

# Online psychoeducation sessions for individuals recently diagnosed with borderline personality disorder (BPD)

2  
hours

**spectrum**

Specialising in Personality Disorder and Complex Trauma

## Have you been recently:

- ✓ Diagnosed with BPD AND
- ✓ Accessed mental health services in Victoria

These online sessions are for you.

Together we will:

- Discuss the latest information on BPD,
- Provide useful handouts, and
- Have lots of opportunity to ask questions.

## What does the session include?

- An overview of the signs and symptoms of BPD
- An understanding of contributing factors for BPD
- An understanding of the course and outcome of BPD
- Information about evidence-based psychological therapies for BPD
- Common myths and misconceptions about BPD
- Factors that may support your well-being
- Discussions about self-care, common experiences of living with BPD and a lived experience story recovery

## Who should attend?

- Individuals newly diagnosed with BPD within the last 6 months
- Adults aged 18–65 years who have accessed mental health services in Victoria
- Individuals NOT currently in BPD specific therapy, not currently experiencing acute crisis, and not currently in an in-patient stay
- It is not a requirement that people are case managed by Area Mental Health Services to attend

## Upcoming sessions and registration



**Cost:** Free

**Online:** This session will be delivered online via zoom. A link will be sent a few days before the session.