spectrum
Personality Disorder Service

2020 CALENDAR

FAMILY WORKSHOPS

LEARNING MORE ABOUT BORDERLINE PERSONALITY DISORDER (BPD): A ONE DAY WORKSHOP FOR FAMILY AND FRIENDS

JAN 29 | MAR 12 | MAY 29

OTHER DATES MAY BE OFFERED LATER IN THE YEAR, DEPENDING ON DEMAND

TIME: 9:30AM – 4:30PM
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.

Workshops are $10
Enquiries: (03) 8833 3050 or spectrumtraining@easternhealth.org.au
Registrations: https://spectrumworkshops2020.eventbrite.com.au

INFORMATION SESSIONS

LEARNING MORE ABOUT BORDERLINE PERSONALITY DISORDER (BPD): AN INFORMATION SESSION FOR FAMILY AND FRIENDS

FEB 13 | MAR 25 | APRIL 22 | JUN 18

OTHER DATES MAY BE OFFERED LATER IN THE YEAR, DEPENDING ON DEMAND

PRESENTERS: Rita Brown & Jo Veltkamp
The evening program is a general information session which will focus on giving participants a better understanding of BPD and will also provide information and resources. For more in depth educational and practical approaches to learning new skills and ways to support your family/friend with BPD you may wish to consider the full day Workshop.

Infomation sessions are FREE on the 13/2 in Dandenong and 25/3 in Frankston and are $10 on the 22/4 and 18/6 in Richmond.
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Registrations: https://spectrumworkshops2020.eventbrite.com.au

CLINICIAN WORKSHOPS

WORKING WITH CRISES ASSOCIATED WITH BORDERLINE PERSONALITY DISORDER

MAR 19

TIME: 9.00 AM – 1.00 PM
PRESENTERS: Dr Lukas Cheney, Peter Smith & 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 FOR BORDERLINE PERSONALITY DISORDER (2–DAY)

MAR 26 | MAR 27

TIME: 9.30 AM – 4.30 PM
PRESENTERS: Julian Nesci, Andrew Mottram & Alex Potter
This 2–day workshop will provide an introduction to the essentials of mentalization based treatment (MBT). MBT draws upon readily useable treatment ideas and practices that can be easily integrated into everyday clinical care provided by the full range of 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. The training will cover the theoretical underpinnings of the approach, describe and illustrate its therapeutic techniques, and practise skills for the application of MBT in a clinical setting.

Prices: Half-day workshops cost $110, 1 day workshops cost $220 and 2 day workshops cost $440 (GST inclusive). This is excluding family workshops and sessions.
Enquiries: (03) 8413 8425 or spectrumtraining@easternhealth.org.au
Registration: www.spectrumbpd.com.au
Venue: 110 Church Street Richmond Victoria 3121

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2020 CALENDAR

CLINICIAN WORKSHOPS

AN INTRODUCTION TO DIALECTICAL BEHAVIOUR THERAPY (2–DAY)

APRIL 06 APRIL 07

TIME: 9.30 AM – 4.30 PM
PRESENTERS: Marianne Weddell & Zoe Gibbs
Dialectical Behaviour Therapy (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.

FOUNDATION TRAINING FOR WORKING WITH PEOPLE WITH BORDERLINE PERSONALITY DISORDER (1–DAY)

MAY 11

TIME: 9.30 AM – 4.30 PM
PRESENTERS: Peter Smith & Marianne Weddell
This workshop will develop clinician's understanding and practice in working effectively with people with borderline personality disorder (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.

DIALECTICAL BEHAVIOUR THERAPY: SKILLS TRAINING (1–DAY)

MAY 18

TIME: 9.30 AM – 4.30 PM
PRESENTERS: Pip Bradley & Tania Wittleton
This 1–day workshop will focus on Dialectical Behaviour Therapy skills training, including skills for mindfulness, distress tolerance, emotion dysregulation and interpersonal effectiveness. The workshop will provide opportunities for teaching, discussion and practice of DBT skills with the aim of supporting and generalising skill development.

FOUNDATION TRAINING FOR SUPPORT WORKERS FOR WORKING WITH PEOPLE WITH BPD (1–DAY)

MAY 25

TIME: 9.30 AM – 4.30 PM
PRESENTERS: Peter Smith & Tania Wittleton
This workshop will develop support worker's understanding and practice for working effectively with people with borderline personality disorder (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 principles for treatment and treatment planning and working with chronic and acute risk associated with BPD.

Prices: Half-day workshops cost $110, 1 day workshops cost $220 and 2 day workshops cost $440 (GST inclusive). This is excluding family workshops and sessions.
Enquiries: (03) 8413 8425 or spectrumtraining@easternhealth.org.au
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CLINICIAN WORKSHOPS

OFFICE-BASED TREATMENT FOR PEOPLE WITH BPD FOR PRIVATE PSYCHIATRISTS

DATE TBC

TIME: 11.00 AM – 4.00 PM
PRESENTERS: Dr Sathya Rao, Dr Jo Beatson & 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 disorder.

TRAINING FOR PSYCHIATRY REGISTRARS

DATE TBC

TIME: 11.00 AM – 4.00 PM
PRESENTERS: Dr Lukas Cheney
This training will include role plays and case studies and will cover RANZCP examination related topics concerning personality disorder.

