

*7th Annual Conference on the*  
**TREATMENT OF PERSONALITY DISORDERS: *Intervention Models***

**5-6 July 2013 Venue: McKinnon Building (Building 67) University of Wollongong**

The Illawarra Health and Medical Research Institute, Wollongong University Clinical Psychology program and NSW Health invite you to a one day conference on the treatment of personality disorders. The theme "Intervention Models" allows a day of reflection on the differences and similarities between various models that have been empirically tested and compared in clinical trials over the past several decades. Clinical trials that are well controlled have reported equivalent outcomes for a great variety of approaches, including behavioural-based therapies and psychodynamic and schema-based therapies. The good news from these trials is that the field now has a number of powerful and effective treatments that lead to good outcomes for people with personality disorders. Thus the general message is a positive one, that well designed and delivered interventions relieve suffering and improve mental health, thereby going a long way to reducing or removing the stigma that has accompanied in the past this prevalent but poorly understood disorder. A number of prominent leaders in the field who are at the forefront of research and clinical innovation will present on some of the current intervention models and the research supporting their efficacy.

## CONFERENCE – Friday 5 July 2013

### **9.00am Registration Opens**

9.30 - 10.15 **Professor Russell Meares** "**The Conversational Model**" Professor Meares is Emeritus Professor of Psychiatry at the University of Sydney, former head of the Westmead Psychotherapy Program and Foundation President of the Australian and New Zealand Association for Psychotherapy.

10.15 - 11.00 **Associate Professor Shelley McMMain** "**The Dialectical Behaviour Therapy Model**" Associate Professor McMMain is Head of the Borderline Personality Disorder (BPD) Clinic at the Centre for Addiction and Mental Health (CAMH) in Toronto, Canada and Associate Professor in the Department of Psychiatry at the University of Toronto.

11.00 - 11.30 Morning Tea

11.30 - 12.05 **Dr Christopher Lee** "**The Schema Therapy Model**" Dr Lee is a Senior Lecturer in the School of Psychology, Murdoch University Perth, and collaborative researcher on a multi-site international trial investigating the effectiveness of schema therapy for personality disorder.

12.05 - 12.40 **Associate Professor Andrew Chanen** "**The Cognitive-Analytic Therapy Model**" Associate Professor Chanen is at the Centre for Youth Mental Health, University of Melbourne, Director of Clinical Services at Orygen Youth Health, and President, International Society for the Study of Personality Disorders.

12.40 - 1.25 Lunch

1.25 - 2.00 **Margie Stuchbery and Dr Michael Daubney** "**Mentalization Based Therapy Model**". Dr Daubney was for the past 10 years the Clinical Director of a Brisbane Child and Adolescent service and Ms Stuchbery is the Senior Clinical Psychologist at Karitane, and are both senior practitioners of MBT.

2.00 - 2.30 **Dr Carla Walton** "**Exploring factors that affect outcomes in clinical trials: discussion of a real world trial comparing Conversational and DBT models**" Dr Walton is a senior clinical psychologist at the Centre for Psychotherapy, Hunter New England Mental Health Service and the Department of Medicine and Public Health, University of Newcastle.

2.30 - 3.00 **Professor Brin Grenyer** "**Step-down Integrative Relational Models in Mental Health Services**" Professor Grenyer is scientific theme leader of Neuroscience and Mental Health Research, Illawarra Health and Medical Research Institute, and Professor of Psychology, University of Wollongong.

3.00 - 3.20 Afternoon Tea

3.20 - 4.00 **Open Discussion Panel:** *How do we offer consumers the best choices for effective treatment?*

*Conference presenters and the audience are invited to reflect upon the different intervention models, varieties of evidence, and considerations in matching therapy modalities to the needs of consumers, clinicians and service settings. Implications for future research and innovation will be considered.*

**4.00pm Conference Close**

## WORKSHOP – Saturday 6 July 2013

**Venue: McKinnon Building (Building 67) UNIVERSITY OF WOLLONGONG**

**9.00am Registration Opens**

**9.30am – 4.00pm (includes lunch)**

### **Associate Professor Shelley McMain "A Primer on the Practice of Dialectical Behaviour Therapy"**

This workshop is designed for clinicians with or without experience in DBT who are interested in learning DBT strategies to treat individuals with borderline personality disorder and other multi-disordered client populations. The workshop includes highly interactive lectures, as well as modelling, role-playing and video demonstrations. Participants are encouraged to come prepared to share their own cases for discussion or role-play.

