



PROJECT AIR

A PERSONALITY DISORDERS STRATEGY

Online, face to face, or both!

15th International Conference on the Treatment of Personality Disorders

Theme: "CREATIVE RECOVERY"

Pre-Conference: Thursday 4 November 2021

Scientific Conference: Friday 5 November 2021

Clinical Workshop: Saturday 6 November 2021

Attending the conference this year can be face-to-face in Wollongong, Australia, online - live streamed with interactive discussion sessions, or delegates can choose a combination of live and online. Registration is essential and there is flat rate whether you choose to come in person or attend online, and all delegates have access to the online conference recordings for one month following the event. Presentations and attendees from across the world are welcome.

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 **15th International Conference on the Treatment of Personality Disorders**. The theme "**Creative Recovery**" provides a unique opportunity to be updated with the latest research and therapies in Australia and internationally.

Program at a glance:

Thursday 4 November 9am - 3pm **Preconference Consumer, Family and Carer Day**

Friday 5 November 9am - 4pm **Scientific Conference Day**

Saturday 6 November 9am - 4pm **Clinical Workshop Day**

This year's conference will be coordinated with the AART-PD - Australasian-Asian Association for Research and Treatment of Personality Disorder, an affiliate of the International Society for the Study of Personality Disorders (ISSPD).

The conference presents an opportunity for professional development and to have a stimulating and thought-provoking exposure to new ideas and recent work in treatment of personality disorders by experts, service users, family members, carers, service directors, managers and clinical and professional leaders. A particular focus this year will be on creative practices to support recovery and will feature creative arts presentations.

Keynote presentations for the Friday conference include **Dr Neil Springham** (Oxleas NHS Foundation Trust, UK) on "Art as therapy: scientific evidence and principles of practice in the treatment of personality disorder", Lived Experience Keynote, **Sarah Eley** on "Borderline Arts: harnessing lived experience to create art for recovery" and **Prof Giles Newton-Howes** (New Zealand) on "Agency and autonomy in Borderline Personality Disorder". 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 **Peter Blake** (AUS) for clinicians and health professionals and is an opportunity to learn from a distinguished psychotherapist, researcher and clinical psychologist in a workshop will highlight the **use of play and being creative in therapy with children, adolescents and adults with trauma and complex challenges**, titled "Playing and Trauma: Conscious and unconscious space for growth."

Invitation to present at the conference:

Due date: 15 August 2021. We invite live or pre-recorded presentations to update on scientific 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. Within the theme of “creative recovery” you may think of painting, drawing, writing, poetry, film, video, drama, dance and sculpture as some of the creative arts that have provided powerful opportunities for healing, understanding and treatment. Psychotherapy at its best can create inspiration for change and renewal.



Presentations are approximately 20 minutes but may vary depending on the schedule. There is also a 2-minute lightning talk and e-poster session. 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 e-posters only. Poster size should be set up to be approximately 80 cm across x 100cm high but should also be presented in e-poster format (PowerPoint/pdf).

Please specify: Presentation Type: /Brief Oral Presentation/ Poster / Both Brief Oral Presentation & Poster; Presenter names and presenters affiliation and email address. Title of presentation. Abstract (max 150 words) as a short description of the presentation. Submit your presentation proposal by email to info-projectair@uow.edu.au

Friday Conference Keynotes



Sarah Eley (UK): “Borderline Arts: harnessing lived experience to create art for recovery” Sarah Eley is founder and coordinator of Borderline Arts (borderlinearts.org). Borderline Arts is a not-for-profit charity based in Derby UK established in March 2013. Sarah has lived experience of BPD and was motivated to create Borderline Arts to reduce stigma and create positive change to support people to understand and feel more understood. Borderline Arts facilitates creative workshops, exhibits art and is working on creating a film - all of which aim to raise awareness and break down stigma surrounding Borderline Personality Disorder (BPD).

Neil Springham (UK): “Art as therapy: scientific evidence and principles of practice in the treatment of personality disorder”

Dr Neil Springham is Director of Therapies at Oxleas NHS Foundation Trust, UK. Since training in the 1980s, Dr Springham has worked in adult mental health, addictions and now specialises in services for people diagnosed with personality disorder. He was a course leader at the Unit of Psychotherapeutic Studies, Goldsmiths College, co-founded the UK Art Therapy Practice Research Network and was twice elected chair of British Association of Art Therapists. He founded ResearchNet, a service user and provider collaboration which develops co-produced research in mental health. He has published and lectured internationally and is the world's most extensive writer on BPD and Art Therapy.



Giles Newton-Howes (NZ) "Agency and autonomy in Borderline Personality Disorder"

Dr Giles Newton-Howes is Associate Professor at the University of Otago, New Zealand (Aotearoa) and the incoming president of the International Society for the Study of Personality Disorders (ISSPD). He is a psychiatrist and academic with an enduring interest in personal disorder and the intersection of personality and other mental distress. He trained in medicine in New Zealand and psychiatry in the UK before returning to New Zealand. He works clinically in a regional personality disorder service with a catchment area of about a million people. At the University of Otago (Wellington) his research spans personality, philosophy and addictions, with an increasing focus on the intersection of these three areas. He is one of the systematic reviews editors of the British Journal of Psychiatry and sits on the board of the British Journal of Psychiatry and



The Psychiatrist and an accredited examiner for the RANZCP.

