



9th Annual Conference on the Treatment of Personality Disorders

“INSIDE BORDERLINE PERSONALITY DISORDER”

CONFERENCE: Friday 6 November 2015 9.30am – 4pm

WORKSHOP: Saturday 7 November 2015 9.30am – 4pm

UNIVERSITY OF WOLLONGONG

The Project Air Strategy for Personality Disorders, Illawarra Health and Medical Research Institute, Wollongong University Clinical Psychology program and NSW Health invite you to a one day Friday conference on the treatment of personality disorders, followed by a clinical workshop on Saturday. The theme “Inside Borderline Personality Disorder” provides a day of reflection on understanding the internal experience of people with the disorder, and there will be an opportunity to reflect on the latest evidence based research and exciting and innovative clinical approaches to treatment. Experts in the field will present a variety of papers on clinical aspects of treatment of personality disorders, research and innovative practices.

The **SATURDAY WORKSHOP** is presented by **Dolores Mosquera** (Spain) and is a unique and important opportunity to learn with one of the world’s leading practitioners in a clinical workshop titled: *Borderline Personality Disorder and Complex Trauma: Therapy skills for working with trauma and dissociation*.

The **FRIDAY CONFERENCE** will feature two keynote talks.

Sonia Neale (Western Australia) will present on the crucial topic of *The importance of the BPD therapeutic relationship* within holistic quality treatment and care.

Dolores Mosquera (Spain) will present from a practitioner’s perspective on *Understanding Borderline Personality Disorder: Insecure and Disorganised Attachment and the Structural Dissociation of Personality*.



Dolores Mosquera is a psychologist and psychotherapist and directs one of the leading treatment and research programs for personality disorders in Spain - the Instituto de Investigación y Tratamiento del Trauma y los Trastornos de la Personalidad, La Coruna, Spain (INTRA-TP - Institute for the Study of Trauma and Personality Disorders). She has published many books and articles on personality disorders, complex trauma and dissociation and is a recognised expert in this field. She is co-editor of the European Society for Trauma and Dissociation Newsletter and a Board member of the European Society for Traumatic Stress Studies.



Sonia Neale is the recipient of the 2014 SANE Hocking Fellowship. She recently travelled to the USA, UK and Canada to study and research BPD specific organisations. She works as a Peer Support Worker at Uniting Care West, Perth, is the author of two books, *The Bad Mother’s Revenge* and *Death by Teenager*, and is a former radio spot presenter with 720 ABC Perth. Sonia is currently studying psychology and counselling at Edith Cowan University. She has written extensively on BPD from multiple perspectives including as a consumer.

Borderline Personality Disorder and Complex Trauma

Therapy skills for working with trauma and dissociation



DOLORES MOSQUERA

Saturday one-day workshop

OVERVIEW: Borderline Personality Disorder (BPD) can present great challenges for treatment, particularly when trauma and dissociation are part of the history and presentation. Knowing what to focus on first, and what areas of difficulty to delay in treatment, can present challenges irrespective of the theoretical orientation of the health worker or practitioner.

It is known that people with BPD and a history of complex trauma have many difficulties with self-regulation and relating to others. The management of these self-regulation and relational difficulties are central aspects in the specific treatment of trauma and in general treatment of BPD.

Insecure and disorganised attachments, and early relational neglect and trauma, profoundly affect the developmental trajectory of the future adult and increase the risk of developing Borderline Personality Disorder (BPD).

The stabilisation phase has been remarked as essential prior to trauma work. In treating BPD and complex trauma this implies many particularities that we should keep in mind including the role of:

- Attachment-related states of mind and phobias for attachment
- Emotional dysregulation and difficulties with affect
- Traumatic memories that intrude into the present and are brought to therapy

Working with cases of BPD and complex trauma is intrinsically relational and often involves the need to manage moments of intense affect and affect phobias in the transference and countertransference. Understanding these aspects and having strategies for addressing them is essential both before and during the work of traumatic memories to ensure that it can be done safely and effectively with these patients.

This workshop integrates theoretical exposition with the presentation of videos and case examples. Specific objectives from attending this workshop include:

1. Clarifying the relationship between BPD and complex trauma
2. Skills in setting safety in the treatment relationship
3. Understanding how to sequence treatment when trauma is present
4. Working with trauma to address core BPD symptoms and deficits
5. Implications for evidence-based therapies including DBT, Schema-Focused, Transference-Focused and EMDR.

