

SKILLS FOR WORKING WITH



Borderline Personality Disorder

This one-day training will examine and address, the following questions regarding Borderline Personality Disorder (BPD): What is personality? How does personality become disordered? What is Borderline Personality Disorder? Why does BPD have such an impact on staff? How is BPD most effectively managed and treated? What does STEPPS offer that makes it easier to learn than methods like Dialectical Behaviour Therapy (DBT)?

Diane Clare will provide attendees with practical skills for working with those with emotional intensity difficulties. The workshop will also provide an introduction to the STEPPS (Systems Training in Emotional Predictability & Problem Solving) programme, explain why this approach is so helpful in responding to clients with consistency, and why it lends itself well to a cultural approach with Maori and Pacific cultures due to working with the client's support system. STEPPS is a skills-based approach using CBT principles for those working with Borderline Personality Disorder clients – youth and adults alike, in groups or as individuals, which can be applied to a range of clients with emotional regulation difficulties.



Nelson based Diane Clare is a registered clinical psychologist who trained at the University of Canterbury. Diane has worked in mental health and counselling services in leadership and Director level roles in primary care, adult mental health, forensic, intellectual disability and tertiary student services. In 2005 she developed the Alternatives to Self Harm (ASH) programme and has presented her work internationally. An engaging presenter, Diane's workshops have an emphasis on providing practical solutions in a wide range of applications.

Who Should Attend:

In addition to the following, this workshop is also for front-line staff with no, or little psychological training, who may be struggling with how to work with these clients.

- Therapists
- Counsellors
- MH Professionals
- Social Services
- Law Enforcement
- Community outreach services

Dates & Locations

AUCKLAND
Wednesday, 25 September 2019
Venue:
Naumi Auckland Airport Hotel

WELLINGTON
Monday, 4 November 2019
Venue:
TBC

Price

Earlybird Special - \$220.00 + GST
Standard Price - \$250.00 + GST

Note: Earlybird finishes 11 October

To book, go to:
www.grow.co.nz/borderline-personality-disorder/
or phone on: 06 878 3456

