



Parenting with Personality Disorder and Complex Mental Health Issues

One day clinical skills workshop for clinicians working with parents with complex mental health issues (including personality disorder and trauma history) and difficulties with affect, identity and relationships

John Bowlby remarked

“if a community values its children it must cherish their parents”



Project Air Strategy is pleased to present this manualised program in a one-day clinical workshop designed for clinicians working with people who have complex mental health issues (including personality disorder and trauma history) and difficulties with affect, identity and relationships, who are also parents.

The flexible intervention package can be easily “added in” to existing treatments (e.g. individual therapy, DBT groups) as it provides additional practical skills to assist people struggling with the stresses of parenting, whilst also reinforcing recovery from complex mental health issues. The Parenting with Personality Disorder intervention has a strong child attachment focus in that it is also aimed at reducing the impact of complex mental health issues on children, and thereby reducing the risk of the transgenerational transmission of mental health problems.

Participants attending this workshop will:

- Learn to identify the prevalent struggles that people with complex mental health issues face in their parenting role
- Develop skills to assist clients with complex mental health issues to address common challenges that arise in their parenting role
- Understand the content of the Parenting with Personality Disorder intervention and its associated resources
- Develop skills to structure and implement the sessions of the Parenting with Personality Disorder intervention.

Key intervention skills include:

- Engaging the parent to reinforce safety for all: Building a collaborative relationship regarding parenting; delivering key parenting messages; and completing a Family Crisis Care Plan to support child protection and family safety.
- Improving relationships: Reflecting on the relationship between the parent and child, skills for mindful parenting and understanding emotions, using specific types of play.
- Improving communication and striving to separate parenting from complex mental health issues:
 - Skills in talking to children about complex mental health issues, protecting children from complex mental health symptoms;
 - Setting firm but fair limits to reinforce safety and security;
 - Reinforcing the importance of treatment for complex mental health issues and self-care and self-compassion in parenting.

Note: this workshop presents new material in a revised 2018 clinical manual updated from the original 2015 manual.

PRESENTERS



PROFESSOR BRIN GRENYER

(University of Wollongong, Australia) is a clinical psychologist who has worked extensively in developmental psychology and psychotherapy research, including attachment and infant mental health, parenting and integrated treatments for personality disorders and complex trauma. He is Director of the Project Air Strategy for Personality Disorders, and Director of Professional and Clinical Psychology Training, University of Wollongong Australia.



DR ELY MARCEAU

(University of Wollongong, Australia) is Clinical Coordinator and Research Fellow at the Project Air Strategy for Personality Disorders. She is a clinical psychologist with experience working with personality disorder and other complex clients in child, adolescent and adult contexts. Her research interests include psychotherapy research, attachment conflicts and neurobiological and neuropsychological factors in the treatment of personality disorders.



Ms KAYLA STEELE

(University of Wollongong, Australia) is a Clinical PhD Scholar and a Research Assistant at Project Air Strategy for Personality Disorders. She has experience in community treatment programs and interventions. She is currently completing a clinical PhD on parenting with personality disorder.

Consult readings, resources and videos on the intervention here: www.projectairstrategy.org.

McCarthy, K. L., Lewis, K. L., Bourke, M. E., & Grenyer B. F. S. (2016). A new intervention for people with borderline personality disorder who are also parents: A pilot study of clinician acceptability. *Borderline Personality Disorder and Emotion Dysregulation*, 3(10). DOI 10.1186/s40479-016-0044-2

Gray, A. S., Townsend, M. L., Bourke, M. E., Grenyer B. F. S. (2018). Effectiveness of a brief parenting intervention for people with borderline personality disorder: a 12-month follow-up study of clinician implementation in practice. *Advances in Mental Health*. <https://doi.org/10.1080/18387357.2018.1464887>

McCarthy, K., Jarman, H., Bourke, M. & Grenyer, B. F. S. (2015). *Project Air Strategy for Personality Disorders - Parenting with personality disorder intervention: a manual for health professionals*. Wollongong, Australia: University of Wollongong.

This intervention won first prize at the 4th European Society for the Study of Personality Disorders - Citation: "Integrating this intervention into current treatment programs will protect children and contribute to the prevention of intergenerational transmission of the disorder." Vienna, September 2016.

Registration

When: Friday 12th October 2018, 9am - 4pm

Designed for: Staff in mental health and community or non-government settings working with people with complex mental health issues (including personality disorder and trauma history) and difficulties with affect, identity and relationships, who are also parents.

Cost: \$175 per person (includes morning tea, lunch and afternoon tea)

(Please note: there are no concession rates as this is a flat discounted rate to recover costs for the one-day training)

Registration: 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)

Enquiries: 02 4298 1571 or via info-projectair@uow.edu.au

Location: Cliftons, Level 13, 60 Margaret Street, Sydney

(Parking is limited however the venue is an easy walk from Wynyard Station.)

The Project Air Strategy (www.projectairstrategy.org) provides resources, research, training, and consultation to health services in relation to the treatment of personality disorders. In conjunction with NSW Ministry of Health, Project Air Strategy has developed resources for mental health workers to utilise in their work with people with personality disorder who are also parents.

