



The Treatment Tree

Personality Disorder Conference 2010

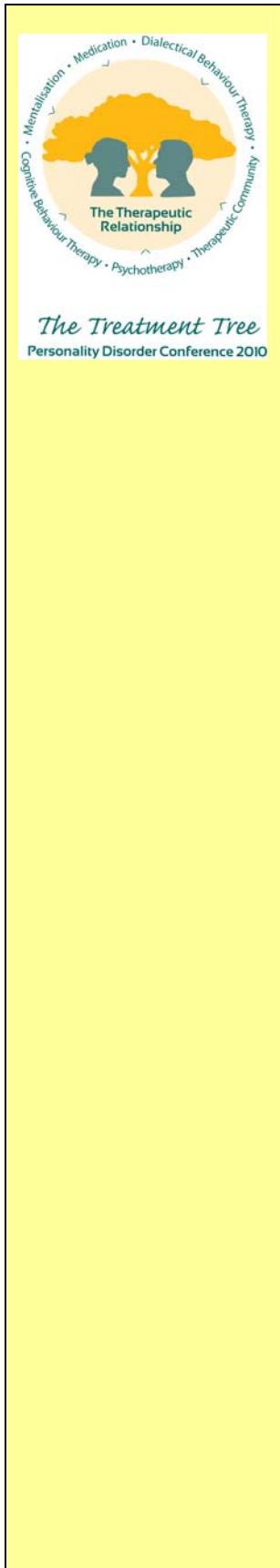
Conference Programme Pre-conference Workshops And Registration

Personality Disorder
Conference

Email
conference@ashburn.co.nz

Private Bag 1916
Dunedin

Dunedin
1,2 & 3 October 2010



The 2010 Personality Disorder Conference

The Gathering is a bi-annual meeting of health professionals from all over New Zealand who meet to exchange information concerning the treatment of people with Personality Disorders, particularly but not exclusively, Borderline Personality Disorder.

The 2010 conference is being hosted in Dunedin under the overall coordination of the National Personality Disorders Advisory Group - a consultative, special interest group representing all DHBs and the services funded by the Ministry to provide treatment in this area.

Each conference aims to present an affordable programme to the average case worker as the intent of each gathering is to encourage and support grass roots clinicians with practical seminars and up-to-date reviews. Conference sessions enjoy an atmosphere of casual collegial dialogue where discussion, debate and networking are welcomed.

This conference will be of interest to any health professional involved in providing services to people with Borderline Personality Disorder; along with staff from a wide range of organisations, primary care or specialist services directed towards this client group.

Conference Dates

The 2010 Gathering will held in Dunedin, hosted by the Ashburn Clinic, on Friday, Saturday and Sunday, 1,2,& 3 October 2010.

Full registration will cost \$255 (GST @15% inc) and payment options are shown on the Registration Form attached. Payment includes all conference costs, morning and afternoon teas and lunch. Conference attendees are responsible for their own travel costs and accommodation.

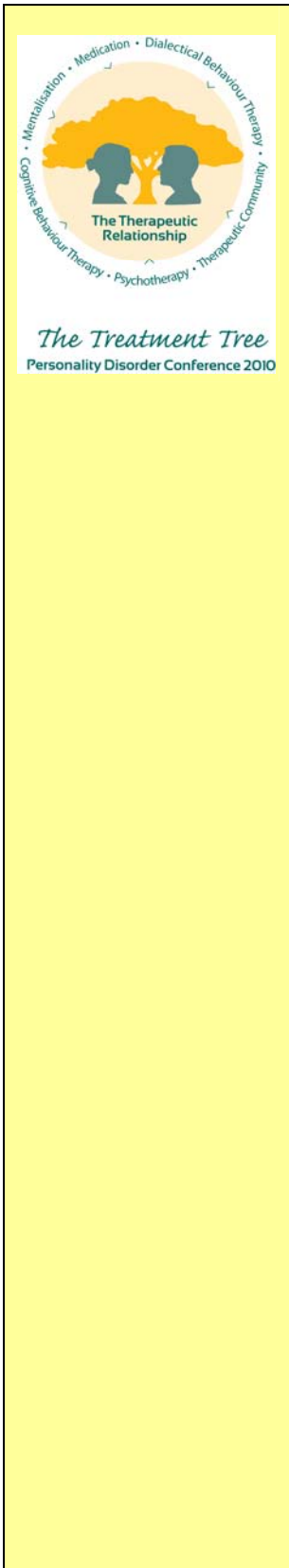


Conference Theme

The theme of the 2010 conference is:

The Treatment Tree
*Sharing the different treatment models
which grow from our understanding of the
importance of the therapeutic relationship.*

The 2010 conference offers keynote speakers, presentations and workshops which will explore the progress being made developing a range of treatment models to effectively treat those with Personality Disorders. A second, parallel major theme is the importance of the therapeutic relationship between the patient and the clinician which underpins the often widely differing models.



