

Spectrum Professional Development Workshops are designed primarily for staff within Victorian Public Mental Health Services. Some workshops are open to staff from other organization's (see [www.spectrumbpd.com.au](http://www.spectrumbpd.com.au) for details).

## FAMILY WORKSHOPS CONFERENCE

### ✦ Learning about Borderline Personality Disorder (BPD) for families and friends

**AUGUST** (1-day workshop)

**Date:** Thursday, 16 August 2018 - 9:30 AM to 4:30 PM

**Presenters:** Rita Brown and Jo Veltkamp/Anne Braham

**Venue:** 110 Church Street, Richmond

**FREE**

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](mailto:spectrum@easternhealth.org.au) or (03) 8413 8750

### ✦ Learning about Borderline Personality Disorder (BPD) for families and friends

**AUGUST**

**Date:** Wed. 8<sup>th</sup> August 2018 6.30pm—9.00pm

**Presenters:** Rita Brown and Jo Veltkamp/Anne Braham

**Venue:** 110 Church Street, Richmond

**FREE**

This evening information session for families, friends and significant others who support someone with (or a likely diagnosis of BPD) will assist participants to develop an understanding of BPD and how to access information around supports and resources in a supportive, safe environment amongst other carers.

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

### ✦ Spectrum Pre Conference Workshop

**NOVEMBER**

**Dates:** 29<sup>th</sup> November 2018

**Venue:** 110 Church Street, Richmond

Details will be published soon in Spectrum website and eventbrite  
Enquiries to Spectrum [spectrumtraining@easternhealth.org.au](mailto:spectrumtraining@easternhealth.org.au) or (03) 8413 8750

### ✦ Spectrum Conference - The Many Guises of BPD: Unravelling Diagnostic Complexity

**NOVEMBER**

**Date:** Friday 30<sup>th</sup> November, 9.30am - 4.30pm

**Venue:** Melbourne Exhibition and Convention Centre, 1 Convention Centre Place South Wharf, VIC 3006

**Cost:** \$295 including GST

Enquiries to at Spectrum [spectrumtraining@easternhealth.org.au](mailto:spectrumtraining@easternhealth.org.au) or (03) 8413 8750

## CLINICIAN WORKSHOPS

### ✦ An introduction to Dialectical Behaviour Therapy (DBT)

**AUGUST**

**Date:** Thursday 16<sup>th</sup> and Friday 17<sup>th</sup> August 2018 (2 day workshop)

**Presenters:** Philippa Bradley, Marianne Weddell and Zoe Gibbs

**Venue:** 110 Church Street, Richmond

**Cost:** \$440 including GST

This 2 day workshop will provide an overview of the theory and practice of dialectical behaviour therapy (DBT). The workshop will cover key aspects of acceptance and change principles. It will also cover the fundamentals of DBT skills of core mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. There will be opportunities for discussion and participant engagement. This workshop is suitable for all mental health clinicians, including those who are new to DBT as well as those with prior experience.

#### Workshop details

- ✦ **Venue:** Level 1, 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 Eventbrite
- ✦ **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 8750