Dolores Mosquera is a highly sought after speaker across Europe and brings a wealth of research, clinical experience and practical vignettes and case studies to her training workshops. As a psychotherapist and psychologist she works in and directs a program for the treatment of abused women as well as in a male offenders program. Her program is recognised as a centre for external training therefore supports psychologists in the public system across Spain. She has extensive teaching experience, leading seminars, workshops and lectures internationally. She also tutors at the University of Santiago de Compostela, and teaches a masters degree at the National University for Distance Education. She has been trained in several psychotherapeutic approaches and is an EMDR Europe Supervisor and Facilitator. She has published many books and many articles on personality disorders, complex trauma and dissociation and is a recognised expert in this field. Dolores Mosquera is co-editor of the European Society for Trauma and Dissociation Newsletter and a Board member of the European Society for Traumatic Stress Studies.

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Invitation to present at the conference:

Due date: 30 August 2015. We invite brief presentations and posters to update on research, new innovations and treatment extensions within personality disorder services (e.g. model, structure, implementation, and evaluation), or presentations on another issue relevant to personality disorders. Presentations are informal and will be time limited to approximately 5-15 minutes depending on the schedule. You will be informed prior to the conference about your presentation and the duration. Depending on time constraints, not all applications to present may be allocated in the program, and some may be requested to prepare posters. Poster size should be approximately 80 cm across x 100cm high. Please specify: Presentation Type /Brief Oral Presentation/ Poster / Both Brief Oral Presentation & Poster; Presenter and presenter's affiliation. Title of presentation. Short description/abstract (max 150 words). Email your presentation proposal to info-projectair@uow.edu.au.

Conference location



The conference is set among the spectacular coastal and forested environment surrounding the University of Wollongong - approximately 1.5 hours south of Sydney depending on your location and the time of day.

Conference venue – The conference will be held in the McKinnon Building (Building 67), in the centre of the beautiful University of Wollongong campus. For maps of the University and directions, see www.uow.edu.au/transport/maps/index.html.

Sydney Airport provides excellent connections to Wollongong from the airport train or by booking a shuttle/limousine.

Sydney Trains – Take the 90 min scenic train to North Wollongong station (www.sydneytrains.info) followed by a short bus connection or 15 min walk. A free shuttle bus service, 'The Gong Shuttle' (www.premierillawarra.com.au/shuttle) regularly runs to and from the University, train station and hotels, or the trip is a short taxi ride.

Driving by car – From Sydney drive south past Sutherland on the Princes Highway then M1 Motorway and take the second exit at the bottom of Mt Ousley (signposted 'University'). The Western Car Park is closest to the conference venue; enter via the Western Entrance along Northfields Avenue. Parking fees apply.

Further information – For information on Wollongong, see: www.uow.edu.au/about/wollongong. Please consult Tourism Wollongong for further advice at www.tourismwollongong.com.au.



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Registration:

Registration is online only with credit card (Visa or MasterCard) at projectairstrategy.org.au.

When you register please have your credit card handy so that you can complete the registration process. Below is information about registration and what you need to know when you go online to register. Please note that we recommend you register early as places are limited and when full we will suspend registrations and open a waiting list. Unfortunately we are unable to hold a place unless payment has been received online using a credit card. If your employer is likely to be slow in making a payment, the safest way to secure a place at the conference is to pay for it yourself and then request a refund from your employer.

Fees:

There is a small registration fee to recover costs including catering.

Early Bird Registration

if paid by 25 September 2015

\$105 Conference Day 1

\$115 Workshop Day 2

\$220 Conference & Workshop Day 1 & 2

Standard Registration

\$125 Conference Day 1

\$135 Workshop Day 2

\$260 Conference & Workshop Day 1 & 2

Student Registration

\$70 Conference Day 1

\$80 Workshop Day 2

\$150 Conference & Workshop Day 1 & 2

Students must email their student ID card or enrolment record to info-projectair@uow.edu.au.

All prices inclusive of GST

Tea and coffee on arrival, a light lunch, morning and afternoon tea is provided.

General enquiries

email: info-projectair@uow.edu.au

Phone: (02) 42981571

Accommodation:

Special conference rates have been negotiated with three hotels Adina Apartment Hotel Wollongong, Sage Hotel Wollongong and Novotel Wollongong Northbeach.

The accommodation special rates are only available when booking as part of the conference registration process online at www.projectairstrategy.org.