



mhpn  
Mental Health Professionals' Network

# MEETING INVITATION



**Australian BPD  
Foundation Limited**  
*Support Promote Advocate  
for Borderline Personality Disorder*



Dear Members,

This year's BPD Awareness week campaign is, '*Flipping the Script: Changing the Narrative on BPD*' which aims to change the way we think and talk about borderline personality disorder.

As part of BPD Awareness week you are warmly invited to the next meeting of the **Victorian Borderline Personality Disorder (BPD)** Mental Health Professionals Network:

## **An overview of using Sensory Modulation with people with Borderline Personality Disorder**

Tuesday, 6<sup>th</sup> October 2020

### **About the session:**

Building skills in emotion regulation and navigating times of emotional crises are essential therapeutic elements when working with individuals with borderline personality disorder (BPD). Sensory modulation\* is being recognised as an evidence based, recovery and trauma informed and effective intervention in this space, helping people to improve self management skills and enhance wellbeing and quality of life.

**\*Sensory Modulation can be defined as "changing how you feel through using your senses"**

This webinar will provide an overview of using sensory modulation with people with Borderline Personality Disorder and tailoring it to the person to ensure the strategies are safe, appropriate, individualised and meaningful.

The presenters will highlight a number of key sensory modulation strategies they have found most useful and suggest additional resources and tools to assist with future implementation of sensory modulation into clinical practice.

*This is a free event, but registration is required. Click [here](#) or the link below to register! **Please note:** this invitation has been extended to members of BPD MHPN's across states as it will be delivered online.*

### **About the speakers:**

**Carolyn Fitzgibbon and Julie O'Sullivan are Mental Health Occupational Therapists and Directors of Sensory Modulation Brisbane.**

Carolyn and Julie have published books and online training on Sensory Modulation to

assist mental health clinicians in getting started in using sensory modulation. Julie and Carolyn have over 20 years' experience in public, private and non-government organisations in inpatient and community Mental Health settings. Further information:

<http://sensory-modulation-brisbane.com/>

<https://www.barnesandnoble.com/w/sensory-modulation-carolyn-fitzgibbon/1128221915>

<https://www.eventbrite.com/e/using-sensory-modulation-online-course-tickets-107405992214>

### Meeting details:

<b>Date</b>	Thursday 6 <sup>th</sup> October 2020
<b>Time</b>	<b>8pm AEDT; 7pm AEST (session will run for approx. 2 hrs)</b>
<b>Register</b>	<a href="#"><b>REGISTER NOW</b></a>
<b>Coordinator</b>	Rita Brown
<b>Location</b>	<b>Online, via your computer.</b> <i>This meeting will be conducted via video conference.</i>
<b>Log in link</b>	<b>The login link will be sent to you once you have registered for the meeting.</b>
<b>Further information</b>	<b>Check you have the <a href="#">system requirements</a> and view the video tutorial on <a href="#">how to join the meeting</a>.</b>



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