

## HOW TO: MANAGE CHRONIC SUICIDE RISK AND SELF-HARM IN *BORDERLINE PERSONALITY DISORDER*

Clients with Borderline Personality Disorder (BPD), or traits are often chronically suicidal and use self-harm to regulate their emotional world. Working therapeutically with these presentations requires the clinician to assess and manage the risk differently.

This workshop will provide learning in:

- understanding the difference between chronic and acute suicide risk
- the functions of self-harm
- the different method of risk assessment used with chronic suicidality
- talking with the at-risk borderline client and managing the dynamics in the room
- knowing and observing our own emotional responses and counter-transference
- making management decisions about risk in this population, and documenting this
- common systemic dynamics that occur between professionals when faced with risk in borderline personality disorder, and how to navigate these issues.



**Trainer:** Ms Kelly Watt-McMahon

Kelly is a consulting clinical psychologist, with over 20 years' experience in clinical psychology, psychotherapy, assessment and consultation. She has experience working with adults, older adolescents, couples and families, presenting with a wide range of psychological problems. Kelly is also a specialist in personality disorder and high-risk presentations.

**Date:** Wednesday 22<sup>nd</sup> August 2018 – working professional session

Monday 10<sup>th</sup> September 2018 – student session

**Time:** 9am to 4pm

**Location:** 391- 393 Tooronga Road, Hawthorn East, VIC 3123

**Room:** Teaching Room 1

**Cost:** \$300 participant

\$200 Cairnmillar Alumni or External Student

\$30 for Cairnmillar Students

Places are **limited**. To book your place please submit an enrolment form through <https://www.cairnmillar.edu.au/short-courses/> or email [shortcourses@cairnmillar.edu.au](mailto:shortcourses@cairnmillar.edu.au) .