

Spectrum's mission is to ensure that high-quality treatments and supports for personality disorder can be accessed Australia-wide.

We work to eliminate the stigma surrounding personality disorder and create healthcare systems that provide effective, evidence-based treatment for people with personality disorder.

We provide leadership in research, innovation and application of evidence-based best practice for treatment and recovery from personality disorder for consumers, carers and clinicians.

SPECTRUM PERSONALITY DISORDER SERVICE

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Richmond VIC 3121

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spectrumbpd.com.au

Email (general enquires):
Spectrum@easternhealth.org.au

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Specialising in Personality Disorder
and Complex Trauma

Promoting and providing
best-practice in treatment and
recovery for personality disorder.



Spectrum is a specialist service for personality disorder
funded by the Victorian Department of Health.

spectrumbpd.com.au

SERVICES

Spectrum provides leadership in treatment, consultation, support, training and research related to personality disorder.

Spectrum offers:

- Specialist treatment of people with complex care needs, including working with significant clinical risk and offering treatment using several evidence-based approaches.
- Secondary consultations to other service providers, enabling them to support and treat people with personality disorder.
- Second opinion assessments for Area Mental Health Services (AMHS) clients and assessments for primary care clients through the Spectrum Primary Care Clinic.
- Professional development for mental health clinicians.
- Psycho-education workshops and support for families and friends of people with borderline personality disorder.
- Advocacy to improve resourcing of the mental health system and meet the needs of those with personality disorder, their families and carers.
- Leadership to enhance supports for people with personality disorder.
- Research related to personality disorder to help inform and develop best-practice treatment and service development.

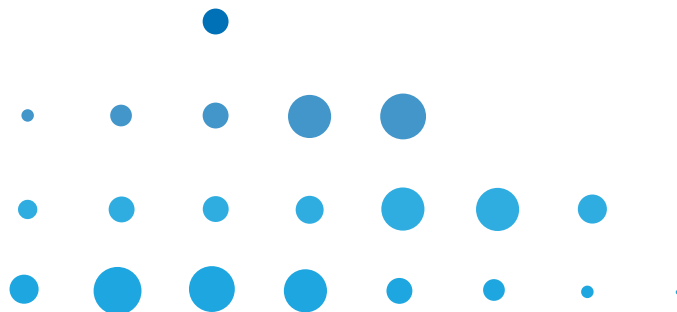
TREATMENT

Spectrum provides outpatient treatment for people with personality disorder at its Richmond clinic. Some limited outreach treatment can be provided across Victoria.

Spectrum offers individual and group treatment including:

- Dialectical Behaviour Therapy (DBT)
- Mentalization Based Treatment (MBT)
- Psychoanalytic Clinic (PAC)
- Brief Interventions based on Acceptance and Commitment Therapy (ACT)
- Treatment Essentials, a Spectrum-developed 6 month treatment for BPD
- Complex Care Service (CCS).

For more information about Spectrum treatments, please see our website www.spectrumbpd.com.au



ACCESS

To access services at Spectrum we must receive a formal referral from a person's Area Mental Health Service clinician or GP.

Once we have received a referral and established that the person fulfils our assessment criteria, we will organise an assessment. This may involve one or more meetings with Spectrum clinicians.

Based on the results of this assessment, the clinician will provide recommendations regarding the best treatment approach for the person.

For more information about referral and treatment options, please phone our Intake Service staff, Monday to Friday 9am-5pm on **(03) 8413 8750**.

PROFESSIONAL DEVELOPMENT

Spectrum offers a wide range of professional development opportunities for clinicians.

Our workshops are primarily intended for mental health clinicians and other professionals working with people who have personality disorder.

Workshops may feature theoretical, practical, and experiential components. Please contact our Workforce Development Team to discuss your service's needs.

Please see the professional development section of our website for current workshops and other professional development opportunities.