

INTERNATIONAL

Personality Disorder Workshops



with Professor Alan Fruzzetti

Project Air Strategy for Personality Disorders is proud to be hosting two specialised workshops with Professor Alan Fruzzetti.

Prof Fruzzetti learned Dialectical Behaviour Therapy while working with Dr Marsha Linehan in Seattle and went on to codevelop the Family Connections Program with Dr Perry Hoffman. Prof Fruzzetti is on the Scientific Advisory Board of the Linehan Institute, and was awarded the career Research Award in 2013 from the International Society for DBT.

WORKSHOP 1 Tuesday 23 June 2015 (9am-5pm)

**For Health Professionals:
Advanced dialectical behaviour therapy skills for personality disorders: how to get in-session skills training into the patient's repertoire**

Participants should have a working knowledge of DBT.

In this practical workshop, Prof Fruzzetti will describe and demonstrate:

- 1) how to simultaneously help clients manage their dysregulated emotions and practice other needed skills in the session; and
- 2) how to plan, and practice, transferring these skills into their everyday lives.

From participating in this workshop, participants will :

- develop skills to help manage emotionally dysregulated clients in-session more effectively
- learn to apply different levels of validation and different types of irreverence to facilitate in-session practice of skills that can be generalised subsequently
- understand how to balance acceptance and change procedures to help clients learn psychological skills effectively in-session

WORKSHOP 2 Wednesday 24 June 2015 (9am-5pm)

**For Families, Carers and Health Professionals:
Working with families and carers: strategies for supporting someone with personality disorder**

No prior training in DBT is needed for this workshop.

In this practical workshop, Prof Fruzzetti will describe and demonstrate:

- 1) family interventions to reduce severe dysfunctional individual behaviour; and
- 2) interventions to improve family relationships in general, and thus to help families become less destructive, and more peaceful and loving.

From participating in this workshop, participants will:

- develop skills to block and redirect chaotic families, so that session time may be effectively utilised
- learn to apply a transactional model of emotion dysregulation, identifying both vulnerabilities to emotion dysregulation and invalidating family and social responses
- understand how to use family skills (relationship mindfulness, accurate expression, validating responses, acceptance and engagement etc.)

WORKSHOP 1

Tuesday 23 June

**For Health Professionals:
Advanced dialectical
behaviour therapy skills
for personality disorders:
how to get in-session
skills training into the
patient's repertoire**

WORKSHOP 2

Wednesday 24 June

**For Families, Carers and
Health Professionals:
Working with families
and carers: strategies for
supporting someone with
personality disorder**

ALAN E. FRUZZETTI, PH.D.

is Professor of Psychology and Director of the Dialectical Behaviour Therapy and Research Program at the University of Nevada, Reno. He received his B.A. from Brown University and M.S. & Ph.D. from the University of Washington in Seattle.

His research focuses on the interplay between severe psychopathology and interpersonal processes (including couple and family interactions, partner abuse, and therapist-client interactions, and their interplay with emotion dysregulation) and the development and evaluation of effective individual and family treatments for these problems.

Prof Fruzzetti is Research Director and a Member of the Board of Directors of the National Education Alliance for Borderline Personality Disorder and member of the Board of Directors of the International Society for the Investigation and Teaching of DBT, and on the Scientific Advisory Board of the Linehan Institute. He has authored nearly 100 research and clinical papers and book chapters, and two books, and is the co-creator of the NEA-BPD Family Connections program, for parents, partners, and other loved ones of people with BPD and related problems. He was honoured as the "Psychologist of the Year" in Nevada in 2010 and honoured by the International Society for DBT with its career "DBT Research Award" in 2013. In addition to maintaining an active clinical practice, Prof Fruzzetti has created multiple successful DBT applications for individuals, couples, parents, and families and has provided extensive international training in DBT, behaviour therapy, and family interventions. He is married with four children.

Dialectical behaviour therapy (DBT) has been shown to be effective for a variety of clients who have multiple, often severe, problems.

One of the key features of DBT is how empowering it is - client problems are understood as skill deficits in attention, emotion self-management, interpersonal relationships, tolerating distress, and so on. Consequently, skills are taught in group skill training in parallel with individual therapy, complemented by skill coaching. However, for very emotionally dysregulated patients it can be very difficult to transfer the skills from groups skill training to situations loaded with negative emotion.

After a brief orientation to the treatment overall, lectures, role plays, and experiential exercises will be used to demonstrate how to:

- 1) help patients build their own skills to regulate their emotion in-session;
- 2) how to use validation in a dialectical way, to support client skill building; and
- 3) how to use the transactional model and behavioural principles to find ways to get clients to practice skills effectively.

Examples with adolescents and adults will be used throughout the workshop ■

Severe individual and family distress typically includes a lot of dysregulated emotion, including anger, hurt feelings, sadness, embarrassment, and worry, and can include out-of-control behaviours (such as suicide attempts, drug and alcohol misuse, aggression, etc.).

Dialectical Behaviour Therapy (DBT) has been shown in dozens of studies to be effective in treating the many problems associated with emotion dysregulation. DBT has been adapted by Prof Alan Fruzzetti for use with couples, parents, and families, with several studies demonstrating successful outcomes.

After a brief orientation to the treatment model, lectures, role plays, and experiential exercises will be used to demonstrate how to:

- 1) build a treatment target hierarchy with families (including self-harm, aggression, substance use, angry outbursts, withdrawal, relationship problems, etc.);
- 2) utilise traditional DBT skills and new DBT family skills with families;
- 3) apply "chain analyses" with two or more family members simultaneously, to expose dysfunctional steps when emotion escalates out of control;
- 4) use principles and intervention strategies of DBT with families to make communication possible, and help rebuild relationships; and
- 5) integrate both acceptance and change strategies (and skills) into solutions.

Examples with adolescents and adults, couples and parent-child relationships will be used throughout the workshop ■



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VENUE:

Both workshops will be held at The Australian Technology Park, conveniently located in the inner-city suburb of Eveleigh, Sydney – a short walk from Redfern train station.

ACCOMMODATION:

Special workshop rates have been negotiated with three hotels conveniently located to the venue. This can be booked as part of your online registration.

COST:

Early bird registration - closes Sunday, 24 May

- Day 1 & Day 2 \$495
- Day 1 only \$360
- Day 2 only \$235

Full registration – after Sunday, 24 May

- Day 1 & Day 2 \$545
- Day 1 only \$410
- Day 2 only \$235

Student registration – limited places

(student ID card or enrolment record to be emailed to info-projectair@uow.edu.au after registering)

- Day 1 & Day 2 \$455
- Day 1 only \$310
- Day 2 only \$235

All prices inclusive of GST

Tea and coffee on arrival, a light lunch, morning and afternoon tea is provided.

Registrations are online only with credit card (Visa or Mastercard).

Please note that we recommend you register early as places to the workshop are limited and when full we will suspend registrations and open a waiting list. Unfortunately we are unable to hold a place unless payment has been received online using a credit card. If your employer is likely to be slow in making a payment, the safest way to secure a place at the conference is to pay for it yourself and then request a refund from your employer.

**Registrations are online only via the Project Air website
www.projectairstrategy.org**