



# PROJECT AIR

## Workshops and Training August - October 2022

All workshops delivered via online seminar format from the Project Air Headquarters (zoom, telehealth, skype for business, phone dial in options) and include live discussion sessions, workshop activities, videos, readings, and a workbook to guide attendees through the day

9.00am – 4.00pm

Cost: Free for NSW Health and their partner organisations.

### Registration

Registration is essential via links provided – you must have permission from your line manager before registering

Register early: Your place will be confirmed via email

### Enquiries

[info-projectair@uow.edu.au](mailto:info-projectair@uow.edu.au)

P: 4298 1571

The **Project Air Strategy for Personality Disorders** ([www.projectairstrategy.org](http://www.projectairstrategy.org)) supports compassionate care for people with personality disorder and complex challenges. We provide expert consultation, training, and evaluation services to help health workers and clinicians improve skills in the identification, treatment, and inclusive care for those who are crisis-prone, traumatised, self-harming, aggressive, using substances, suicidal, emotionally deregulated, and have prominent personality disorder symptoms.

Project Air supports the **Towards Zero Suicide** initiative and is part of a stepped-care response to those in our community at risk, especially when self-harm, suicide, or personality disorders are present or emerging. Gold Card Clinics form one part of a stepped care approach to take pressure off ED, inpatient, and acute services to deliver timely brief evidence-based care for consumers and their carers.

**These one and two-day online training opportunities include live interactive zoom seminars with skills practice spaced through the day, specific lectures/videos, and downloadable workbook activities to facilitate learning. At the end of the day, there will be a short online assessment and multiple-choice test in order to generate a certificate of completion for 6 hrs CPD.**

### Clinical skills for assessment and treatment planning for narcissistic personality disorder with or without comorbid antisocial features – Project Air Strategy (Friday 5 August)

This **one-day training** will provide information and clinical skills to equip health professionals to both recognise and provide effective care for individuals with narcissistic personality disorder, or features of pathological narcissism. The training will include both a comprehensive overview of narcissism, as well as practical skills and treatment approaches for working with this complex patient group, including the recognition and management of antisocial features, interpersonal violence, and coercive control.

This training is targeted at NSW LHDs and partner agencies who are working with acute personality disorder presentations through emergency, inpatient, detoxification, or acute assessment teams, and workers in community settings who case manage or provide services to clients with personality disorder features. The training will suit medical, nursing, psychology, and other allied health staff and workers who have direct client contact with persons with personality disorder.

Registration: <https://www.surveymonkey.com/r/GSGVWPL>

### Clinical skills for engaging and working with family and carers – Project Air Strategy (Friday 19 August 2022)

This **one-day training** will focus on the rationale and clinical skills for effectively engaging family members and carers of people with personality disorder. It provides an update on the research and best approaches to involving family members and carers and provides specific skills for working with carers to improve the relationship and therapeutic outcomes of their relative and the family environment.

This training is targeted at NSW LHDs and partner agencies who are working with people with personality disorder in both acute and community settings. The training will suit medical, nursing, psychology and other allied health staff and workers who have direct client contact with persons with personality disorder.

Registration: <https://www.surveymonkey.com/r/GRDT78L>

### Working with consumer and carer peers with lived experience in enhancing care for people with personality disorder – Project Air Strategy (Friday 14 October 2022)

This one-day skills training will provide a number of models of care underpinning how lived experience voices are revolutionising our approach to mental health and personality disorder treatments. Peer support is a recovery-oriented approach where consumers and carers are introduced to people with lived experience of the disorder who have recovered. The training will discuss how peer workers and clinicians can work together to support people with personality disorder and their carers. A manual for a co-facilitated peer and clinician group for borderline personality disorder will be reviewed.

This training will be led by clinicians and a peer worker at Project Air Strategy. The training is targeted at NSW LHDs and partner agencies who are working with people with personality disorder and their carers in acute and community settings. The training will suit peer workers and clinicians, including medical, nursing, psychologist and other allied health staff and workers who have direct client contact with persons with personality disorder.

