



FAMILY CONNECTIONS LEADERS TRAINING 2018

National Education Alliance of Borderline Personality Disorder Australia

INFORMATION

Family Connections Leaders Training August 18 & 19, 2018 Melbourne, Vic

NEA-BPDAust will be conducting Family Connections Leaders training (FCLT) in Melbourne, Victoria in August 2018. The training will be led by Clinical Psychologists Dr Carolyn Bright and Dr Sian Jeffery.

WHEN: Saturday & Sunday, 18-19 August, between 8.45am to 5:00pm.
Registration will begin at 8:30am for a prompt 8.45am start.

WHERE: Spectrum, Level 1/ 110 Church St, Richmond, Vic

COST: Carers: \$100, Health Professionals: \$150
Snacks and a light lunch will be provided.

EXPRESSION OF INTEREST:

Please contact us so that we can arrange a time to discuss your interest in attending. (See below for full details required).

Email: bpdaust@gmail.com

FCLT CONTENT & PURPOSE

The internationally renowned Family Connections program is an evidence-based program that provides peer support, psycho-education and skills anchored in dialectical behaviour therapy (DBT) for partners, families, friends and carers of people diagnosed with borderline personality disorder.

Participants of the FCLT will be trained as Volunteer Leaders of the Family Connections program, and will be expected to commit to commence leading groups within one to three months of completing the training.

TRAINING DELIVERY

The FCLT will comprise two full days of intensive training. The theory, tools and processes developed for the FCLT will be delivered through dynamic and interactive modalities including Instructor led workshops, practical group exercises and role plays. A Program Training Manual, resources and follow up support is also included.

ELIGIBILITY

Eligibility criteria include:

- ✓ Prior discussion with a member of the BPD Family Connections team to confirm suitability to train as a FC group leader.
- ✓ Mental health professional or family, friend or carer of a person with borderline personality disorder.

- ✓ Participants must undertake the training in pairs and also work in pairs for the initial round of FC groups they lead. It is a requirement of participants that they agree to be paired. Family/friends can attend paired with a mental health professional or agree to be paired following the training.
- ✓ Commitment to commence leading groups within three months of completing the training.
- ✓ No prior knowledge of DBT is required.

TRAINING OUTCOMES

Family Members, Friends & Carers

Acquire knowledge of BPD, DBT and dimensions of psycho-education, skills in group facilitation and contribute to the journey of recovery for those diagnosed with BPD, their families, friends and carers.

Clinicians with DBT training

While the content may not be new to these participants, they will benefit through experiential learning working with participants directly impacted by BPD in their lives in addition to the added dimensions of peer support and psycho-education. The training content will be similar to that delivered in the FC program, with materials providing a foundation for both discussion and participant engagement in the practical group exercises.

Integrating FCLT and existing DBT knowledge with the Family Connections program will expand knowledge and clinical expertise.

It is likely that participants may experience a range of emotions during the training. Our instructors will ensure processing time is made available.



SPONSORS

We gratefully acknowledge Spectrum for providing us with the training venue, and our Training Facilitators who have volunteered their professional expertise and time to ensure attendance costs remain affordable.

TRAINING FACILITATORS

Carolyn Bright

Carolyn Bright is a Clinical Psychologist at the Fremantle Hospital Mental Health Service. Carolyn has extensive knowledge and experience of Borderline Personality Disorder with comprehensive training in Dialectical Behaviour Therapy. She is currently a Family Connections Leader in Perth.

Dr Sian Jeffery

Dr Sian Jeffery is a Clinical Psychologist and Dialectical Behaviour Therapy Coordinator at the Fremantle Hospital Mental Health Service. Dr Jeffery has undertaken specialised training in DBT and presented extensively on BPD and DBT in Australia.

EXPRESSION OF INTEREST

Email: Please contact us so that we can arrange a time to discuss your interest in attending.

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Include:

- Full Name
- Address
- Contact Phone Number
- Health Professionals: Include your current role, qualifications and current place of work
- Carers: Advise of your relationship with the person with BPD (eg. parent, partner, adult child etc)

For more information about the National Education Alliance for Borderline Personality Disorder visit our website at www.bpdaust.com

