

**5th Annual Conference
Westmead Psychotherapy
Program
for Complex Traumatic Disorders**

**Translating Research into
Practice**

Cost: \$70.00

Friday, 19th August 2016

Westmead Hospital

John Loewenthal Auditorium, Education Block

Hawkesbury Road

WESTMEAD NSW 2145

**5th Annual Conference
Westmead Psychotherapy Program For Complex Traumatic
Disorders – 19th August 2016**

Translating Research into Practice

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Translating Research into Practice

While there is greatly increased recognition of the extent of trauma-related conditions and presentations within mental health services, difficulties remain in translating this recognition into effective clinical response. Given that people present to all parts of a health care service, one of the priorities is to work towards implementation of approaches that can occur across the system, involving the development of trauma-informed care with pathways that can be accessed easily by patients. Recent policy documents have emphasized both “trauma-informed care” and a “recovery focus”. This represents a challenge for existing services.

One group of patients for whom developmental trauma is a common accompaniment is Borderline Personality Disorder. A model for improved care for this group, the Project Air Strategy for Personality Disorders, has attempted to translate available evidence into practice for this disorder, with the aim of facilitating change in treatment cultures across the state. It is likely that this project will be implemented in WSLHD within the next 12 months.

This year’s conference will focus on this, and other, efforts to translate research into practice. It will feature Professor Brin Grenyer, Emeritus Professor Russell Meares, Dr Nick Bendit and Dr Anthony Korner. Prof. Grenyer is the major architect of The Project Air Strategy. Emeritus Professor Russell Meares is the founder of the Westmead Psychotherapy Program which was amongst the first groups to demonstrate efficacy in the psychotherapeutic treatment of BPD. He was also co-founder, with Robert Hobson, of the Conversational Model. Dr Bendit, has trained in a number of effective psychotherapeutic models for BPD: Conversational Model Therapy; Mentalization-Based Therapy; and Dialectical-Behaviour Therapy and is involved in a Newcastle program which offers a range of empirically validated therapeutic options. Dr Korner is current Director of the Westmead Psychotherapy Program. Each will offer their perspectives on the theme, along with other speakers, in a program which promises to promote an important dialogue amongst health practitioners towards empowering our response to trauma.

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- 8.45 Welcome Beth Kotze, Director Mental Health
- 9.00 Professor Brin Grenyer- Two touchpoints in the treatment of Borderline Personality Disorder - initial presentation to the emergency department and twelve month followup
- what is associated with recovery?
- 10.00 Emeritus Professor Russell Meares – The Unconscious Traumatic Memory System
(Chair: Anthony Korner 9.00am – 11.00am)
- 11.00 Morning Tea
- 11.20 Dr Nick Bendit – Results of a randomised clinical trial comparing conversational model and DBT in patients with borderline personality disorder
- 12.10 Dr Anthony Korner – Learning from 30 years experience of the Westmead Psychotherapy Program.
(Chair: Michael Williamson 11.20am – 1.00pm)
- 1.00 Lunch
- 1.45 Joan Haliburn – Short term work with trauma
- 2.30 TBA
- 3.15 Afternoon Tea
- 3.45 Simon Mundy-
(Chair: Clinical Associate Professor Janine Stevenson).
- 4.30 Introduction to Westmead Psychotherapy Program for Complex Traumatic Disorders Scholarship Program. (An informal discussion for interested parties)

Westmead Psychotherapy Program for Complex Traumatic Disorders

The Westmead Psychotherapy and Research Program is pleased to announce a training opportunity in psychotherapy that will be operating in the Western Sydney Local Health District from early 2017. There will be a limited number of places offered as scholarships (free of charge) for mental health staff working for Western Sydney Local Health District for training in

1. individual dynamic psychotherapy (both long-term and brief),
2. group psychotherapy.

The program is based upon the Conversational Model developed by Russell Meares and Robert Hobson to offer treatment to patients with complex and difficult disorders. It continues to incorporate contemporary research in neuroscience, psychotherapy, trauma and attachment. While in the past best known for its utility in treating borderline personality disorder, the model is now being usefully applied to engagement and treatment of the broader group of patients with Complex Traumatic Disorders, conditions that are often refractory to other treatment approaches.

The training is available to the full range of professional disciplines working in the mental health field (including psychiatry registrars; psychologists; mental health nurses; social workers; occupational therapists). The program involves teaching and supervision. It will be a requirement that people entering the program be engaged in the psychotherapeutic treatment of patients from the Western Sydney Local Health District. There will be the opportunity for trainees in this program to complete the full program of 3 years, successful completion of which would make candidates eligible for membership of the Australian and New Zealand Association of Psychotherapy. For trainee psychiatrists, the clinical experience gained will fulfil the clinical and supervision requirements for the long cases in the individual dynamic chapter of the Advanced Training in the Psychotherapies.

Alternatively trainees may choose a brief program option that will teach psychotherapy skills over the shorter time-frame of 12 months. All trainees will treat Local Health District-based patients and will also have the opportunity to develop relevant research skills.

The Program also encourages applications from those mental health staff considering a PhD in related areas of clinical and basic research. A combined clinical and research training could be offered, with the clinical arm funded as above for staff who would need to concurrently enrol with The University of Sydney as a doctoral candidate.

Expressions of interest should be made to the Program Secretary, Michelle Phillips at,

Email: michelle.Phillips@.health.nsw.gov.au

Telephone: 9840 3335