



PROJECT AIR
A PERSONALITY DISORDERS STRATEGY

12th International Conference on the Treatment of Personality Disorders

NEW WAYS OF WORKING WITH ANTISOCIAL PERSONALITIES AND EARLY INTERVENTION

Conference: Friday 2 November 2018
Workshop: Saturday 3 November 2018

9.00am – 4.00pm University of Wollongong NSW Australia

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 invite you to the 12th International Conference on the Treatment of Personality Disorders. The theme "New ways of working with antisocial personalities and early intervention" provides a unique opportunity to be updated with the latest research in Australia and internationally. 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.

The FRIDAY CONFERENCE will feature a number of national and international presentations on developments in the field of personality disorders treatment. Keynote speaker, **Professor Anthony Bateman** (UK), will present on "**Working with antisocial personality disorder: what research and clinical experience teaches us**".

Professor Bateman discusses "*People with antisocial personality disorder (ASPD) find it hard to change and clinicians find it equally hard to help them change. A brief summary will be given of some of the evidence base for treatment of ASPD. Research so far has not led to clear recommendations for treatment. So the disorder remains a significant problem for the individuals themselves and for society. Our current research using Mentalisation Based Treatment (MBT), delivered to people with ASPD at the interface between health and the criminal justice system, has exposed a range of challenges for clinicians – how to a) decide on the structure of treatment, for example individual or group treatment; b) develop an alliance infused with optimism and trust; c) increase motivation to change without being coercive; d) manage comorbidity such as drug abuse and alcohol misuse; e) work with risk within a multi-agency system. More significantly the clinician has to maintain focus and agree boundaries and manage his or her own counter-relational feelings that interfere with treatment. All these issues will be discussed.*"

Another Keynote speaker, **Dr Steve Gillard** (UK) will present on "**Peer work – roles, research and methodology**".

There will be a number of other speakers throughout the conference talking about research, service developments and innovative approaches to treatment and early intervention.

The **SATURDAY WORKSHOP** is presented by **Professor Anthony Bateman** (UK) for clinicians and health professionals and is an opportunity to learn from a distinguished researcher and clinical psychologist in a workshop titled: ***Mentalisation Based Therapy for antisocial personality disorder: clinical dilemmas and recommendations.***

Invitation to present at the conference:

Due date: 1 August 2018. We invite brief presentations and posters to update on research, new innovations and treatment extensions within personality disorder services (e.g. model, structure, implementation, and evaluation), or presentations on another issue relevant to personality disorders. Presentations are informal and will be time limited to approximately 15-30 minutes depending on the schedule. You will be informed prior to the conference about your presentation and the duration. Depending on time constraints, not all applications to present may be allocated in the program, and some may be requested to prepare posters. Poster size should be approximately 80 cm across x 100cm high.



Please specify: Presentation Type /Brief Oral Presentation/ Poster / Both Brief Oral Presentation & Poster; Presenter and presenters affiliation. Title of presentation. Short description/abstract (max 150 words). Email your presentation proposal to info-projectair@uow.edu.au



Professor Anthony Bateman MA, FRCPsych is Consultant to the Anna Freud Centre, London; Visiting Professor University College, London; Honorary Professor in Psychotherapy University of Copenhagen.

Professor Bateman developed mentalisation based treatment for borderline personality disorder with Professor Peter Fonagy and studied its effectiveness in research trials. Adapted versions are now being used in multi-centre trials for antisocial personality disorder, eating disorders, and drug addiction. He was an expert member of National Institute for Clinical Excellence (NICE) development group for treatment guidelines for Borderline Personality Disorder in UK and was Chair of the National Guideline Development Group for Eating Disorders. His NHS clinical services are recognised by the Department of

Health as a national demonstration site for the treatment of personality disorder. He was President of the European Society for the Study of Personality Disorders (ESSPD) from 2012-2015.

He received a senior scientist award from British and Irish group for the Study of Personality Disorder in 2012 and in 2015 the annual award for "Achievement in the Field of Severe Personality Disorders" from the BPDR in the USA.

He has authored 14 books including Psychotherapy for Borderline Personality Disorder: mentalization based treatment and Mentalization Based Treatment for Personality Disorder: a practical guide (2016) (with Peter Fonagy), numerous book chapters, and over 150 peer reviewed research articles on personality disorder and the use of psychotherapy in psychiatric practice.

Dr Steve Gillard is Reader in Social and Community Mental Health in the Population Health Research Institute at St George's, University of London. His current research focuses on the increasing role played by people with lived experience of mental health problems in producing the support that they make use of - the development of more distributed forms of mental health care - including the introduction of new Peer Worker roles into mental health services.

His research is underpinned by standpoint epistemology and co-production approaches to research; working alongside researchers with lived experience to critique and strengthen, methodologically, the way in which we produce knowledge about mental health.



“Mentalisation Based Therapy for antisocial personality disorder: clinical dilemmas and recommendations”.

