

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



Two-day Skills Training Workshop

**Monday 21st and
Tuesday 22nd May 2018**

Program overview:

This training is a two-day skills workshop informed by Dialectical Behaviour Therapy and a relational 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 people with comorbid substance use issues. 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 of the four modules of Dialectical Behaviour Therapy; the core skills and therapy approach; and how to run groups
- Use of homework activities such as diary cards, and review within group therapy
- Understand adaptations to skills training – including briefer interventions within a variety of environments including rehabilitation and community settings

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 Behavior Tech and involved in 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.



DR ELY MARCEAU (University of Wollongong, Australia) is a Research Fellow at the Project Air Strategy for Personality Disorders. She is a clinical psychologist with experience working with personality disorder and other complex clients. Her research interests include neurobiological and neuropsychological factors in the treatment of personality disorders.



Registration

When: Monday 21st and Tuesday 22nd May 2018, 9am - 5pm

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

Cost: \$305 per person (includes morning tea, lunch and afternoon tea for both days)
(Please note: there are no concession rates as this is a flat discounted rate to recover costs for the two days training)

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)

Enquiries: 02 42981571 or via info-projectair@uow.edu.au

Location: Cliftons, Level 13, 60 Margaret Street, Sydney (Parking is limited however the venue is an easy walk from Wynyard Station)