.30am—4.30pm

This workshop will be of benefit to any clinicians working across the public mental health sector, from emergency departments, triage, crisis assessment teams to case managers. It will focus on how to engage effectively with clients presenting with BPD who have suicidal ideation and/or non-suicidal self-injury and require a crisis management response. Specifically, participants will learn how the National Health and Medical Research Council's (NHMRC) guidelines inform risk assessment and effective crisis management and also how clinicians can respond therapeutically to crisis.

Psychoanalytic Clinic Symposium

MAY

Date: 27th May

Presenters: Madeline Andrews, Harry Constantinou & Ben McGill

Venue: 110 Church Street, Richmond

Time: 1.00 to 4.00pm

The Psychoanalytic Clinic (PAC) was first established as part of Spectrum's broader BPD treatment clinic in 2015. Since that time, many referred to the psychoanalytic clinic have taken the opportunity to speak with an analyst. The psychoanalytic clinic now extends an invitation to clinicians working in this field to attend a symposium where analysts from the clinic will present papers addressing crucial questions of their praxis. Questions relating to transference, time and the centrality of speech will be key points of address. Participants will have the opportunity to address their own responses and questions to the symposium.

Recognising and Responding to Potential Personality Disorder: A workshop for school counsellors, teachers and other education providers

MAY

Date: 31st May

Presenters: Marianne Weddell and Debbie Dick

Venue: 110 Church Street, Richmond

Time: 9.30am—4.30pm



This workshop aims to provide a foundational knowledge in the area of personality disorders to assist in conceptualisation, identification and interactions with students. It will also have recommendations for how to engage in meaningful work in the moment, manage risk presentations, and map out referral pathways. Consideration will also be given to the impact of this work on you the professional. The workshop is designed to be interactive with opportunities to explore your own scenarios.

Office-based Management of People with BPD for Private Psychiatrists

JUNE

Date: 22nd June

Presenters: Sathya Rao, Jo Beatson

Venue: 110 Church Street, Richmond

Time: 11.00 to 4.00 pm



This half day workshop is aimed at helping private psychiatrists who treat and manage people with BPD using psychological treatment principles, pharmacotherapy and hospitalization. The workshop will also provide opportunity for discussing complex BPD patients with other co-existing psychiatric disorder.

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).

◆ An Introduction to Dialectical Behavior Therapy (DBT)

JULY

Date: 18th and 19th July

Presenters: Marianne Weddell and Zoe Gibbs

Venue: 110 Church Street, Richmond Time: 9.30am—4.30pm

This 2-day workshop will provide an overview of the theory and principles of DBT Skills: core mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. This workshop is suitable for mental health clinicians new to DBT as well as those with prior experience.

Day 1 looks at the key aspects of acceptance and change, with a deeper look into validation as well as behaviour change principles.

Day 2 covers the fundamentals dialectical behaviour therapy (DBT) as well as the practical applications of treatment.

◆ Core Competencies for Working with People with BPD

SEPTEMBER

Dates: September 4th

Presenters: Sathya Rao, Philippa Bradley, Debbie Dick

Venue: 110 Church Street, Richmond Time: 9.30am—4.30pm

This workshop will provide discussion and practice of the key competencies clinicians require for working effectively with people with borderline personality disorder (BPD). It will include a developmental understanding of factors contributing to a diagnosis of BPD, the ongoing effects of early life experiences and complex childhood trauma, and the role of therapeutic relationships in treatment. The workshop will also focus on the assessment and management of chronic and acute risk, and principles for treatment and treatment planning.

◆ Dialectical Behavior Therapy (DBT) in Practice

SEPTEMBER

Date: September 20th

Presenters: Marianne Weddell and Zoe Gibbs

Venue: 110 Church Street, Richmond Time: 9.30am—4.30pm

This training is suitable for clinicians who have done some basic training in the DBT model and would like to put these skills into practice in a variety of settings. The workshop will focus on the practical application of the modes, principles, and theory of DBT through the use of case examples and practical exercises. Participants will have an improved capacity to apply DBT skills in groups and individual modes. This will include discussion of:

- DBT Case Formulation
- Dialectics in practice
- Running DBT skills groups
- Structuring DBT individual sessions
- Adaptations of DBT in specialist client populations

◆ Mentalization Based Treatment for BPD

November (2-day workshop)

Dates: TBA

Presenters: Julian Nesci & Andrew Mottram Time: 9.30am—4.30pm

Venue: 110 Church Street, Richmond

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.

Workshop details

Venue: Training Room, 110 Church Street, Richmond

Catering: Lunch, morning and afternoon tea are included in the full day training price. Light refreshments will be served at evening workshops

Registration: via the Spectrum website

Cost: Unless otherwise stated, half-day workshops cost is \$110, 1-day workshops cost \$220 and 2-day workshops cost \$440 (GST inclusive)

Enquiries: contact Spectrum Training Officer on 8413 8425