Professor Anthony Bateman: Saturday one-day workshop

Overview:

The diagnostic descriptors of antisocial personality disorder (ASPD) include failing to conform to social norms with respect to lawful behaviours, deceitfulness, impulsivity or failure to plan ahead, irritability and aggressiveness, reckless disregard for safety of self or other, consistent irresponsibility, and lack of remorse. We reconceptualised these symptoms as arising from a failure in balanced mentalising, in which some aspects of mentalising are over used whilst others are under-used, with the aim of developing more effective treatment (Bateman & Fonagy, 2011; Bateman, Fonagy, & Bolton, 2013); no treatment has yet been shown to be effective in these individuals.

Mentalising is the process by which we implicitly and explicitly interpret the actions of ourselves and others as meaningful on the basis of intentional mental states. We mentalise interactively and emotionally when with others. Mentalising processes facilitate effective social and interpersonal understanding and interaction and lead to self-awareness and other awareness (Fonagy, Luyten, & Bateman, 2015), all of which are compromised in people with ASPD (Bateman & Fonagy, 2008).

MBT interventions, originally organised as for BPD (Bateman & Fonagy, 2016) and for young people who self-harm (Rossouw & Fonagy, 2012), have now been adapted for the treatment of people with ASPD and conduct disorder (Bateman, O'Connell, Lorenzini, Gardner, & Fonagy, 2016) in accordance with this reconceptualisation. The aim of treatment is to address the specific mentalising difficulties of people with ASPD. In this workshop the mentalising framework for understanding ASPD will be described and the treatment intervention will be outlined using illustrative clinical examples and video.

Mentalisation based treatment for ASPD integrates cognitive and relational components of therapy and has a theoretical basis in attachment theory.

Key interventions for clinicians to address these problems of ASPD will be discussed.

By the end of this workshop the participants will be able to:

In clients with antisocial personality disorder (ASPD)

1. Understand the mental processes leading to violence and other behaviours
2. Demonstrate an understanding of the mentalising problems relevant to treatment
3. Recognise mentalizing and non-mentalizing interventions
4. Use some basic mentalising techniques in everyday clinical work

Bateman, A., Bolton, R., & Fonagy, P. (2013). Antisocial Personality Disorder: a mentalizing framework. *Focus: Journal of Lifelong Learning in Psychiatry*, *XI*, 1-9.

Bateman, A., & Fonagy, P. (2008). Comorbid antisocial and borderline personality disorders: mentalization based treatment. *Journal of Clinical Psychology: in session*, *64*, 1-14.

Bateman, A., & Fonagy, P. (2011). Antisocial Personality Disorder. In A. Bateman & P. Fonagy (Eds.), *Mentalizing in Mental Health Practice* (pp. 357-378). Washington: APPI.

Bateman, A., & Fonagy, P. (2016). *Mentalization based treatment for personality disorders: a practical guide*. Oxford: Oxford University Press.

Bateman, A., Fonagy, P., & Bolton, R. (2013). Antisocial Personality Disorder: A Mentalizing Framework. *Focus: Journal of Lifelong Learning in Psychiatry*.

Bateman, A., O'Connell, J., Lorenzini, N., Gardner, T., & Fonagy, P. (2016). A randomised controlled trial of Mentalization-Based Treatment versus Structured Clinical Management for patients with comorbid borderline personality disorder and antisocial personality disorder. *BMC Psychiatry*, *304*, 304-311.

Fonagy, P., Luyten, P., & Bateman, A. (2015). Translation: mentalizing as a treatment target in borderline personality disorder. *Personality Disorders: Theory, Research, and Treatment*, *6*, 380-392.

Rossouw, T., & Fonagy, P. (2012). Mentalization-Based Treatment for Self-Harm in Adolescents: a randomized controlled trial. *Journal of American Academy of Child and Adolescent Psychiatry*, *51*, 1304-1313.

Conference Location

The conference 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.

Conference venue - The conference 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

Please consult Tourism Wollongong for further advice at www.visitwollongong.com.au

Registration:

Registration is online only with credit card (Visa or MasterCard) at projectairstrategy.org

Please note 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. If your employer is likely to be slow in making a payment, the safest way to secure a place at the conference is to pay for it yourself and then request a refund from your employer.

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

General enquiries email: info-projectair@uow.edu.au
Phone: (02) 42981571

Early Bird Registration if paid by 21 September 2018

\$150 Conference Day 1
\$180 Workshop Day 2
\$305 Conference Day 1 & Workshop Day 2

Standard Registration

\$170 Conference Day 1
\$200 Workshop Day 2
\$345 Conference Day1 & Workshop Day 2

Student Registration

\$75 Conference Day 1
\$90 Workshop Day 2
\$140 Conference Day 1 & Workshop Day 2
Students must email their student ID card or enrolment record to info-projectair@uow.edu.au.

All prices inclusive of GST

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>



Consumer and Carer Day - Preconference on Thursday 1 November

Consumer and Carer Day - Preconference on Thursday 1 November

Please note: There will be a one day Consumer and Carer event on the day before the conference hosted by Project Air Strategy, the Australian BPD Foundation NSW Branch, Mental Health Carers NSW and Being NSW.



The theme for the Consumer and Carer day will be **'Recovery'** where stories from people with lived experience and family and carers will be shared. Attendees will also have opportunity to hear about the latest research in the recovery space and will have the opportunity to voice their views on central to the treatment of personality disorders.

Registration for this day is separate and is [here](#)



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