Registration: <https://www.surveymonkey.com/r/98VQJKL>

## Two-day DBT training: Clinical skills for working with people with self-harm, suicidal ideation, and complex mental health problems including personality disorder – 2-day workshop - Project Air Strategy (Friday 21 & 28 October 2022)

This training is a **two-day skills workshop** with a focus on assessment and treatment of complex clients, informed by principles of Dialectical Behaviour Therapy and Project Air's relational model. It provides specific guidance for mental health workers, community counsellors, and health professionals in evidence-based psychological treatment for self-harm, personality disorders, and complex trauma. It will also suit those in NSW non-government organizations or those from community-based outreach services, community organizations, and those working with specific groups including young people or people with comorbid substance use.

Registration for both days: <https://www.surveymonkey.com/r/387BRHB>

On the lands that we study, we walk, and we live, we acknowledge and respect the traditional custodians and cultural knowledge holders of these lands.  
The Project Air Strategy acknowledges the major support of NSW Ministry of Health.

## Project Air Strategy brief intervention workshops 2022 Brief Intervention (Gold Card) Model

### Workshop overview

This workshop is in **two parts** and aims to support clinicians in implementing and delivering a brief intervention within their service. The training includes:

- An overview of the rationale and evidence for stepped-care intervention for personality disorders
- Clinical considerations when working in a brief intervention framework
- Provides an overview of the brief intervention session structure
- Care planning and therapeutic interventions
- Working with families and carers
- Implementation issues, challenges, and solutions

Please note, this training assumes prior knowledge of the general principles of working with people with personality disorder. It is therefore **strongly recommended** that attendees complete the full-day introduction to the Project Air Strategy workshop or our online eLearning ([available here](#)) prior to attending the brief intervention workshop.

### Dates and times:

- Thurs 21/07/2022 and 28/07/2022 at 10am - 12pm
- Fri 09/09/2022 and 16/09/2022 at 1pm - 3pm
- Thurs 17/11/2022 and 24/11/2022 at 1pm - 3pm

**Location:** Online (attendees will be sent options to join the sessions prior to the training)

### Free online professional training

Project Air Strategy have developed **two new e-learning training programs** - one focused on helping adolescents with emerging difficulties of personality disorder, trauma history, self-harm, and suicidal behaviour, and the other on the adult treatment of borderline personality disorder. Certificates of completion are issued once all modules are finished and a final test is passed.

**Adolescent intervention guide for clinicians: An e-learning training program for child and adolescent mental health clinicians and school counselling service staff.** 3 modules, 4 hours of training: Module 1 – Introduction to working with complexity, Module 2 – Engaging the young person, assessment and risk management, Module 3 – Principles of psychotherapy and relational thinking. Project Air Strategy for Personality Disorders. Wollongong, Australia. University of Wollongong. <http://bit.ly/YOUTHlearning>

**Effective Psychological Treatment for Borderline Personality Disorder: An e-learning training program for mental health workers and service providers.** 5 modules, 6 hours of training: Module 1 - What is effective care for BPD? Module 2 - How to effectively engage people with BPD in treatment, Module 3 - How to reduce crises and increase safety to promote recovery in people with BPD, Module 4 - Working actively with people with BPD and connecting with carers, partners & family, Module 5 - Successful BPD treatment: A survival guide for healthcare workers. Project Air Strategy for Personality Disorders. Wollongong, Australia. University of Wollongong. <http://bit.ly/BPDlearning>

Project Air also has a number of **webinars, podcasts, and videos** on topics including working with youth, narcissistic personality, and lived experience videos and discussions with experts on personality disorder care <https://www.uow.edu.au/project-air/resources/webinars--podcasts/>

These 2 x 2 hour online training opportunities include live interactive zoom seminars with skills practice spaced through the session – Attendees will be issued with a CPD Certificate of Completion

