

**LEARNING MORE ABOUT BORDERLINE PERSONALITY DISORDER (BPD): A WORKSHOP FOR FAMILIES AND FRIENDS (1-DAY)**



Other dates may be offered, depending on demand.

**TIME: 9.30 AM – 4.30 PM**

**PRESENTERS: Rita Brown & Jo Veltkamp**

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.

\*This workshop is for family, friends and others who support people with BPD. It is NOT for clinicians.

Workshops are \$10

**WORKING WITH CRISES ASSOCIATED WITH BPD (1/2-DAY)**



**TIME: 9.00 AM – 1.00 PM**

**PRESENTERS: Dr Lukas Cheney and Kat Kahler**

This half-day workshop is for mental health clinicians working in emergency or crisis services, from emergency departments, triage, crisis assessment teams to case managers actively working in rostered function. The workshop will focus on engaging effectively with clients presenting with BPD who have suicidal ideation and/or non-suicidal self-injury and who require a crisis response. It will include the complexities of assessing and working with risk associated with BPD, and how the National Health and Medical Research Council Guidelines inform risk assessment and effective crisis responses, as well as how clinicians can respond therapeutically to crisis.

**MENTALIZATION BASED TREATMENT (MBT) FOR BPD (2-DAYS ONLINE, ONE WEEK APART)**



**TIME: 9.00 AM – 4.30 PM**

**PRESENTERS: Julian Nesci, Andrew Mottram & Alex Potter**

This 2-day workshop will provide an introduction to the essentials of MBT for BPD. MBT draws upon readily useable treatment ideas and practices that can be easily integrated into everyday clinical care across all 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. This training will cover the theoretical underpinnings of MBT, describe and illustrate its therapeutic techniques, and provide practise skills for the application of MBT in the clinical setting.

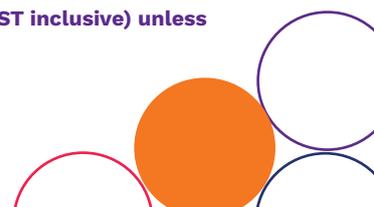
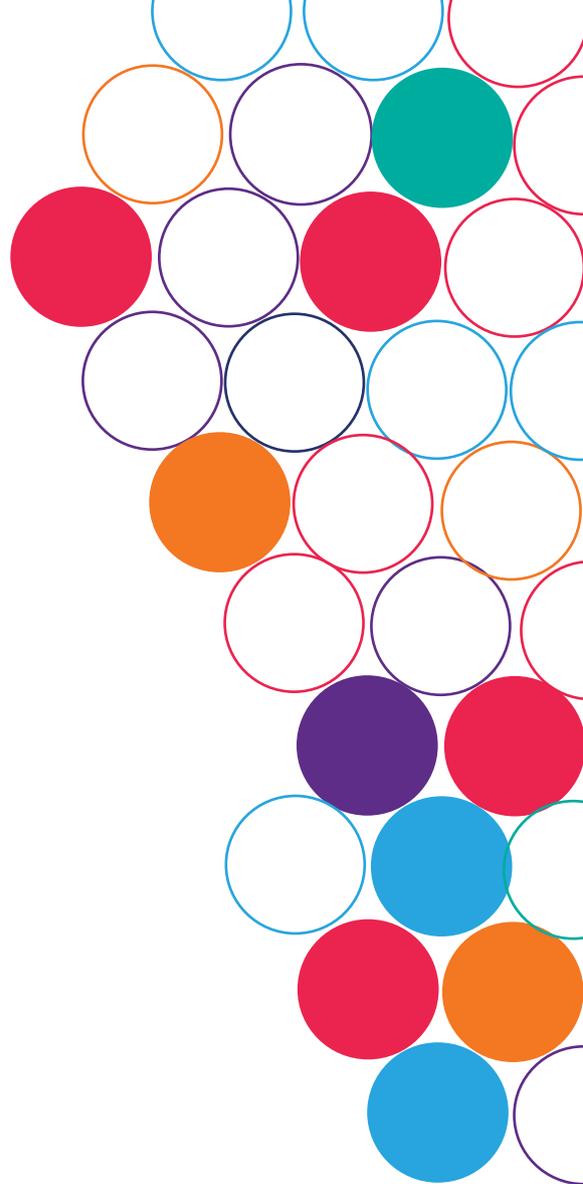
**All workshops are face to face unless otherwise specified. If workshops are not able to proceed face-to-face, registrants will be offered an online version. More workshops may be offered throughout the year, please go to our events page <http://spectrumworkshops2020.eventbrite.com> or website [www.spectrum.org.au](http://www.spectrum.org.au) for further information.**