Conference Venue

The 2010 Conference will be held in the conference facilities on the second floor of the Dunedin Public Art Gallery, in the Octagon, the heart of Dunedin City. An opportunity to view the city's impressive art collection will be available on Friday evening, at the conclusion of the day's programme.



Conference Dinner

As with previous years, there will be an optional conference dinner which will provide a valuable opportunity for conference delegates to meet and share discussion in an informal setting.



The dinner will be held at the Art Gallery from 7.30pm on Saturday. Following the meal, we will celebrate the region's Scottish heritage with a traditional *Ceilidh*. The cost of the meal will be \$65 and this should be booked separately on the Registration Form attached.

Delegates who may like to stay on in the region will have ready access to booking information for tours and accommodation for Dunedin City and the exciting attractions within wider Otago through the local ***i-site*** booking service. Their office is a few metres from the conference venue or you might like to visit www.dunedinnz.com for Dunedin's official travel website.

NPDAG

The programme will allow time for a meeting of the National Personality Disorders Advisory Group on Saturday at 4pm.

Pre-conference workshops

This year the conference provides opportunities to attend one or two days of pre-conference workshops. These workshops are detailed on the attached programme and cost an additional \$155 (*GST inc*) per day.

Accommodation

A range of accommodation options are available within walking distance of the conference and bookings can be arranged directly with the Dunedin City Council's ***i-site*** booking service. Please contact them directly by email visitorcentre@dcc.govt.nz and they can provide bookings for nearby accommodation ranging from 4 star hotels to backpackers. Mention the Personality Disorder Conference so they will know to book you close to the centre of the City.

Optional Pre-conference workshops

Wednesday, 29 Sept
Dunedin Public Art Gallery



8.30 to 9.00; Welcome to the day, registration and housekeeping

Workshop A

9.00 to noon with a break at 10am for morning tea

Robert Green - Consultant Clinical Psychologist in the Canterbury DHB and Clinical Supervisor of the MindSight Programme – a specialist MBT treatment service for people with BPD

Introduction to Mentalisation-Based Treatment

Mentalisation-Based Treatment is one of the evidence-based psychotherapies for BPD. The treatment approach was developed by Prof.'s Anthony Bateman and Peter Fonagy in the 1990's. This therapy draws heavily from Attachment Theory, neurobiology and studies of childhood development. Treatment of mentalisation deficits involves the provision of attachment security, emotional attunement/reflection by the therapist and appropriate interventions to re-stimulate mentalising on the part of the client.

Although this is not a training that will equip individuals to offer MBT, the workshop will give a thorough introduction to MBT and provide useful insights from developmental research and theory that can be used to enhance clinical practice with people with BPD.

Workshop B

9.00 to noon with a break at 10am for morning tea

Senior nursing team members - from the Ashburn Clinic

Psychosocial Nursing at Ashburn Clinic

The practice labeled “psychosocial nursing” emerged with the development of the first therapeutic communities, particularly the Cassel Hospital in London. For over seventy years it has proved to be an extremely helpful way of nursing people diagnosed with personality disorders, allowing them to find ways of taking responsibility for their own recovery and improving their capacity to have satisfying relationships.

This workshop will explore how you might work psychosocially with patients diagnosed with personality disorder in a variety of psychiatric settings including psychiatric wards and community mental health teams.

This workshop will explain the principles of psychosocial nursing practice and how it affects the relationship the nurse makes with the patients they are working with. There will be an experiential component and an opportunity to discuss clinical examples of the use of psychosocial nursing.

Noon to 1pm; Lunch will be served in the Otago Daily Times Gallery Room

Workshop C

1.00pm to 4pm with a break at 3pm for afternoon tea

Mrs Valda Lane - MSc, Dip Clin Psych, Reg Psychologist, MNZPSS., Chartered Psychologist, MBPS,

Techniques for treating childhood based trauma symptoms and negative core beliefs in clients with Personality Disorder

This workshop introduces and describes the usage of a variety of gentle techniques for treating trauma symptoms and challenging negative core beliefs for clients with Axis 2 disorders. They are drawn from a range of therapies and techniques including modified EMDR, Energy Techniques, NLP and Gestalt Therapy. They can be used to enhance practice alongside other therapies as divergent as DBT, Psychodynamic Psychotherapy, and CBT.

