



# PROJECT AIR

A PERSONALITY DISORDERS STRATEGY

## CONSUMER, FAMILY AND CARER DAY

A collaboration between Project Air Strategy for Personality Disorders, New South Wales branch of the Australian BPD Foundation, Mental Health Carers NSW and Being | Mental Health and Wellbeing Consumer Advisory Group

Thursday 7th November 2019

9.00am – 4.00pm

University of Wollongong NSW Australia



We invite you to attend the Personality Disorders Consumer, Family and Carer Day, as part of the 13<sup>th</sup> International Conference on the Treatment of Personality Disorders.

The theme for this year's Consumer, Family and Carer Day will be **'Respecting Perspectives'** where stories from people with lived experience and family and carers will be shared in a safe, respectful and collaborative space. Attendees will have the opportunity to hear about the latest research in the field and to voice their views on issues central to the treatment of personality disorders.

There will be a full program of lived experience talks, as well as updates from researchers and clinicians actively working in the treatment of personality disorders. Some of the highlights will include:



### **Why Me? Turning Points With Borderline Personality Disorder – Aaron Fornarino**

Aaron Fornarino, has lived with Borderline Personality Disorder for over 25 years and has navigated through discrimination within the mental health system. Aaron will discuss his personal experience with BPD, what hindered moving forward and what helped. Aaron will also discuss challenges associated with bitterness, resentment, substance abuse and helpful suggestions on how to overcome problems with BPD.

### **Art practice as distress tolerance: A lived experience perspective – Mahlie Jewell**

Mahlie Jewell explores through this interactive workshop how art practice can be used to regulate emotions, help manage distress and provide alternative mindfulness practices outside the current treatment guidelines. Mahlie will demonstrate how the process of art-making can create a more focused sense of self, direct negative energy and anxiety into alternative positive behaviours. Mahlie will provide hands-on art practice techniques that have enabled her to self-regulate and move through thoughts and feelings safely.



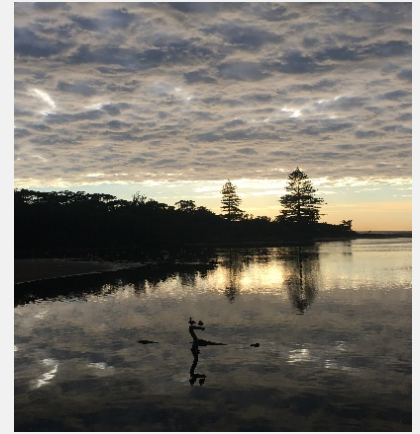
## Registrations for Consumer, Family and Carer Day

Registration is online only with credit card (Visa or MasterCard) at <https://www.projectairstrategy.org>. **Registrations will close Friday 1<sup>st</sup> November.** Please note however that we recommend you register early as places are limited and when full we will suspend registrations and open a waiting list. Unfortunately we are unable to hold a place unless payment has been received online using a credit card.

**Fees:** \$50 flat fee to cover catering and costs. This includes entry to the Consumer and Carer Day only. *All prices inclusive of GST*

Tea and coffee on arrival. Morning tea and a light lunch is provided.

**General enquiries:** Email: [info-projectair@uow.edu.au](mailto:info-projectair@uow.edu.au) Phone: (02) 4298 1571



## Bursaries to attend the Consumer, Family and Carer Day



In partnership with Mental Health Carers NSW and Being | Mental Health and Wellbeing Consumer Advisory Group, a limited number of travel and registration bursaries have been made available for individuals to attend the Consumer, Family and Carer Day. Priority will be given to Consumers, Carers and Individuals who would be unable to attend for financial reasons, particularly those on pensions or Newstart. **Applications for bursaries open 5<sup>th</sup> August 2019.**

If you are a *person with lived experience of personality disorder*, please contact Tina Pirola at BEING NSW on [info@being.org.au](mailto:info@being.org.au)

If you are a *carer, family member or support person* for an individual with personality disorder, please contact Laura Knight at Mental Health Carers NSW on (02) 9332 0777 or [Laura.Knight@mentalhealthcarersnsw.org](mailto:Laura.Knight@mentalhealthcarersnsw.org)

Please note these bursaries will cover a small contribution to travel costs and registration for the Consumer, Family and Carer Day only. Attendance at the Friday Clinical Conference and Saturday Clinical Workshop is not covered by the bursary and will require a separate registration through the Project Air Strategy website (<https://www.projectairstrategy.org>).

## 13th International Conference on the Treatment of Personality Disorders - Friday 8th November

The Project Air Strategy for Personality Disorders, Illawarra Health and Medical Research Institute, Wollongong University Professional and Clinical Psychology programs and NSW Ministry of Health will host the 13th International Conference on the Treatment of Personality Disorders. The theme "*Personalising Effective Treatment*" provides a unique opportunity to be updated with the latest research in Australia and internationally. The Keynote speaker for the event is Professor Ueli Kramer, Privat-Docent, psychotherapy researcher and clinical psychotherapist from the University of Lausanne, Switzerland. There will also be a Clinical Skills Workshop on Saturday the 9<sup>th</sup> November. See <https://www.projectairstrategy.org> for more information.



The conference is for health professionals, managers, policy advisors and other interested persons. Experts in the field will present a variety of papers and posters covering topics including the consumer and carers perspective, research, and innovative service developments. Registration for this day and the Clinical Skills workshop is separate. Go to <https://www.projectairstrategy.org> for more information.

## Event Location

The event is set among the spectacular coastal and forested environment surrounding the University of Wollongong - approximately 1.5 hours south of Sydney depending on your location and the time of day.

Venue - The event will be held in the McKinnon Building (Building 67), in the centre of the beautiful University of Wollongong campus. For maps of the University and directions, see <http://www.uow.edu.au/transport/maps/index.html>

Sydney Airport provides excellent connections to Wollongong from the airport train or by booking a shuttle/limousine.

Sydney Trains - Take the 90 min scenic train to North Wollongong station (<http://www.sydneytrains.info>) followed by a short bus connection or 15 min walk. A free shuttle bus service, 'The Gong Shuttle' regularly runs to and from the University, train station and hotels, or the trip is a short taxi ride.

Driving by car - From Sydney drive south past Sutherland on the Princes Highway then M1 Motorway and take the second exit at the bottom of Mt Ousley (signposted 'University'). The Western Car Park is closest to the conference venue; enter via the Western Entrance along Northfields Avenue. [Parking fees apply.](#)

Further information - For information on Wollongong, see: [www.uow.edu.au/about/wollongong](http://www.uow.edu.au/about/wollongong)

Please consult Tourism Wollongong for further advice at [www.visitwollongong.com.au](http://www.visitwollongong.com.au)



## Accommodation

Special conference rates have been negotiated with three hotels: [Adina Apartment Hotel Wollongong](#), [Sage Hotel Wollongong](#) and [Novotel Wollongong Northbeach](#).

The accommodation special rates are only available when booking as part of the conference registration process online at <https://www.projectairstrategy.org>



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