**Prices: Half-day workshops cost \$110, 1 day workshops cost \$220 and 2 day workshops cost \$440 (GST inclusive) unless otherwise specified.**

**Enquiries: (03) 8413 8750 or [spectrumTregister@easternhealth.org.au](mailto:spectrumTregister@easternhealth.org.au)**

**Registration: <http://spectrumworkshops2020.eventbrite.com>**

**Venue: 110 Church Street Richmond Victoria 3121**



## DBT IN ACTION (3 X 2.5 HR SESSIONS ONLINE)



**TIME: 10.00 AM – 12.30 PM**

**PRESENTERS: Marianne Weddell, Zoe Gibbs & Sarah Wallace**

Session 1: Overview & Mindfulness

Session 2: Distress Tolerance & Emotional Regulation

Session 3: Interpersonal Effectiveness & Setting up/Enhancing DBT Skills Group

These training sessions are designed to give a brief overview of the theory underpinning DBT and to provide ideas for practical implementation of the DBT skills. They are introductory in nature and would be best suited for those starting to deliver DBT skills groups or facilitate DBT-informed individual therapy. The workshops will give a broad overview of each DBT skills module, and also teach several specific skills from each module in detail. The training is designed as a 3-part series with each session building on the previous ones (therefore attendance in all three parts is essential). The training will be interactive, involving didactic learning augmented with role play, discussion and exercises.

3 x sessions are \$220

## AN INTRODUCTION TO DIALECTICAL BEHAVIOUR THERAPY (DBT) (2-DAYS)



**TIME: 9.00 AM – 4.30 PM**

**PRESENTERS: Zoe Gibbs & Marianne Weddell**

DBT has demonstrated efficacy for people with emotion dysregulation difficulties. This 2-day workshop will provide an overview of the theory and principles of DBT and how to practice DBT both within group and individual therapy. It will include key aspects of acceptance and change, with a focus on validation and behaviour change principles. This workshop is suitable for mental health clinicians new to DBT as well as those with prior experience.

## DBT INTERMEDIATE TRAINING (1-DAY)



**TIME: 9.00 AM – 4.30 PM**

**PRESENTERS: Marianne Weddell & Zoe Gibbs**

This training is suitable for clinicians who have completed introductory training in the DBT model and would like to expand on their practice across a variety of settings. The workshop will focus on the practical application of the functions, 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. The workshop will include DBT case formulation, dialectics in practice, running DBT skills groups, structuring DBT individual sessions and adaptations of DBT in specialist client populations.

**Please note there is an expectation that participants would have already been previously trained in DBT skills. Please refer to Introduction DBT or DBT in Action.**

## APPLICATION OF DBT FOR FAMILY INTERVENTION (1-DAY)



**TIME: 9.00 AM – 4.30 PM**

**PRESENTERS: Zoe Gibbs & Sarah Wallace**

The role of family in recovery from BPD and other emotion dysregulation difficulties is widely recognised. Emotion dysregulation can have a contagious effect so that one dysregulated person can easily become two especially within complex family dynamics and severe mental illness. DBT has been adapted by Dr Alan Fruzzetti for use with couples, parents, and families, with multiple studies demonstrating successful outcomes.