Workshop D

1.00pm to 4pm with a break at 3pm for afternoon tea

Linda Williams & Robin Palmer - Te Whare Mahana

Keeping the Therapist in Therapy

Te Whare Mahana provides a residential DBT programme predominantly for people with an Axis II Diagnosis of BPD plus/minus other co-morbidities including PTSD, Anxiety, Depression, Substance Abuse and Disordered Eating.

The team will cover concepts of validation, mindfulness, dialectics, DBT assumptions about clients and therapists, consultation agreements and behavioral definition and assessment of presenting problems (the therapists and the clients).

Optional Pre-conference workshops

Thursday, 30 Sept
Dunedin Public Art Gallery



8.30 to 9.00; Welcome to the day, registration and housekeeping

Workshop E - Full Day 9.00 to 4pm with breaks at 10, Noon and 3pm	Workshop F - Full day 9.00 to 4pm with breaks at 10, Noon and 3pm
<p>Robert Green - Consultant Clinical Psychologist.</p> <p><i>Therapeutic Case Management for BPD</i></p> <p>The US and UK guidelines for the management of BPD both emphasise good case management as the essential environment for effective treatment.</p> <p>This one-day workshop will present a framework for the therapeutic case management of BPD. Topics to be covered in the workshop include: Understanding BPD; What works in building a therapeutic relationship; Assessing and managing risk; Understanding and responding to self-harm; Developing comprehensive treatment plans; Managing treatment complications; etc.</p> <p>The workshop will be of use to all front-line staff who work with people with Personality Disorders. It will be of particular relevance to those new to the field who are looking for an understanding of the disorder and a detailed overview of treatment principles. <i>(continued after lunch)</i></p>	<p>Prof. Bob Hinshelwood - Retired Professor of Psychiatry, University of Essex</p> <p><i>Therapeutic Community Incidents</i></p> <p>Professor Hinshelwood will provide a day of supervision of therapeutic community practice.</p> <p>He asks that staff from therapeutic communities bring a incident in their community as a focus for discussion of therapeutic community approaches and how these are used in difficult situations.</p> <p>This workshop will be of value to clinicians working in services which espouse therapeutic community principles.</p> <p><i>(continued after lunch)</i></p>

Noon to 1pm; Lunch will be served in the Otago Daily Times Gallery Room

Workshop G – Half Day 1.00pm to 4pm with a break at 3pm for afternoon tea	
<p>Andrew Jones - Psychiatric Nurse and Psychotherapist; Fiona Henderson, Former Consultant Clinical Psychologist CCDHB; Psychoanalytic Psychotherapist</p> <p><i>Making Sense of the Senseless</i></p> <p>At times our clients can present a bewildering array of obstacles to us as we do our best to engage with them. This workshop will look at why this may occur and consider the effects this has upon clinicians. Drawing on our experiences will explore individual and team responses can be understood at the level of conscious and unconscious communication.</p> <p>We will look at how individual and team reactions can be turned to clinicians' advantage by providing vital information to break deadlocks and guide treatment. The workshop will provide opportunities for clinicians to bring material for exploration of the ideas presented.</p>	

2010 Personality Disorder Conference

Friday, 1 October
Dunedin Public Art Gallery



8.30 to 9.00; Welcome and conference opening

9.00 am to 10.am Keynote Address

Dr David Chaplow - Director of Mental Health –

“The national development of services for people with personality disorders”.

Dr Chaplow has regularly been consulted on national and Australasian service development in forensic psychiatry and for six years was an Australasian College examiner and for four, chaired the College of Psychiatry, Forensic Section. For three terms he has been the Ministerial appointee to the National Parole Board. His current interests are in service development, transcultural psychiatry and all aspects of forensic psychiatry. Academically he has published within his interests and was a consulting editor of Psychiatry and the Law, Clinical and Legal issues Ed. Warren Brookbanks, Brookers 1996.



10am to 10.30; Morning tea

10.30 to noon – Case Study or model of treatment presentation

Moana House Whanau

“Heke Tikanga and Giving You a Real Chance in a Therapeutic Community.” What does it actually mean and more importantly does it work?

