



Fostering Realistic Hope

2 day Workshop

For Carer Families/Partners Supporting a Family Member
with Borderline Personality Disorder

A supportive group process with a therapeutic focus

The workshops will aim to:

- Invite participants to share and respond to stories of living with BPD and the effects it has on their lives & relationships
- Explore-evaluate participants' and professional knowledge and practices that foster realistic ways to support relationships and promote initiatives that work with the effects of BPD on families.

What we hope you will take away

Through the experience of practices such as *Relational Mindfulness, Outsider Witnessing, Restarting Reflection/Re-Storying the Conversation, Acknowledgment & Validation and Relational Limit Setting*, we develop skilful means to:

- Better understand the effects of BPD on families' lives through the sharing of experiences and knowledge
- Identify and resource our own coping initiatives that have made a difference
- Mindfully notice habitual and unhelpful relational-interactive patterns that we often become stuck in
- Foster a mindful space for reflection and realistic action

Facilitator

Peter McKenzie (PhD, MA ClinFamTher) is the Carer Academic and a Clinical Family Therapist at the Bouverie Centre. He has been working in the area of families and BPD for over 17 years, both clinically and as a trainer and advocate.

Friday 20th & Saturday 21st April 2018

@ The Bouverie Centre, 8 Gardiner St, Brunswick, Vic

To register your interest or referral (03) 9385 5100 or www.bouverie.org.au

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