

**Fortnightly on Wednesdays  
12.00 – 1.00 PM (AEST/AEDT)**

**Register:**



Regular attendance is not required.



# Online Personality Disorder and Complex Trauma ECHO Sessions

## Helping you to help others

The Personality Disorder and Complex Trauma ECHO is a program for healthcare professionals who are keen to improve their capacity to work with people with personality disorder and complex trauma.

The ultimate purpose of these sessions is to establish a community of practice of healthcare professionals ranging in expertise and who have a common purpose to improve the wellbeing of people with personality disorder and complex trauma.

Each session begins with a presentation from a Spectrum or an affiliated expert on a specific topic which is then followed by an in-depth case consultation. There are opportunities for attendees to ask questions and provide recommendations on the case study which is presented by one of the attendees.

Using a real-time online format, attendees will be able to:

- Learn new approaches and skills
- Participate in in-depth case consultation
- Receive feedback and recommendations
- Provide expertise to a community of colleagues
- Earn CPD points (self-managed)
- Have fun!

The Personality Disorder and Complex Trauma ECHO curriculum will address a variety of topics pertaining to personality disorder and complex trauma. The topics will range from understanding the causes and symptoms to topics that assist in treatment and recovery.

### Who should attend?

Any healthcare professional in private or public services in Victoria.

**Cost:** Free

### General Enquires:

 **(03) 8413 8750**

 **[spectrumtraining@easternhealth.org.au](mailto:spectrumtraining@easternhealth.org.au)**

# 2023 Personality Disorder and Complex Trauma ECHO Curriculum

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12.00 – 1.00 PM (AEST/AEDT)

Register:



DATE	TOPIC	PRESENTER
1 Feb 2023	Should we rename borderline personality disorder?	Assoc Prof Sathya Rao
15 Feb 2023	Sitting still and being present	Debora Dick
1 Mar 2023	Trauma-informed care within a medical model	Sarah Wallace
15 Mar 2023	More on mentalizing strategies when working with people with BPD and complex trauma	Dr Fiona Donald
29 Mar 2023	Managing manipulation in working with clients with diagnoses of personality disorder	Radmila Semec
12 Apr 2023	SCHOOL HOLIDAYS	
26 Apr 2023	Disentangling psychosis symptoms in personality disorders	Dr Lukas Cheney
10 May 2023	Systemic challenges for people with co-existing mental disorders	Dr Samantha Tabak
24 May 2023	Let's look at the lingo	Jacinta Emery
7 June 2023	Fostering change within an ACT framework Pt I: Leaning into creative hopelessness with clients with high-risk behaviours	Andy Bouwman
21 June 2023	Fostering change within an ACT framework Pt II: Clarifying values in clients with fragmentation of self	Ashlyn Hansen
5 July 2023	SCHOOL HOLIDAYS	
19 July 2023	Dialectical Behaviour Therapy informed interventions for borderline personality disorder	Marianne Weddell
2 Aug 2023	Engaging with carers/families – finding the balance between the family being family and also therapeutic allies	Rita Brown
16 Aug 2023	How to engage with carers (family, friends, supporters) when I am not given consent or the carers appear disinterested	Rita Brown
30 Aug 2023	Understanding disordered eating in the in the context of personality disorders	Tanya Gilmartin, CEED
13 Sept 2023	Antisocial personality disorder through a mentalising lens	Andrew Mottram
27 Sept 2023	SCHOOL HOLIDAYS	
11 Oct 2023	Prevalence of suicide and non-suicidal self-injury in people with personality disorder and/or complex trauma	Assoc Prof Jillian Broadbear
25 Oct 2023	Exploring the function of suicidal and non-suicidal self-injury behaviours	Cathryn Pilcher
8 Nov 2023	Tools to assess risk in people with personality disorder and/or complex trauma	Assoc Prof Sathya Rao
22 Nov 2023	Using the matrix method to assess risk in people with personality disorder and/or complex trauma	Assoc Prof Sathya Rao
6 Dec 2023	Crisis/safety planning: Essentials for treatment planning	Lilly Haig-Wood