



PROJECT AIR

A PERSONALITY DISORDERS STRATEGY

13th International Conference on the Treatment of Personality Disorders

PERSONALISING EFFECTIVE TREATMENT

Conference: Friday 8 November 2019

Workshop: Saturday 9 November 2019

9.00am – 4.00pm University of Wollongong NSW Australia

The Project Air Strategy for Personality Disorders, Illawarra Health and Medical Research Institute, Wollongong University Professional and Clinical Psychology programs and NSW Ministry of Health invite you to the 13th International Conference on the Treatment of Personality Disorders. The theme “**Personalising Effective Treatment**” provides a unique opportunity to be updated with the latest research in Australia and internationally.

Experts in the field will present a variety of papers and posters covering topics including the consumer and carers perspective, research, innovative service developments, and early intervention for young people and **The FRIDAY CONFERENCE** will feature a number of national and international presentations on developments in the field of personality disorders treatment. Keynote speaker, **Professor Ueli Kramer** (Switzerland), will present on “Effective processes in treatment for personality disorder: what science teaches us”.

Professor Kramer discusses "Mechanisms of change in treatments for personality disorders have only started to be elucidated. His talk proposes an overview of the current research findings on evidence-based treatments with a focus on how and why patients with personality disorder change in psychotherapy. By doing so, we will adopt a patient- and relationship-focused approach, putting center stage the changing processes, as opposed to the therapist techniques. Changes in emotional processing and socio-cognitive processing in borderline personality disorder will be discussed. Micro-changes in the therapeutic collaboration are discussed. Whereas most of the research focus on psychotherapy for borderline personality disorder, this talk will also present novel research on mechanisms of change in treatments for patients with narcissistic, histrionic and dependent personality disorder. Each concept will be illustrated with patient verbatim. Direct clinical implications for intervention and psychotherapy with personality disorders will be discussed."

There will be a number of other speakers throughout the conference talking about research, service developments and innovative approaches to treatment and early intervention.

The SATURDAY WORKSHOP is presented by **Professor Kramer** for clinicians and health professionals and is an opportunity to learn from a distinguished researcher and clinical psychologist in a workshop titled: *Case Formulation for Personality Disorders : How to Foster Therapist Responsiveness.*

Invitation to present at the conference:

Due date: 1 June 2019: We invite brief presentations and posters to update on research, new innovations and treatment extensions within personality disorder services (e.g. model, structure, implementation, and evaluation), or presentations on another issue relevant to personality disorders. Presentations are informal and will be time limited to approximately 15-30 minutes depending on the schedule. You will be informed prior to the conference about your presentation and the duration. Depending on time constraints, not all applications to present may be allocated in the program, and some may be requested to prepare posters. Poster size should be approximately 80 cm across x 100cm high.



Please specify: Presentation Type /Brief Oral Presentation/ Poster / Both Brief Oral Presentation & Poster; Presenter and presenters affiliation. Title of presentation. Short description/abstract (max 150 words). Email your presentation proposal to info-projectair@uow.edu.au



Professor Ueli Kramer is Privat-Docent, psychotherapy researcher and clinical psychotherapist according to Federal Law, at the Department of Psychiatry (Institute of Psychotherapy and General Psychiatry Service), University of Lausanne, Switzerland. He holds an adjunct appointment at the Department of Psychology, University of Windsor, Canada.

His research focuses on process and outcome in psychotherapy, in particular the mechanisms of change in treatments of personality disorders and case formulation in personality disorders. He is a broadly trained clinician, working from an integrative psychotherapy perspective.

Professor Kramer is the co-recipient of the 2015 Inger Salling Award, the recipient of the 2016 Outstanding Early Career Achievement Award of the Society for Psychotherapy Research, of the 2016 Hamburg Award for Personality Disorders and of the 2018 Marvin Goldfried New Researcher Award of the Society for the Exploration of Psychotherapy Integration.

“Case Formulation for Personality Disorders : How to Foster Therapist Responsiveness”.

Professor Ueli Kramer: Saturday one-day workshop

Overview:

Case formulation is a key component of psychotherapy, and is particularly important when treating cases with personality disorders (Kramer, 2019). Clients with personality disorders regularly challenge the therapist effectiveness, the therapeutic relationship and the therapist focus on central contents. Facing these clients, the therapist needs a clinically meaningful case formulation that is able to explain the client's moments of disruptive experiences. The present one-day workshop reviews the necessary components of a successful case formulation for personality disorder, by adopting an integrative and disorder-oriented approach. By doing so, the workshop will focus on how therapists can productively take advantage of responsiveness in the therapy process. This will be done using the principles of Plan Analysis (Caspar, 2007), and of the motive-oriented therapeutic relationship. Research will be presented demonstrating the effectiveness of case formulation in treatments for clients with personality disorders. Clinical material will be presented on video and worked through, then implemented directly into productive client-therapist interactions using role plays.

