



PROJECT AIR
A PERSONALITY DISORDERS STRATEGY



UNIVERSITY
OF WOLLONGONG
AUSTRALIA

PEER AND CLINICIAN LED GROUP PROGRAM FOR PEOPLE WITH BORDERLINE PERSONALITY DISORDER (FREE)

We are inviting people with lived experience of borderline personality disorder to participate in a group-therapy program co-facilitated by a peer and a clinician.

If you have lived experience of Borderline Personality Disorder (BPD) AND you have previously received psychological therapy, you are invited to attend the group.

The program runs for 10 weeks and focuses on building a non-judgmental space for individuals with BPD to share their experiences with others while also offering skill development to address the group members challenges and to improve their wellbeing.

Participation requires the completion of questionnaires and attendance at the group programs. Information from the questionnaires will be used to improve mixed peer and clinician led group programs.

You do not have to participate in this research to attend the group program.

Here are the details about the peer-clinician led program:

Where: Online

When: Wednesdays from 10am to 12pm (Sydney time) across ten consecutive weeks

If you are interested in the program and wish to receive the full info pack, please contact:

Project Air Strategy

Email: research-projectair@uow.edu.au