SPECTRUM PSYCHOANALYTIC CLINIC SYMPOSIUM

JUNE 01

TIME: 12.30 PM – 4.30 PM
PRESENTERS: Madeline Andrews, Ben McGill & Harry Constantinou
The Psychoanalytic Clinic (PAC) was first established as part of Spectrum's broader BPD treatment clinic in 2015. Since that time, many people have been referred to the psychoanalytic clinic and have taken the opportunity to speak with an analyst. The psychoanalytic clinic now extends an invitation to clinicians working in this field to attend a symposium where analysts from the clinic will present papers addressing crucial questions of their praxis. Participants will have the opportunity to address their own responses and questions to the symposium.

APPLICATION OF DIALECTICAL BEHAVIOUR THERAPY FOR FAMILY INTERVENTION

JULY 10

TIME: 9.30 AM – 4.30 PM
PRESENTERS: Zoe Gibbs & Sarah Wallace
The role of family in recovery from Borderline Personality Disorder 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. Dialectical Behaviour Therapy (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.

Prices: Half-day workshops cost $110, 1 day workshops cost $220 and 2 day workshops cost $440 (GST inclusive). This is excluding family workshops and sessions.
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CLINICIAN WORKSHOPS

ACCEPTANCE & COMMITMENT THERAPY FOR BPD (2–DAY TRAINING FOR CLINICIANS)

JULY 22 JULY 29

TIME: 9.30 AM – 4.30 PM
PRESENTERS: Tania Wittleton & Clive Collins
This 2 day workshop, delivered across 2 separate weeks, aims to provide clinicians with an opportunity to experience Acceptance and Commitment Therapy (ACT) as applied for clients with BPD. Spectrum is currently researching the effectiveness of ACT as a brief intervention program (delivered individually in four sessions) as well as the updated version of Wise Choices (Spectrum's group program of 10 sessions) for our clientele. A foundational understanding of ACT principles would be helpful for the participant to benefit from this experiential workshop.

AN INTRODUCTION TO DIALECTICAL BEHAVIOUR THERAPY (2–DAY)

AUG 13 AUG 14

TIME: 9.30 AM – 4.30 PM
PRESENTERS: Zoe Gibbs & Tania Wittleton
Dialectical Behaviour Therapy (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 well, 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.

APPLYING DIALECTICAL BEHAVIOUR THERAPY IN PRIVATE PRACTICE (1–DAY)

SEPT 14

TIME: 9.30 AM – 4.30 PM
PRESENTERS: Marianne Weddell & co–facilitator
Dialectical Behaviour Therapy (DBT) is a well validated and effective treatment for people living with Borderline Personality Disorder (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. 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 WORKING WITH PEOPLE WITH BPD (1–DAY)

OCT 05

TIME: 9.30 AM – 4.30 PM
PRESENTERS: Peter Smith & Tania Wittleton
This workshop will develop clinician's understanding and practice for working effectively with people with borderline personality disorder (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, chronic and acute risk, as well as principles for treatment and treatment planning.

Prices: Half-day workshops cost $110, 1 day workshops cost $220 and 2 day workshops cost $440 (GST inclusive). This is excluding family workshops and sessions.
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DIALECTICAL BEHAVIOUR THERAPY: INTERMEDIATETRAINING (1–DAY)

NOV 16

TIME: 9.30 AM - 4.30 PM
PRESENTERS: Marianne Weddell & Zoe Gibbs
This training is suitable for clinicians who have done 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. This will include discussion of:

- DBT Case Formulation
- Dialectics in practice
- Running DBT skills groups
- Structuring DBT individual sessions
- Adaptations of DBT in specialist client populations

MENTALIZATION BASED TREATMENT CONFERENCE AND POST CONFERENCE WORKSHOPS

MENTALIZATION BASED TREATMENT CONFERENCE

OCT 16

TIME: 9.00 AM – 4.30 PM (Registration at 8:30 AM)
KEYNOTE SPEAKER: Professor Anthony Bateman
Details to follow

POST CONFERENCE WORKSHOP 2: MENTALIZATION BASED TREATMENT BASIC TRAINING

OCT 20 OCT 21 OCT 22

TIME: 9.00 AM – 4.30 PM (Registration from 8:30AM)
A 3–day introduction to MBT with Professor Anthony Bateman
MBT is a popular and evidence based treatment which has proven to be highly effective in treating Borderline Personality Disorder. The concepts and practices underpinning MBT can be easily integrated into everyday clinical treatment. This 3 day training will provide an introduction to MBT and will include it's theoretical underpinnings and the necessary skills to implement MBT techniques into clinical practice.

POST CONFERENCE WORKSHOP 1: STRUCTURED CLINICAL MANAGEMENT

OCT 19

TIME: 9.00 AM – 4.30 PM (Registration from 8:30AM)
A 1–day workshop with Professor Anthony Bateman
Structured Clinical Management (SCM) is an evidenced based approach that enables generalist mental health clinicians to work effectively with people with borderline personality disorder (BPD). SCM provides clinicians with a coherent, systematic approach to their work with people with BPD. It is based on a supportive approach with case management and advocacy support. There is an emphasis on problem-solving, effective crisis planning, medication review and assertive follow–up if appointments are missed. SCM has been implemented successfully by general mental health clinicians without additional specialist training. It is particularly suitable for mental health nurses, graduate clinicians and others interested in the treatment of personality disorder.

NOTE: Fees for post conference workshops will be advised as part of the conference registration. Registration will open at the start of March.

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