

Working with Borderline Personality Disorder: The Conversational Model, An evidence-based approach

Working with clients who live with BPD can be exciting and challenging at the same time. ANZAP is pleased to offer the opportunity for practitioners to become acquainted with the Conversational Model for working with clients diagnosed with BPD. This workshop is intended for those who are working with clients who live with chronic emotional dysregulation, self-harming behaviours, suicidal ideation, problematic dissociation and suicide attempts.

When: 4th-5th May 2018
9.00-4.30pm Friday, 9.00-4.00pm Saturday
Lunch and morning and afternoon teas will be provided
If you have dietary requirements please email us at
convmodel@gmail.com

Where: Glenside Campus, Rooms 4&5, Administration and Learning Building
Glenside Mental Health Precinct, South Australia

Cost: \$265.00 (Early bird rate—book by 31st March 2018)
\$295.00 (For bookings after 31st March 2018)

Bookings: www.dramatix.com.au

For any enquiries please call: Donna Broadhurst 0439-766-333 or
Margie Darcy 0423-027-004

This event represents 12.5 CPD points.

Certificates of attendance will be issued for CPD points

WORKSHOP DETAILS

This workshop will introduce mental health practitioners and psychotherapists to the Conversational Model (CM). CM is an evidence-based therapeutic model. It is an adapted psychodynamic psychotherapy, developed by Australian psychiatrist, Professor Russell Meares in Sydney over the past three decades, with a particular emphasis on working with patients with borderline personality disorder (BPD).

The workshop will briefly cover the theory of how the model works, how this translates into treatment of clients with BPD, as well as other disorders. This client group is often considered the most challenging and perplexing for clinicians. Clinicians who are wanting to deepen their skills in working with this client group would benefit from this workshop.

PRESENTERS

Dr. Nick Bedit is a staff specialist psychiatrist working at the Centre for Psychotherapy (Newcastle, NSW), a publicly funded outpatient psychotherapy unit offering long-term psychotherapy for those with borderline personality disorder, eating disorders, and dissociative disorders (DID). He treats patients, supervises and teaches in the Conversational Model, and also treats patients, and teaches mental health clinicians, in Dialectical Behaviour Therapy (DBT).

Kim Hopkirk is a New Zealander, and a psychodynamic psychotherapist who trained in CM 17 years ago, and has a busy therapy and supervisory practice in Newcastle, Australia. Her psychotherapy training prior to CM was somatic psychotherapy and gestalt therapy which continue to inform her work. She also has an oriental medicine practice in Japanese acupuncture and Chinese herbs.

Program outline

Day 1: Friday May 4th, 9.30am-4.30pm

- Evolution of the model, theory and research evidence base
- Main features of the approach including principles of what is therapeutic for clients with BPD
- Attunement to client
 - Importance of language
 - Importance of relationship
- Understanding and working with Dissociation

Day 2: Saturday May 5th 9.30am-4.00pm

Experiential

- Presentation of several case studies, including audiotapes of sessions
- Skills development for working with BPD and working with dissociation. Participants will be encouraged to interact and discuss with the presenters the sessions in order to learn practical skills of how to respond therapeutically to clients with BPD
- Practical exploration of issues such as transference and countertransference in the sessions, use of metaphor and frame maintenance