

Spectrum Annual Conference

Beyond Specialisation: Exploring Generalist Treatment Approaches for People with Personality Disorder and Complex Trauma

Thursday 21st March 2024



Honouring the Past, Transforming the Future

Program

Time AEDT	Title
08:15-09:00	Registration
09:00-09:15	Welcome Address Assoc. Prof. Sathya Rao, Executive Clinical Director, Spectrum David Plunkett, Chief Executive, Eastern Health Toni Gutschlag, Executive Director, Mental Health & Clinical Support, Eastern Health
09:15-10:10	Don't scorn simplicity: An examination of the effectiveness of simple, generalist treatment delivery Prof. Joost Hutsebaut, Clinical psychologist, De Viersprong, Netherlands (Presenting virtually from Amsterdam)
10:10-11:05	Bringing borderline personality disorder into the fold of usual care Assoc. Prof. Lois Choi-Kain, Director, Gunderson Personality Disorders Institute
11:05-11:30	Morning Tea Break
11:30-12:00	Lived experience perspectives on specialist versus generalist approaches Mary O'Hagan, Executive Director Lived Experience, VIC Dept. of Health
12:00-12:30	Beyond specialisation: A carer perspective Rita Brown, Carer Consultant, Spectrum
12:30-13:20	Lunch Break
13:20-13:50	Application of generalist treatment approaches in Victoria for people with Personality Disorders and Complex Trauma Assoc. Prof. Sathya Rao, Executive Clinical Director, Spectrum
13:50-14:20	Application of GPM in a public metropolitan mental health service Janina Tomasoni, Director of Psychology, Northern Health
14:20-14:50	Implementing a system-wide common factors approach for personality disorders within regional mental health services Cathryn Pilcher, Associate Director, Spectrum
14:50-15:20	Afternoon Tea Break
15:20-16:30	Bridging the gap between BPD and trauma-related conditions: An extension of GPM informed by the current evidence base Assoc. Prof. Lois Choi-Kain, Director, Gunderson Personality Disorders Institute
16:30-16:30	Closing address