

Evidence based treatments for people living with Borderline Personality Disorder

Thursday 19 April 2018, 7:15 pm – 8:30 pm AEST



Fred Ford

Carer / supporter, Vic

Fred has been a carer/supporter for over 21 years, a volunteer facilitator for the Well Ways carer education package (MIF Vic) and the chairperson of Wodonga Regional Mental Health Service's Consumer and Carer Council for five years.

Fred holds a diploma in community welfare work and Cert IV TAA and is currently undertaking a Cert IV in mental health peer work. Fred currently sits on the Independent Hospital Pricing Authority MH working group and Murray PHN NE Vic Community Advisory Group.

He was a family/carers support worker with Albury Mental Health for six years, a trainer with Mental Health Coordinating Council, as well as speaking at various conferences and forums regarding carer issues and roles.

Fred has a history of advocating for carers to become members of MHCA Consumer and Carer Register in 2008. Fred has also sat on a number of national committees, including the NHMRC guidelines development committee for Borderline Personality Disorder, 4th National MH Plan, COPMI Lived Experience Forum.

He believes a carers role should be supported and respected as an integral part of the care team.



Dr Martha Kent

Psychiatrist, SA

Martha has been working as a clinical psychiatrist in public and private practice for the last 30 years. Martha's interests are in general women's psychiatry and psychotherapy specifically. From this background she developed an increasing interest over the years in providing therapy for people with Borderline Personality Disorder (BPD).

She ran Adelaide's first Dialectical Behavioural Therapy (DBT) group and teaches DBT to psychiatrists. She has co-authored reports about the development of BPD services at the individual, local, state and national levels. Over the years, she has been increasingly engaged in political lobbying and advocacy for improved BPD services in SA and nationally.

Martha is currently is chair of the SA branch of the BPD Foundation, Patron of Sanctuary (a BPD carer group in Adelaide) and conducts regular workshops for MHPN on BPD.



Pip Bradley

Mental health nurse
MBBS, MRCP(UK), FRANZCP

Pip has over 20 years' experience in mental health nursing, specialising chiefly in the treatment and management of BPD.

Pip's experience includes working within specialist personality disorder services, community teams and

inpatient units, providing therapy, training and consultation on complex presentations and therapeutic risk management to public, private and non-government sectors. She has specialised in DBT, and works as a DBT therapist and trainer.

Pip is committed to providing effective and therapeutic treatments for people with BPD, developing effective service delivery and supporting and mentoring clinicians.



Facilitator: Dr Lyn O'Grady

Psychologist, Vic

Lyn O'Grady is a community psychologist with a range of professional experience in the community, education and health sectors. She is a registered supervisor of psychology interns. Her most recent work has related particularly to the mental health and wellbeing of children, young people and families. This interest has extended in recent times to understanding suicidality and she has completed her Masters of Suicidology at Griffith University.

Lyn has worked with parents in parenting programs, individually at the community level and in schools for over 20 years and managed a number of community-based projects. Lyn also worked as a school psychologist in the western metropolitan region of Melbourne. At a systemic level, she currently works as the manager of strategic projects at the Australian Psychological Society (APS).