

# 2015

## FAMILY CONNECTIONS LEADER TRAINING



WITH DR. ROY KRAWITZ, FRANZCP

### Training to lead groups of family/ friends of people with borderline personality disorder

The National Education Alliance for Borderline Personality Disorder (NEA.BPD) Australian Branch is excited to advise of details to introduce Family Connections (FC) programs into Australia by way of Family Connections Leaders Training (FCLT). FC is an evidence-based program for family/friends of people with borderline personality disorder that provides peer support, psychoeducation and skills anchored in dialectical behavior therapy (DBT). The FCLT will provide training and ongoing support to enable participants to lead FC programs.

**When:** Saturday May 2 and Sunday May 3, 2015

**Saturday May 2**

9.00am to 4.30pm  
Coffee/tea and registrations from 8.30am  
Prompt 9.00am start  
Morning and afternoon tea provided.  
BYO lunch (or cafes nearby).

**Sunday May 3**

9.00am to 4.30pm  
Prompt 9.00am start  
Morning and afternoon tea provided.  
BYO lunch.

**Where:** Essentia Health and Wellbeing Centre  
Shop 3, 487 Highett Rd. Highett Vic 3190

**Cost:** \$100 - To cover running costs (e.g. tea/coffee, FC and FC Leaders manuals, flights and accommodation expenses).

### **Eligibility to register**

The following eligibility criteria apply:

1. Registered mental health professional OR family/friend of person with borderline personality disorder
2. Participants must attend in pairs of future FC leaders, or agree to be paired for first round of FC groups.

Family/friends can attend paired with a registered mental health professional, or agree to be paired following the training.



## *Thinking of attending?*

The training is only for those who would like to run Family Connections groups.

Whilst Roy Krawitz, the FC Leaders trainer, will be mindful of participants' distress, this FC Leaders training is not intended to address the wellbeing of those who attend. That is, this is not a FC group.

By the end of the training attendees will have the skills to run a Family Connections group, and there will be discussions and advice on setting up and running Family Connections in your local area. Newly trained leaders are supported by the Family Connections trainer's and family manuals, links to resources and to other Family Connections leaders through the NEA.BPD bulletin board. In addition trainer Roy Krawitz will offer email support to participants whilst they establish Family Connections programmes.

The training will be pitched at the level of participants knowing little about DBT and will be a 'nuts and bolts' training. Much of the training will have Roy delivering the materials as he would at an FC program using this as a foundation for discussion and for participants to then practice themselves. Trained experienced DBT therapists will not learn new content material but will learn from family members about their experiences, integrating this and their existing DBT knowledge into the FC program along with the peer support and psychoeducation dimensions.

We invite you to attend in the hope that you will then run FC programs that will ultimately decrease the substantial pain and suffering of so many family/friends of people with borderline personality disorder.

### ***Sponsorship***

In keeping with Family Connection tradition and culture, all FC work is provided without professional charge to participants. Thank you to Dr Roy Krawitz and Essentia Health and Wellbeing who have kindly donated their professional time and a venue. Thank you also to all those who have freely given of their time to decrease financial barriers to attendance.

### ***Registration***

Please confirm your registration and attendance by completing the attached Registration Form and emailing to [bpdaust@gmail.com](mailto:bpdaust@gmail.com). Numbers will be capped, so pls advise your availability asap.

### ***Dr Roy Krawitz***

Dr Roy Krawitz is a RANZCP psychiatrist (Waikato DHB) and Honorary Clinical Senior Lecturer (Auckland University). For the last 25 years he has specialised in working with people with borderline personality disorder, and for the last 10 years specifically in DBT. Roy has run two DBT multifamily skills training groups and two Family Connections groups. He has authored five books on BPD and published research on the effectiveness of his generalist BPD training, his earlier psychotherapy, and the DBT service he works in. Roy has been a trainer at more than a dozen Behavioral Tech licensed trainings in NZ and Australia and is a director and DBT trainer at DBTNZ.