



FAMILY CONNECTIONS LEADER TRAINING 2019

INVITATION

Family Connections Leaders Training

February 23 & 24, 2019

Wentworth Clinic, UNSW Sydney, Randwick 2052

NEABPD Australia is proud to announce the Family Connections Leaders training (FCLT) scheduled to be held in Sydney, NSW. The training will be led by our National Trainers with Clinical Psychologist Carolyn Bright and Accredited Mental Health Social Worker Terri-Lee Hill along with Minh Nguyen-Hoan and Anita McGregor.

WHEN: Saturday & Sunday, 23 & 24 February 2019, between 8:00am to 4:00pm.
**Registration in NSW will begin at 7:45am for a prompt 8am start.*

WHERE: **Wentworth Clinic**
UNSW Sydney
Randwick NSW 2052

COST: Carers: \$100, Health Professionals: \$150

REGISTRATION: Refer to registration details below.

TRAINING FACILITATORS: CAROLYN BRIGHT

Carolyn Bright is a National Family Connection Trainer and 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 and is currently a Family Connections Leader in Perth.

FCLT CONTENT & PURPOSE

The internationally renowned Family Connections program is an evidence-based program that provides peer support, psychoeducation and skills anchored in dialectical behaviour therapy (DBT) for partners, families, friends and carers of people with Borderline Personality Disorder (BPD) or traits of BPD, as well as problems with emotion dysregulation. The training is to teach attendees the course content, including skills and strategies to become a volunteer family connections program facilitator.

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 criteria include:

- Mental health professional **OR**
- Carer Peers i.e. partners, parents, adult family members, friends or carers of a person with BPD who have completed the 12-week Family Connections program prior to engaging in the training.
- Commitment to commence leading groups **within three months (no more than 6)** post training.
- All participants undertake the training in pairs and work in pairs for the initial round of the FC program they lead. It is a requirement that participants agree to be paired. Family/friends can attend paired with a mental health professional or agree to be paired with another participant which will be confirmed at the commencement of the training.
- No prior knowledge of DBT is required.

TRAINING OUTCOMES

Family Members, Friends & Carers

Acquire knowledge of BPD, DBT and dimensions of psychoeducation, skills in group facilitation and contribute to the journey of recovery for those diagnosed with BPD or traits of BPD, as well as problems with emotion dysregulation.

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.

REGISTRATION

Step 1: Please email neabpd@neabpdaustralia.onmicrosoft.com and include the following details.

- Full name, Address, Contact Phone Number
- **Health Professionals:** please advise your current role, qualifications and current place of work;
- **Carer Peers:** please advise your relationship with the person with BPD (eg. parent, partner, adult child etc) AND where you completed the 12 week Family Connections program.

Step 2: Once your registration has been approved via email correspondence a private invitation via Eventbrite will be sent for you to finalise your registration.

CONTACT

For more information contact us at neabpd@neabpdaustralia.onmicrosoft.com or visit our website at www.bpdaustralia.org/for-family-connections-leaders-training/