### Registration

Registration is essential via Clinic Coordinator – you must have permission from your line manager before registering

### Enquiries

[info-projectair@uow.edu.au](mailto:info-projectair@uow.edu.au)  
P: 4298 1571

## 16<sup>th</sup> International Treatment of Personality Disorder Conference

Pre-Conference Consumer & Carer Day: Thursday, 3 November 2022

Scientific Conference: Friday, 4 November 2022

Clinical Workshop: Saturday, 5 November 2022

Person-centred care - holding the brain in mind is the theme for the upcoming 16th International Treatment of Personality Disorders Conference 3-5 November 2022 to be held in Wollongong Australia. Every person has a unique experience of themselves, and person-centred care encourages a compassionate, individualised, and tailored approach to the person's needs, goals, and aspirations. Inclusive practice has the person with lived experience at the heart of decision making, supported by their health team, carers and peers. Psychological therapies for personality disorder have been shown to change brain functioning, and new science discoveries are opening an era of individualised therapy targeting brain and mind. The conference will be held over three days, with combined or separate registrations available. Thursday will be our Consumer, Family, and Carer Day; Friday will be our Scientific Conference Day, and Saturday will be our Clinical Workshop Day.

More details: <https://www.uow.edu.au/project-air/news-events/>

**The training team is headed by Professor Brin Grenyer** who is Director of Project Air and Vice President of the International Society for the Study of Personality Disorders. He was a Member of the National Health and Medical Research Council (NHMRC) Borderline Personality Disorder Guideline Development Committee, the Royal Australian, and New Zealand College of Psychiatrists (RANZCP) Advisory Group for a Consumer Guide on Borderline Personality Disorder, and the SANE Australia Advisory Committee for the National Mental Health Commission. He and his team have been awarded over 50 grants totalling more than 18 million in funding, and have published over 175 journal articles, chapters, books, and monographs. He is on the Editorial Boards of Psychotherapy Research, Personality and Mental Health, and Research in Psychotherapy: Psychopathology, Process, and Outcome.



**Dr Rachel Bailey** is a Clinical Psychologist and Senior Research Fellow with Project Air. She has experience working in private practice, public outpatient, inpatient and forensic settings. Rachel has completed comprehensive training in Dialectical Behaviour Therapy and has a strong clinical and research interest in the development and treatment of personality disorders and related issues, attachment, complex trauma, forensics, and supporting families and carers.



**Dr Nicholas Day** is a psychologist and research fellow working with the Project Air Strategy. He has published articles and provided clinical training for both national and international audiences on the topics of narcissistic, borderline and adolescent presentations. His doctoral thesis on the topic of pathological narcissism was awarded an outstanding commendation and has been showcased in both television and news media. He has a specific clinical focus in assessment and treatment of patients with severe and complex presentations, such as Narcissistic Personality Disorder and Borderline Personality Disorder.



**Dr Karlen Barr** is a psychologist and research fellow with the Project Air Strategy. Her PhD research examines peer support for consumers with borderline personality disorder and their carers. She has published research regarding lived experience perspectives on personality disorder treatment. She is particularly interested in the assessment and treatment of young people and adults with complex mental health difficulties, and how peer workers and clinicians can work together to enhance recovery in personality disorders.



**Sophie Lucas** is a Mental Health Advocate and Mental Health Peer Worker for Project Air Strategy. Sophie also works as a Peer Educator for NSW Health. Working alongside clinicians at Project Air Strategy, Sophie shares her insights and lived experience of Borderline Personality Disorder. Co-facilitating a peer and clinician led group, Sophie helps open up conversations, and continues to try to break down the stigma surrounding complex mental illness and Borderline Personality Disorder by creating safe spaces for others to talk about their own experiences. As a peer worker and within the group, she shares skills that help her through tough times, and reflects on times when different skills are put into practice.

