



National Education Alliance of Borderline Personality
Disorder AUSTRALIA
and
ARAFMI ILLAWARA



FAMILY CONNECTIONS PROGRAMME

A 12-week Free Program

***Education *Skills *Resources *Support**

to provide the foundation for a better understanding of this complex disorder

The Family Connections program is designed to provide parents, spouses, adult children, and siblings the knowledge and skills that will be helpful to them for their own wellbeing in living with a relative with Borderline Personality Disorder (BPD). The program also helps those relatives build a support network with other individuals with a relative with BPD.

FRAMEWORK of PROGRAM

The course content of Family Connections was developed by two practicing clinician / researchers and modified in consultation with family members and consumers.

The format of the sessions allows group participants to obtain the latest information about the disorder, acquire and practice skills, and enjoy an open and supportive forum for discussion.

The program combines the real-life experiences and needs of families of persons with BPD with the expertise of more than two decades of professional work with families.

Group leaders, who are family members or clinicians, have extensive personal experience in this area and have taken an intensive leader training course to give them the tools to disseminate information and teach the key skills of the program.

COURSE CONTENT

Series offers

- * Education on BPD
- * Research on BPD
- * Skills training based on Dialectical Behavior Therapy (DBT) in a supportive group environment
- * Application and practice of skills
- * Development of a support network

Topics addressed

- * Education and Research on BPD
- * Family Perspectives and Experiences
- * Relationship Mindfulness Skills
- * Family Environment Skills
- * Effective Communication Skills
- * Validation Skills
- * Problem Management Skills

Contact ARAFMI Illawarra for further information on when these groups are running and how to register

42 833 993 / 42 833 499

FOR INFORMATION visit www.bpdaustralia.com or e-mail bpdaust@gmail.com

If you would like to register for the Family Connections™ program, please fill out the form at <http://www.bpdaustralia.com/family-connections> or call us for further details