



BPD Awareness ACT

REDUCING THE STIGMA ONE STEP AT A TIME

NEWSLETTER #1- AUGUST 2016.

WHAT WE DO

ACT BPD AWARENESS is a new business in Canberra that has been established to provide those in the Canberra Community with Borderline Personality Disorder, their loved ones, the clinicians who work with them and the wider Canberra community with awareness of BPD in order to reduce the stigma of BPD and provide information on support services and resources available regarding BPD and Dialectical Behaviour Therapy (DBT). DBT is an evidence based treatment that has been proven to be an effective treatment for those with Borderline Personality Disorder and their loved ones.

We advocate on behalf of the Canberra BPD Community for better services and support in our local community for those impacted by BPD.

We have developed a Resource and Information flier on BPD and DBT that we have attached. Please feel free to distribute this flier as widely as possible for those who need the information. Please email us if you would like a copy of our BPD/DBT Resources flier.

BPD Awareness ACT provides awareness raising seminars on BPD and DBT, that are tailored to meet your needs. These awareness raising seminars aim to provide knowledge and understanding on BPD and DBT from a lived perspective, in order to reduce the stigma associated with BPD. If you are interested in arranging a seminar for your staff, students, clients and/or community please call us on 0415 111 894 and we will be happy to discuss your needs

NEW BPD FAMILY SUPPORT FREE PROGRAM IS WILL BE AVAILABLE IN CANBERRA FROM SEPTEMBER 2016.



I HEART SOMEONE
WITH BORDERLINE
PERSONALITY
DISORDER.

FAMILY CONNECTIONS – SUPPORT FOR LOVED ONES OF THOSE WITH BORDERLINE PERSONALITY DISORDER.

A team of two carers and four mental health professionals from the ACT recently attended the Family Connections Leadership training in Sydney to become volunteer leaders. The training was delivered by Professor Alan Fruzzetti, who is one of the world experts on Borderline Personality Disorder and has been a Dialectic Behaviour Therapy (DBT) therapist for over 30 years.

Family Connections® is a free, 12-week course that meets weekly for two hours to provide education, skills training, and support for people who are in a relationship with someone who has BPD. Focusing on issues that are specific to BPD, it is hosted in a community setting and led by trained group

leaders who are either clinicians or family members of relatives with BPD. Family Connections provides: (i) current information and research on BPD and on family functioning; (ii) individual coping skills based on Dialectical Behaviour Therapy (DBT); (iii) family skills; and (iv) group support that builds an ongoing network for family members.

Family Connections is coordinated by the National Education Alliance for Borderline Personality Disorder Australia (NEA BPD Aust). It reflects a decade of evidence based, professionally led family groups that are community based and led by trained family members and mental health professionals. Three independent research studies showed that after completing the course, family members experienced significantly decreased feelings of depression, burden, and grief, and heightened feelings of empowerment.

Family Connections programs will be offered in Canberra from September 2016. I have attached the flier and am asking that you share this information with anyone who may benefit from this. Family Members can register their interest in attending the program now by either emailing BPD Australia at: bpdfamilyconnections@gmail.com or by visiting the website at: www.bpdaustralia.com and sending a message through their contact us page. All registrations for Family Connections are managed through BPD Australia. They will send those wanting to attend the details once we have set dates, times and locations for a group. BPD Australia co-ordinates all the Family Connections Programs throughout Australia.

BPD Surprises

BPD is basically the grab bag for mental health issues.

You wake up every morning like what am I gonna get today? Dissociation? Paranoia? Anger? Emotional meltdown? Euphoria? Impulsiveness? Anxiety?

Who the heck knows....



BPD Beautiful

facebook.com/BPDBeautifulBorderlinePersonalityDisorder

BPD FOUNDATION AUSTRALIA - ANNUAL CONFERENCE AND POSSIBLE ACT CHAPTER:

The BPD Foundation Australia is a group of volunteer consumers, carers and clinicians passionate in encouraging a positive culture around Borderline Personality Disorder (BPD) and promoting the ready availability and accessibility of appropriate services for everyone impacted by BPD in order to improve their lives.

The BPD Foundation Australia is hosting "ACHIEVING RECOVERY TOGETHER" the 6th Annual National BPD Conference and will be held at Wesley Convention Centre 220 Pitt St. Sydney on the 6th October 2016. Please see the website for more details: www.bpdfoundation.org.au

We have also been approached by the President of the BPD Foundation Australia, as they are keen for us to establish a branch of the organisation in Canberra. This is an exciting time for the BPD Community in Canberra with us advocating for more support for those living with BPD and their loved ones. If you are interested in being involved with the BPD Foundation Australia in a Canberra Chapter, please let me know via email to bpdawarenessact@gmail.com and we will keep you informed of the progress towards this.



FREE ONLINE BPD COURSE FOR PROFESSIONALS

We are pleased to let you know that there is a free online course for professionals on BPD that can be found on the BPD Australia website at: <http://www.bpdaustralia.com/new-page-3/>

This education series was designed for professionals to learn basic principles for the diagnosis and treatment of Borderline Personality Disorder. It is the result of a collaboration between Drs. Brian Palmer, Lois Choi-Kain, and John Gunderson. It was supported by a grant from the National Education Alliance for Borderline Personality Disorder to help promote its mission to provide education and build awareness on BPD. The series of six, 20-minute modules features videos of patients/families, interactive quizzes, narrated slides, and videos from a number of experts.

[Module 1: Making the Diagnosis](#)

[Module 2: Suicidality Course and Outcome](#)

[Module 3: Treatment Planning](#)

[Module 4: Treatment](#)

[Module 5: Psychopharmacology Management](#)

[Module 6: Family Involvement](#)

Never give up on someone with a mental illness. When "i" is replaced by "we", "illness" becomes "wellness".

-mental-health-awareness-australia-©

DBT PROGRAMS AVAILABLE CANBERRA

If you are a DBT Practitioner Offering DBT Programs or individual therapy and you would like to list your details in this newsletter, please email your details to bpdawarenessact@gmail.com

ACT COUNSELLING

ACT Counselling are running DBT-Informed skills programs planned to commence in late August 2016. The program is run in 10 week blocks. Each 10-week block addresses each of the 4 modules of DBT with each 10-week block using different exercises. Therefore, those that attended previous 10-week blocks can attend upcoming 2016 blocks to continue expanding on their DBT skills. There will also be a Men's DBT Skills Group commencing in September 2016.

For more information on the DBT Programs offered please give them a call on 02 6100 1657 or via email to actcounselling2602@gmail.com. There is also information on the website that can be found at <http://www.actcounselling.com.au>

BPD AWARENESS WEEK

BPD Awareness week in Australia is being celebrated from 1-7 October 2015. If you would like to be involved, please let us know via email at bpdawarenessact@gmail.com

How you can get involved:

- Your organisation may like to host an event
- You can volunteer your time at an event
- You wish to sponsor an event
- You have a great idea and would like to work with us to make it happen.



KEEP UP TO DATE ON BPD IN CANBERRA

If you wish to be on our mailing list, please send an email to bpdawarenessact@gmail.com. We will advertise any events on BPD/DBT that we are aware of and will also post articles and other information out at times. We will also provide newsletter updates, when we can. If you do not wish to be on our email list, please also email us to let us know.

BPD AWARENESS ACT CONTACT DETAILS

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