



Clinical skills for working with people with self-harm and complex mental health problems including personality disorder

One-day workshop

**Monday
15 May 2017**



Program overview:

This training provides a one-day skills training informed by Dialectical Behaviour Therapy and a relationship model for understanding complexity.

It provides specific guidance for mental health workers, community counsellors and health professionals in evidence-based psychological treatment for self-harm, personality disorders and complex trauma. It will particularly suit those in non-government organizations or those from community based outreach services, community organizations, and those working with specific groups including young people or comorbid substance dependence. This training provides an opportunity to obtain both continuous professional development training and on-going skills development.

The Project Air Strategy (www.projectairstrategy.org) provides resources, research, training and consultation to Health Services with regards the treatment of personality disorders.

Learning Outcomes:

As a consequence of this training participants will:

- Enhance skills in early identification of personality disorder and assessment of self-harm severity
- Be oriented to clinical management guidelines and evidence-based treatments
- Obtain latest research and updates on evidence-based care and crisis management for complex trauma
- Understand adaptations to the four modules of Dialectical Behaviour Therapy; the core skills and therapy approach; and how to run groups
- Use of diary cards and homework activities, and review within group therapy
- Understand adaptations to skills training – including brief interventions



Presenters:



PROFESSOR BRIN GRENYER (University of Wollongong, Australia) has extensive experience in treatment, research, training and clinical consultancy. Professor Grenyer has been trained in DBT by Behaviour Tech and is a member of the DBT strategic planning group chaired by Marsha Linehan. He is a clinical psychologist who has published extensively in the area of the treatment of personality and complex disorders. He is Director of the Project Air Strategy for Personality Disorders, and Director of Professional and Clinical Psychology Training, University of Wollongong Australia.



ELIZABETH HUXLEY (University of Wollongong, Australia) is a Research Fellow at the Project Air Strategy for Personality Disorders. She has experience working with adults and adolescents in clinical psychology health, non-government and private psychology settings and is completing a clinical PhD (Australian National University) on narcissistic personality.

Registration

Monday, 15th May 2017, 9am - 5pm

Designed for: Staff working in mental health and community or non-government settings dealing with self-harm and personality disorder presentations

Registration: Registration is online only with credit card (Visa or MasterCard) at projectairstrategy.org

When you register please have your credit card handy so that you can complete the registration process.

Please note that we recommend you register early as places 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.

Enquiries: 02 42981571

Location: Campbelltown Catholic Club
20-22 Camden Road, Campbelltown NSW (There is plenty of free parking on site)

Cost: \$150 per person (includes morning tea, lunch and afternoon tea)

Please note: there are no concession rates as this is a flat discounted rate to recover costs.



Mind full or mindful?