Noon to 1pm; Lunch will be served in the ODT Gallery Room

Case Study or model of treatment presentation Option A	Case Study or model of treatment presentation Option B
<p>1pm to 2pm</p> <p>Judy Reynolds – Registered nurse and DBT coordinator for CM DHB</p> <p><i>DBT at Counties Manukau</i></p> <p>This presentation will describe the introduction of the DBT model of treatment at Counties Manukau and the issues for clients and staff. The focus will be on the challenges encountered and how these are being addressed.</p>	<p>1pm to 2pm</p> <p>Robert Green – Consultant Clinical Psychologist, Canterbury DHB –</p> <p><i>What’s the state of the evidence for the treatment of B.P.D?</i></p>
<p>2pm to 3pm</p> <p>Dr Kumari Fernando PhD, PGDipClin; Trudy Dent, RN; Masters of Mental Health Nursing (Clinical)</p> <p><i>Green Cards for Self harm</i></p> <p>Green Cards are part of a comprehensive treatment plan for clients who present with frequent self-harm/suicidality to mental health units. The team will present the rationale for treatments, case-studies of clients, challenges in maintaining this approach and future directions.</p>	<p>2pm to 3pm</p> <p>Jo Vallis- Registered Psychotherapist –.</p> <p><i>“I don’t want to stay with my feelings, I want sex”.</i></p> <p>A presentation of the sexual thoughts, feelings and acting out of a forty nine year old woman with a history of child sexual abuse and adult sexually exploitative relationships. It will explore the woman’s use of the therapeutic community at Ashburn Clinic to “stay with” and “work through” early feelings of abandonment and deprivation.</p>

3pm to 3.30; Afternoon Tea

<p>3.30 to 4.30 pm</p> <p>Dr Chris Haslett & Dr Megan Bryan, Consultant Psychiatrists at Ashburn Clinic</p> <p><i>It's All Grist for the Mill:</i></p> <p>This paper will investigate the impact of major staffing and structural changes at the Ashburn Clinic. By following the community and the individuals, we will be able to see how these changes were used for therapeutic gain.</p>	<p>3.30pm to 4.30 pm</p> <p>Dr Dave Carlyle, Lecturer, - University of Otago, Christchurch</p> <p><i>Conducting a research project in a mental health outpatient service; real world, real challenges.</i></p>
---	--

4.30; Wrap up of the day – followed by drinks, nibbles and a tour of the Dunedin City Art Gallery

Saturday, 2 October
Dunedin Public Art Gallery


8.30 to 9.00; Welcome

9.00 am to 10.am Keynote Address

Dr Anne Macdonald - Forensic Psychiatrist and Psychotherapist; Rowanbank Clinic, Glasgow.

“Drawing a line on perverse violence in the workplace, a dynamic perspective”

Dr Macdonald will explore the therapeutic relationship between patient and the treating professional and how this can be corrupted. Dr Macdonald has worked in forensic psychiatry for 27 years and specialises in stalkers and their victims.



10am to 10.30; Morning tea

<p>10.30 – 11.15</p> <p>Jennifer (patient); Denise Nassenstein, AOD Counselor</p> <p><i>Case Study of DBT in addiction setting</i></p> <p>DBT is a validated treatment for patients presenting with Borderline Personality Disorder with Comorbid Alcohol Dependence. The primary focus of the presentation will be the different perspectives of patient and therapist and an exploration of the challenges that this presented, and how the DBT adherence/structure, as well as flexibility, made this treatment successful. Participation in this presentation is a significant step for the patient and the wider DBI/consumer community.</p>	<p>10.30 – 11.15</p> <p>Debbie Oranje – Senior nurse at the Ashburn Clinic</p> <p><i>“I don’t want to be here – don’t make me leave”</i></p> <p>Arriving and leaving – attachment and separation. For many patients, issues around attachment and separation are a major aspect of their work. This presentation shows a young woman with BPD making a video diary of herself as she transfers from inpatient unit to a self-care unit and to eventual discharge.</p>
--	---

<p>10.30 – 11.15</p> <p>Ingo Lambrecht, Clinical Psychologist</p> <p><i>Body Mindfulness & Inner Spaces</i></p> <p>Mindfulness has been popularized and operationalised with CBT and DBT approaches which have some value in the work with people with Personality Disorder. This presentation looks at how mindfulness can be related to some research on body mindfulness (Qigong) and compassion together with <i>psychoanalytic thoughts on inner therapeutic spaces</i>.</p>	<p>11.15 to noon</p> <p>R Scott Webb, Clinical Psychologist</p> <p><i>Psychodynamic Perspective on Transference</i></p> <p>Presenting a brief overview of the transference/counter transference as delineated by relational psychodynamic therapy, focusing on mutual defining of the relationship that begins with the initial presentation of a client with a Borderline Personality Disorder. The search for the thematic process developing in treatment will be demonstrated with clinical examples.</p>
---	---

Noon to 1pm; Lunch will be served in the ODT Gallery Room

1pm to 2pm Keynote Address

Professor Bob Hinshelwood - Retired Professor of Psychiatry, University of Essex

Therapeutic Relations: Technique or Culture”

Professor Hinshelwood was previously the Clinical Director of The Cassel Hospital and in 2002-03 was the Visiting Professor, Committee for Social Thought, University of Chicago. His research interests and publications have been related to the Application of psychoanalysis to social sciences; Psychoanalytic Ethics; Therapeutic communities; Group dynamics and the History of psychoanalysis.