Thursday and Friday Art Exhibition

Project Air's resident Master of Art Therapy student and Lived Experience Consultant **Mahlie Jewell** will present an exhibition of artworks by participants of the "Creative Identity Program". The program, led by Mahlie (Peer Art Therapist trainee) and co-facilitated with Project Air psychologist Charlotte van Schie, is a structured 10 week arts-based exploration of identity focusing on self-narrative and self-stigma for people living with BPD. The program uses practices and theory from narrative therapy, DBT, art therapy, intentional peer support and trauma informed practice. The exhibition will be displayed in the Early Start Art Gallery adjacent to the conference venue. For those attending online there will be a short film showing the works including further descriptions of how they were made.



Friday Live Drama Performance



Dan Harris will perform in **ALL THE RAGE**

When Mel decides to turn their struggles with Borderline Personality Disorder (BPD) into a stand-up comedy routine, it seems the lemons are finally turning into lemonade – until Mel's ex appears in the audience and wants to reconcile – as part of the routine. Love has never felt so much like heckling as it does in this darkly hilarious one-act play. Performance time 60 minutes

Playwright Dan Harris is Professor and ARC Future Fellow and Associate Dean, Research & Innovation School of Education, RMIT University Creative Agency research lab
www.creativeresearchhub.com.

Saturday Workshop will highlight the use of play and being creative in therapy with children, adolescents and adults with trauma and complex challenges

We are thrilled to have renowned psychotherapist **Peter Blake** presenting a clinical workshop entitled "**Playing and Trauma: Conscious and unconscious space for growth.**" It will help therapists to be more creative and open in therapy. Paediatrician and psychotherapist DW Winnicott stated "it is only in being creative that the individual discovers the self" (Playing and Reality, 1971, p.54). There will be a questioning of the more traditional ways of working and an exploration of how there can be an incorporation of new ideas coming from cognitive and neurological research. The focus will be on the early development of trauma, and working with children, adolescents, and adult in therapy and within their family system.



The workshop will present a combination of theory and practice, focused on case studies and open clinical case discussion. There will be a discussion on technique and live presentations on sessional notes from clinical work.

By attending this workshop participants will:

- more fully understand the close link between infant mental health and later psychological functioning
- deepen an appreciation of trauma and how it influences personality presentation within the therapy room
- develop an appreciation of the importance of close detailed observation and its use in working in a more right brain intuitive manner
- deepen their awareness of the central role of the intersubjectivity within the therapeutic dyad
- develop an appreciation of the importance of non verbal and bodily experiences in the therapeutic process
- be able to reflect on how the practitioner's unconscious impacts upon their work
- widen their understanding of a relational model and psychodynamic theory including the work of contemporary clinicians post-Bion and incorporating Winnicott's ideas about the importance of playing
- be exposed to new ways of creative work with children and adolescents

Peter Blake is a clinical psychologist and Tavistock-trained child psychotherapist. He is author of the classic and influential textbook 'Child and Adolescent Psychotherapy' (Routledge, First Ed: 2008; Second Ed: 2011, Third Ed: 2021). The book is described as 'An original and exciting description of child psychotherapy at its best and a masterly contribution to the literature.'- Dr Anne Alvarez, London. He has published widely including recently contributing 'Being a playful teacher' for Charles and Bellinson's book The Importance of

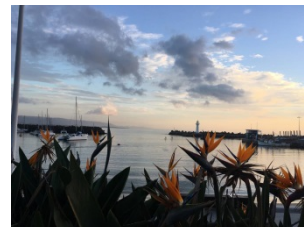
Play in Early Childhood Education (Routledge, 2019). He has 45 years of experience in working in the area of child and family mental health, in England and Australia. He provides training and supervision, including to the NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS) and MANDALA community counselling for those most in need.

Peter is currently Clinical Director of the Institute of Child and Adolescent Psychoanalytic Psychotherapy (Sydney), a professional body that offers training in child and adolescent psychotherapy. Peter also works in private practice in Sydney, Australia.

Preconference Consumer, family and carer online event: Thursday 4 November 2021

Thursday Pre-conference: The Consumer, Family and Carer Day

This day is for people with lived experience and their families and carers. Stories from people with lived experience and family and carers will be shared in a safe, respectful and collaborative space. Attendees will have the opportunity to hear about the latest research in the field and to voice their views on issues central to the treatment of personality disorders. There will be a combination of face to face and online attendance and will feature an art exhibition and interactive discussion forums.



As part of the day, there will be an open seminar discussion on "lived experience in creative therapy" that will include Sarah Eley and Neil Springham from the UK.

We invite you to be part of the day and share your experience and story. Please contact us with your idea of proposal: email info-projectair@uow.edu.au.

Registration:

The registration fee provides access to the conference, whether you choose to attend face to face, online, or a combination. All registrants have access to the delayed webinar stream of presentations for 8 weeks. Note: The Consumer, Family and Carers Day will be face to face or live-stream only, delayed recordings will not be available to ensure the privacy and confidentiality of discussions on the day.

All prices are in Australian dollars inclusive of the Australian Goods and Services Tax (GST)

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

General enquiries email: info-projectair@uow.edu.au
Phone: (02) 42981571

Early Bird Registration if paid by October 4, 2021

\$180 Friday Conference Day only

\$200 Saturday Workshop only

\$355 Conference & Workshop (Friday and Saturday)

\$15 Thursday Pre-conference Consumer, Family and Carers Day (Thursday only)

Standard Registration

\$200 Friday Conference Day only

\$220 Saturday Workshop only

\$395 Conference & Workshop (Friday/Saturday)

\$15 Thursday Pre-conference Consumer, Family and Carers Day (Live stream or face to face on the day only, there will not be delayed recordings of this day)

Event Location

The event is set among the spectacular coastal and forested environment surrounding the University of Wollongong - about 90 minutes by car south of Sydney.

Venue - The event will be held 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



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