By the end of this workshop the participants will be able to:

1. Understand the centrality of case formulation for personality disorder;
2. Be familiar with the principles of Plan Analysis and how to formulate a case of a client with personality disorder;
3. Understand how to use this information for a productive relationship formation and how to foster appropriate therapist responsiveness in the psychotherapy process.

Caspar, F. (2007). *Plan Analysis*. In T. D. Eells (Ed.), *Handbook of Psychotherapy Case Formulations* (2nd edition); pp. 251-289). New York, NY: Guilford Press.

Kramer, U. (2019) (Ed.). *Case Formulation for Personality Disorders: Tailoring Psychotherapy to the Individual Client*. Cambridge, MA, USA: Elsevier.

<https://www.elsevier.com/books/case-formulation-for-personality-disorders/kramer/978-0-12-813521-1>

Kramer, U., Berthoud, L., Keller, S., & Caspar, F. (2014). *Motive-oriented psychotherapeutic relationship facing a patient presenting with Narcissistic Personality Disorder: A case study*. *Journal of Contemporary Psychotherapy*, 44, 71-82. doi: 10.1007/s10879-013-9249-5

Conference Location

The conference is set among the spectacular coastal and forested environment surrounding the University of Wollongong - approximately 1.5 hours south of Sydney depending on your location and the time of day.

Conference venue - The conference will be held in the McKinnon Building (Building 67), in the centre of the beautiful University of Wollongong campus. For maps of the University and directions, see <http://www.uow.edu.au/transport/maps/index.html>

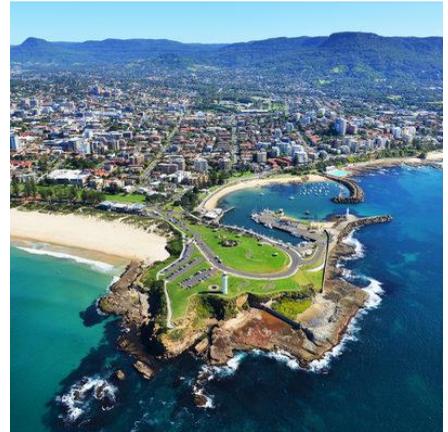
Sydney Airport provides excellent connections to Wollongong from the airport train or by booking a shuttle/limousine.

Sydney Trains - Take the 90 min scenic train to North Wollongong station (<http://www.sydneytrains.info>) followed by a short bus connection or 15 min walk. A free shuttle bus service, 'The Gong Shuttle' regularly runs to and from the University, train station and hotels, or the trip is a short taxi ride.

Driving by car - From Sydney drive south past Sutherland on the Princes Highway then M1 Motorway and take the second exit at the bottom of Mt Ousley (signposted 'University'). The Western Car Park is closest to the conference venue; enter via the Western Entrance along Northfields Avenue. [Parking fees apply](#).

Further information - For information on Wollongong, see: www.uow.edu.au/about/wollongong

Please consult Tourism Wollongong for further advice at www.visitwollongong.com.au



Registration:

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

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.

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

General enquiries email: info-projectair@uow.edu.au

Early Bird Registration if paid by 28 September 2019

\$150 Conference Day 1

\$180 Workshop Day 2

\$305 Conference Day 1 & Workshop Day 2

Standard Registration

\$180 Conference Day 1

\$200 Workshop Day 2

\$355 Conference Day1 & Workshop Day 2

Student Registration

\$50 Conference Day 1

\$90 Workshop Day 2

\$140 Conference Day 1 & Workshop Day 2

Students must email their student ID card or enrolment record to info-projectair@uow.edu.au.

Phone: (02) 42981571

All prices inclusive of GST

ACCOMMODATION: Special conference rates have been negotiated with three hotels [Adina Apartment Hotel Wollongong](#), [Sage Hotel Wollongong](#) and [Novotel Wollongong Northbeach](#). The accommodation special rates are only available when booking as part of the conference registration process online at <https://www.projectairstrategy.org>



Consumer, Family and Carer Day - Preconference on Thursday 7 November

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Please note: There will be a one day Consumer, Family and Carer event on the day before the conference.

The Consumer, Family and Carer day will be an opportunity for stories from people with lived experience and family and carers to be shared. Attendees will also have opportunity to hear about the latest research in the recovery space and will have the opportunity to voice their views on the treatment of personality disorders.

Registration for this day is separate and is [here](#)