2pm to 3pm.

Stephanie Forde, Psychotherapist –

Intensive Day Programme

An outline of the Segar House IDP programme which specializes in treating people with Personality Disorders and other complex psychological problems. This will include the experience over the last 2 years of introducing an Implicit Mentalising Group into a programme strongly defined by DBT. She will also present challenges and successes as well as outcome data.

2pm to 3pm.

Richard O’Neill-Dean – Registered psychotherapist

The Emotional experience of difficulty for the therapist working with BPD.

The presentation will be based on a description of emotional experience of difficulty for the therapist in a clinical situation. This will be linked with aetiological theory in order to develop thinking; leading to therapeutic action and transformation.

3pm to 3.30; Afternoon tea

3.30 to 4.00 pm Panel Review of day’s proceedings

4.00 – 5pm; National Personality Disorders Advisory Group meeting

7.30pm Conference Dinner, followed by a traditional southern Ceilidh.

Sunday, 3 October
Dunedin Public Art Gallery

8.30 to 9.00; Welcome

9.00 am to 10.am Keynote Address

Professor Paul Glue - Professor of Psychiatry - University of Otago

“Prescribing for patients with personality disorders”.

Professor Glue's research focuses on clinical and basic science. His areas of interest include the pharmacology of drug treatments in psychiatry and the investigation of disease mechanisms in neurological and psychiatric disorders. He is also interested in technical aspects of clinical trial design, including trialling simulation and modelling. He has published extensively, with more than 250 papers and book chapters to his name.



10am to 10.30; Morning tea

10.30am to Noon

What would your team do now?

A series of challenges to the services represented at the conference to consider and describe how they might respond to a range of difficult clinical problems.

Noon to 1pm; Lunch will be served in the ODT Gallery Room. 1pm, Conference Delegates depart



The Treatment Tree
2010 Personality Disorder Conference, Dunedin

Registration Form

Please supply the following registration information and payment no later than **Friday, 10 September 2010:**

Email to conference@ashburn.co.nz or fax to 03 476 4255
 Or Post to: Treatment Tree Conference
 Private Bag 1916
 Dunedin

GST Registration No – 71-025-047

Your name																	
Organisation																	
Contact information	Address _____ Phone: _____ Mobile: _____ Email: _____																
Any special requirements?																	
Workshop Selection <i>Separate charge of \$155 per day applies</i>	Day One – 29 September Workshop A <input type="checkbox"/> Workshop B <input type="checkbox"/> Workshop C <input type="checkbox"/> Workshop D <input type="checkbox"/>	Day Two – 30 September Workshop E (<i>full day</i>) <input type="checkbox"/> Workshop F (<i>full day</i>) <input type="checkbox"/> Workshop G <input type="checkbox"/>															
Cost	<table border="0" style="width: 100%;"> <tr> <td>Conference attendance</td> <td></td> <td align="right">\$255.00</td> </tr> <tr> <td>Conference dinner</td> <td>(____) at \$65</td> <td align="right">_____</td> </tr> <tr> <td>Workshops Day one</td> <td>\$155</td> <td align="right">_____</td> </tr> <tr> <td>Workshops Day two</td> <td>\$155</td> <td align="right">_____</td> </tr> <tr> <td align="right" colspan="2">Total Conference fees payable</td> <td align="right">\$ _____.</td> </tr> </table>		Conference attendance		\$255.00	Conference dinner	(____) at \$65	_____	Workshops Day one	\$155	_____	Workshops Day two	\$155	_____	Total Conference fees payable		\$ _____.
Conference attendance		\$255.00															
Conference dinner	(____) at \$65	_____															
Workshops Day one	\$155	_____															
Workshops Day two	\$155	_____															
Total Conference fees payable		\$ _____.															
Payment Options	I am paying \$_____ by cheque (enclosed) <input type="checkbox"/> I am paying \$_____ by Credit card <input type="checkbox"/> <i>(A \$10 Credit card booking fee applies)</i> Credit Card MasterCard/Visa/American Express Card Number <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> Exp <input type="text"/> / <input type="text"/> Name on Card _____ <i>Please tick if a GST Receipt is required.</i> <input type="checkbox"/>																