At Spectrum we have successfully incorporated couple, parent and family DBT work as an adjunct to regular DBT and have seen benefits in the person with BPD's recovery and improvements in their relationships with others. In this training, we will teach and demonstrate both family interventions to reduce dysfunctional individual behaviour patterns, and individual DBT skills adapted for parents and partners. Prior training in DBT is recommended but not required for this workshop.

## APPLYING DBT IN PRIVATE PRACTICE (1-DAY)



**TIME: 9.00 AM – 4.30 PM**

**PRESENTERS: Marianne Weddell & Zoe Gibbs**

DBT is a well validated and effective treatment for people living with BPD. It can be difficult for people with BPD to access comprehensive DBT programs in both public and private settings, and often DBT informed individual therapy with private practitioners is the most available form of DBT. This presents the dilemma of delivering a comprehensive therapy such as DBT, with multiple modes of treatment delivery, in time limited individual sessions. This training talks to this dilemma using the DBT principles and functions to adapt and guide work in the individual DBT therapy mode. In particular it will focus on how to structure sessions using the tools of DBT (skills, diary cards and chain analysis), how to tailor DBT to your clients' needs, and will look at the pragmatics of working with risk and interfaces with the larger health care systems. The workshop will be interactive and will provide an opportunity to explore current practice.



## FOUNDATION TRAINING FOR SUPPORT WORKERS FOR WORKING WITH PEOPLE WITH BPD (1-DAY ONLINE)

27  
MAY  
ONLINE

**TIME: 9.00 AM – 4.30 PM**

**PRESENTERS: Peter Smith & Marianne Weddell**

This workshop will develop **support workers'** understanding and practice in working effectively with people with 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 of, and working with risk, as well as principles for treatment and treatment planning. This training is ideal for support workers who are beginning to develop their skills in working with people who have BPD and explores the core common factors of effective engagement with this cohort. Spectrum also offers DBT, MBT or ACT training for more experienced clinicians/support workers.

## FOUNDATION TRAINING FOR WORKING WITH PEOPLE WITH BPD (1-DAY)

16  
JUL      07  
OCT

**TIME: 9.00 AM – 4.30 PM**

**PRESENTERS: Peter Smith & Marianne Weddell**

This workshop will develop clinicians' understanding and practice in working effectively with people with 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 of, and working with risk, as well as principles for treatment and treatment planning. This training is ideal for clinicians who are beginning to develop their skills in working with people who have BPD and explores the core common factors of effective engagement with this cohort. Spectrum also offers DBT, MBT or ACT training for more experienced clinicians.

## MANAGEMENT OF PEOPLE WITH BPD FOR GENERAL PRACTITIONERS (1-HR ONLINE)

27  
APR      09  
AUG  
ONLINE      ONLINE

**TIME: 6.30 PM – 8.00 PM**

**PRESENTERS: A/Prof Sathya Rao, Dr Gillian Singleton, Dr Lukas Cheney**

This 1 hour online session is aimed at helping general practitioners who treat and manage people with BPD using psychological treatment principles, pharmacotherapy and hospitalization. The session will also provide opportunity for discussing complex BPD patients with other co-existing psychiatric disorders.

## PERSONALITY DISORDERS FOR PSYCHIATRY REGISTERS (1/2-DAY)

13  
AUG

**TIME: 11.00 AM – 4.00 PM**

**PRESENTERS: A/Prof Sathya Rao & Dr Lukas Cheney**

This training will include role plays and case studies and will cover RANZCP examination related topics concerning personality disorders.

## OFFICE-BASED TREATMENT OF PEOPLE WITH BPD FOR PRIVATE PSYCHIATRISTS (1/2-DAY)

04  
SEPT

**TIME: 11.00 AM – 4.00 PM**

**PRESENTERS: A/Prof Sathya Rao, A/Prof Jo Beatson and Dr Lukas Cheney**

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 disorders.

As with previous years, Spectrum will seek endorsement of this workshop by the RANZCP as a CPD activity where each hour of participation may be claimed under Section 3.1 Practice Development and Review – Interactive Workshop.

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