



## 2018 FAMILY CONNECTIONS LEADERS TRAINING

### Training to facilitate groups for family/ friends of people with Borderline Personality Disorder, BPD traits or Emotional Dysregulation

NEA.BPD Aust is delighted to confirm Family Connections Leaders Training (FCLT) in MELBOURNE with Clinical Psychologists Carolyn Bright and Dr Sian Jeffries. Family Connections is an evidence-based program for families and friends of people with borderline personality disorder that provides peer support, psycho-education and skills anchored in dialectical behaviour therapy (DBT). The FCLT will comprise two full days of intensive training to enable participants to volunteer as leaders of the internationally renowned Family Connections program.

This training is only for those who wish to run NEA.BPD Aust's Family Connections Groups as volunteer leaders and can commit to running a group within three to six months of the training.

<b>When:</b>	<b>Saturday May 26</b> Registration 8:30am 8.45am to 5:00pm Prompt 8.45am start Snacks and a light lunch will be provided	<b>Sunday May 27</b> 8.30am to 5:00pm Prompt 8.45am start Snacks and a light lunch will be provided
--------------	--	---

**Where:** Spectrum  
Level 1/ 110 Church Street  
Richmond.

<b>Cost:</b>	Carers: \$100 Health Professionals: \$150	Payable by Electronic Funds Transfer (EFT) prior to May 10, 2018
--------------	--	---

#### Registration:

To register for the Melbourne Family Connections program, please email

**bpdfamilyconnections@gmail.com** and include the following details, including proof of payment:

- Full Name
- Address
- Contact Phone Number
- Health Professionals: please advise your current role, qualifications and current place of work
- Carers: please advise your relationship with the person with BPD (eg. parent, partner, adult child etc)

#### Payment:

**Account Name:** National Education Alliance of BPDA

**BSB:** 063 010

**Account Number:** 12793406

Please forward proof of payment to: [bpdfamilyconnections@gmail.com](mailto:bpdfamilyconnections@gmail.com)

## THINKING OF ATTENDING?

The training is only for those who would like to run Family Connections groups in their local area.

Whilst the FCLT trainers will be mindful of participants distress, this Family Connections Leaders Training is not intended to address the wellbeing of those who attend. That is, this is not a Family Connections group.

By the end of the training attendees will have the skills to run a Family Connections group in your local area. A commitment to run a group is essential and advice and processes for this will be discussed at the training. Newly trained leaders are supported by the Family Connections National Manager, as well as Family Connections Program Manuals and resources which are provided for all Family Connections Leaders.

The training does not require prior knowledge of DBT and will be a 'nuts and bolts' training needed to deliver the Family Connections program. Much of the training will have the trainers delivering the materials as they would at an FC program using this as a foundation for discussion and for participants to then practice themselves. Trained and experienced DBT therapists will not learn new content material but rather will learn from family members about their experiences, integrating this and their existing DBT knowledge into the Family Connections program along with the peer support and psycho-education dimensions and supporting family members of those with BPD.

**We invite you to attend the Family Connections Leader Training on the understanding that you will commit to leading free Family Connections programs within the next three to six months of the training.** The training is to ensure that as many people as possible benefit from a decrease in substantial pain and suffering.

### Eligibility to register:

The following eligibility criteria apply:

1. Mental health professional **OR** family/friend of person with borderline personality disorder
2. Participants must attend in pairs of future FC leaders or agree to be paired for first round of FC groups. Family/friends can attend paired with a mental health professional or agree to be paired following the training.
3. Participants will go on to facilitate a free Family Connections program within three to six months of completing the training

### Sponsorship

In keeping with Family Connections licensing, tradition and culture, all Family Connections work is provided without professional charge to participants. Thank you to the trainers Carolyn and Sian who have so kindly donated their professional time and to Spectrum for the use of their venue. Thank you also to all those who have freely given of their time to decrease financial barriers to attendance.

### Family Connections Leaders Trainers:

#### *Carolyn Bright*

Carolyn Bright is a clinical psychologist at the Fremantle Hospital Mental Health Service with extensive knowledge and experience of Borderline Personality Disorder. Carolyn has been comprehensively trained in Dialectical Behaviour Therapy and is a current Perth Family Connections Leader.

#### *Dr Sian Jeffrey*

Dr Sian Jeffrey is a clinical psychologist and the Dialectical Behaviour Therapy Coordinator at the Fremantle Hospital Mental Health Service. Dr Jeffrey has trained intensively in DBT and presented extensively on BPD and DBT in Australia