Dialectical Behaviour Therapy (DBT) is an evidence-based approach developed for the treatment of severe, multi-disordered individuals. This treatment approach has been adapted to individuals with severe emotional and behavioural problems including borderline personality disorder, eating disorders, anger problems, suicidal behaviour, and substance use problems. DBT integrates cognitive and behavioural interventions with acceptance based strategies derived from mindfulness. This one-day workshop will provide clinicians with a primer on the practice of DBT. Participants will learn about DBT's biosocial theory, and how to structure treatment. The workshop will cover selected core strategies for working with multi-disordered, challenging clients. An in-depth explanation and illustration of commitment strategies to motivate and engage clients, validation strategies, and problem assessment to help clients recognize and solve problems, will be included.

### **LEARNING OBJECTIVES**

At the end of this workshop, participants will better:

1. Conceptualize individuals with severe emotion and behavioural dysregulation from the perspective of DBT's biosocial theory
2. Describe structural techniques in DBT
3. Describe basic effective methods for increasing a person's motivation and commitment to engage with and address specific problems
4. To list key components of an effective chain analysis of problematic behaviour
5. To describe various levels of validation strategies in DBT



### **WORKSHOP LEADER**

Shelley McMain, Ph.D., C.Psych is the Head of the Borderline Personality Disorder (BPD) Clinic at the Centre for Addiction and Mental Health (CAMH) in Toronto, Canada and an Associate Professor in the Department of Psychiatry at the University of Toronto. She is trained as a clinical psychologist, and scientist. She has helped to implement DBT in several centres across Canada. She has been the lead investigator on the largest psychotherapy study of BPD to date that examined the effectiveness of DBT. She received DBT Individual and Group Therapist Certification from the DBT Board of Certification and Accreditation, and she is a board member of the International DBT Strategic Research Group. Associate Professor McMain has extensive grant funding for DBT research and she is the Associate Editor of the journal, *Psychotherapy Research*. She is the recipient of several teaching and research awards including the Distinguished Research Award by the European Society for the Study of Personality Disorders (2010), the International Society for the Improvement and Teaching of Dialectical Behaviour Therapy (2010), and the Scientific Paper Prize from the American Psychoanalytic Association (2010). She founded and is the course director for a DBT Certificate Course at the University of Toronto. She has published several chapters and articles on DBT and the treatment of BPD. She has given numerous presentations and workshops on DBT locally and internationally.

7th Annual Conference on the  
**TREATMENT OF PERSONALITY DISORDERS: *Intervention Models***

**Conference: Friday 5 July 2013**

**Workshop: Saturday 6 July 2013**

**Venue: McKinnon Building (Building 67)**

**UNIVERSITY OF WOLLONGONG**

**Registration:** Registration and accommodation (if required) are online. 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.

**Fees:** There is a small registration fee to recover costs including catering. Conference fee is \$110 and the workshop \$125 (\$235 for both days). For **Full-time students** there is a flat fee of \$70 for the conference and \$80 the workshop (total \$150) with a scan of their student ID card or enrolment record emailed to [info-projectair@uow.edu.au](mailto:info-projectair@uow.edu.au). Early Bird rates have now closed. **Registration and payment prior to the event is essential and only accepted online at [www.projectairstrategy.org](http://www.projectairstrategy.org). Please note that places for the conference and workshop are limited and when full we will suspend registrations and open a waiting list.**

**Accommodation:** Special conference rates have been negotiated at the following three hotels:  
[Adina Apartment Hotel Wollongong](#), [Chifley Hotel Wollongong](#) and [Novotel Wollongong Northbeach](#).

A free shuttle bus service, 'The Gong Shuttle' regularly runs to and from the University from these hotels, or the trip is a short taxi ride. It takes approximately 40 minutes to walk from Wollongong city to the University.

Note: The accommodation special rates are only available when booking as part of the **conference registration process online at [www.projectairstrategy.org](http://www.projectairstrategy.org).**

**Enquiries:** Kelly Hutchison, Project Assistant, Treatment of Personality Disorders Research Project, Illawarra Health and Medical Research Institute, Building 32 University of Wollongong NSW 2522  
Tel: +61 2 4298 1571, Email: [info-projectair@uow.edu.au](mailto:info-projectair@uow.edu.au).

**Location:**



The University of Wollongong is approximately 1-2 hours south of Sydney depending on your location and the time of day. Drive south past Sutherland onto the F6 and take the second exit at the bottom of Mt Ousley (signposted 'University'). The conference will be held in the McKinnon Building (Bldg. 67), in the centre of campus. For maps of the University and directions, see [www.uow.edu.au/about/maps](http://www.uow.edu.au/about/maps). The Western Car Park is closest to the conference venue; enter via the Western Entrance along Northfields Avenue. Parking fees apply. For information on Wollongong, see: [www.uow.edu.au/about/wollongong](http://www.uow.edu.au/about/wollongong). A train service is available to North Wollongong (via Central Station [www.cityrail.info/](http://www.cityrail.info/)) followed by a short bus connection or 15 min walk.

Please consult Tourism Wollongong for further advice at [www.tourismwollongong.com.au](http://www.tourismwollongong.com.au).