



# FAMILY CONNECTIONS LEADERS TRAINING 2018

National Education Alliance for Borderline Personality Disorder Australia

## INVITATION

### Family Connections Leaders Training December 8 & 9, 2018 Midland, Western Australia

**NEABPD Australia is proud to announce the Family Connections Leaders training (FCLT) scheduled to be held in Midland, WA.** The training will be led by Clinical Psychologist Carolyn Bright and Counsellor Jennie Fitzhardinge.

- WHEN:** Saturday & Sunday, 8 & 9 December, between 8.45am to 5:00pm.  
*\*Registration will begin at 8:30am for a prompt 8.45am start.*
- WHERE:** TBC
- COST:** Carers: \$100, Health Professionals: \$150
- REGISTRATION:** Refer to registration details below.

#### FCLT CONTENT & PURPOSE

The internationally renowned Family Connections program is an evidence-based program that provides peer support, psycho-education 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.

Participants of the FCLT will be trained as Volunteer Leaders of the Family Connections program, and will be expected to commit to commence leading groups within three months of completing the training.

#### 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
- 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 Leader training.
- Commitment to commence leading groups within three months of completing the Leader training.
- All participants undertake the Leader 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 psycho-education, 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.

## SPONSORS

We gratefully acknowledge MIFWA for providing us with the training venue, and our Training Facilitators who have volunteered their professional expertise and time to ensure attendance costs remain affordable.

## TRAINING FACILITATORS

### **Carolyn Bright**

Carolyn Bright is a 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. She is currently a Family Connections Leader in Perth.

### **Jennie Fitzhardinge**

Jennie Fitzhardinge is a Family and Mental Health Counsellor. She is a trained and experienced Family Connections Leader based in Fremantle.

**For more information** about the National Education Alliance for Borderline Personality Disorder visit our website at [www.bpdaustralia.org](http://www.bpdaustralia.org)

## REGISTRATION

Step 1: Please email [bpdfamilyconnections@gmail.com](mailto:bpdfamilyconnections@gmail.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) \*\*Carer Peers are required to complete the 12 week Family Connections program prior to engaging in the Leader training.

Step 2: Once your registration has been approved via email correspondence please proceed to payment.

## CONTACT

E: [bpdfamilyconnections@gmail.com](mailto:bpdfamilyconnections@gmail.com)

W: [www.bpdaustralia.org](http://www.bpdaustralia.org)