

TWO-DAY SKILLS TRAINING WORKSHOP
Thursday 20th and Friday 21st February 2020

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

PROGRAM OVERVIEW:

This training is a two-day skills workshop with a focus on assessment and treatment of complex clients, informed by principles of Dialectical Behaviour Therapy and Project Air's relational model.



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. This training provides an opportunity to obtain continuous professional development training as well as on-going skills development. Note: this training teaches fundamental skills and is not designed for those who are advanced or expert in DBT or other personality disorder treatments.

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

LEARNING OUTCOMES:

As a consequence of this training participants will:

- Enhance assessment and conceptualisation skills regarding personality disorder and self-harm
- Gain knowledge of intervention skills aligned with clinical management guidelines and evidence-based treatment, including crisis management, and working with complex trauma
- Identify ways to adapt the four modules of Dialectical Behaviour Therapy for use in various contexts, the core skills and therapy approach, and general principles of running a group program
- Demonstrate how homework activities (e.g., diary cards) may be used and reviewed within group therapy
- Understand adaptations to skills training – including briefer interventions within a variety of environments including rehabilitation and community settings



PRESENTERS FROM THE PROJECT AIR TEAM WILL BE LEAD BY PROFESSOR BRIN GRENYER



Professor 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.

REGISTRATION

- When:** Thursday 20th and Friday 21st February 2020, 9am - 4pm
- 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)
(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
(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 this event is to pay for it yourself and then request a refund from your employer)
- Enquiries:** 02 4298 1571 or via info-projectair@uow.edu.au
- Location:** SMC Conference & Function Centre, 66 Goulburn St, Sydney
(Parking is limited however the venue is an easy walk from Central Station.)

REGISTER NOW>>