



Family Connections



Family Connections Leaders Two Day Training in Auckland

(This will give participants an understanding of the Family Connections programme and practical skills to deliver the education to whānau)

Date: Thursday 25 March – Friday 26 March 2021 (9:00am-4:30pm)

Venue: Liggins Theatre, Level 1, Building 16, Greenlane Clinical Centre, Epsom, Auckland

Trainers: Dr Tessa Brudevold-Iversen and Dr Maria Sampson

Total Cost: \$150 for the 2-day training

(Covers morning and afternoon teas, lunch, training materials, registration)

NB: Whānau members are not required to pay. Their costs are subsidised by other attendees.

What is Family Connections?

- Family Connections (FC) is an evidence-based, manualised free programme for whānau members of people who experience very strong, hard to control emotions and/or have been diagnosed with (Borderline Personality Disorder) BPD. People who experience this are at higher risk of suicide.
- This 12 week course, developed by Dr Alan Fruzzetti and Dr Perry Hoffman provides education on the experience of BPD, skills training based on Dialectic Behavioural Therapy (DBT) and gives whānau an opportunity to share experiences and develop a support network.
- It is co-ordinated by NEA BPD (National Education Alliance for Borderline Personality Disorder) <https://www.borderlinepersonalitydisorder.org/> and free programmes are currently delivered in NZ by trained Family Connections Leaders (see NZ FC website <http://familyconnections.org.nz/>)

Why does your area/service need to provide a Family Connections programme?

- The **Mental Health and Addictions Inquiry** report identified the importance of whānau having access to support and education. **‘Every Life Matters’ the NZ Suicide Prevention Action Plan 2019-2024** promotes programmes that support whānau and community to respond to those who self-harm with compassion and understanding.

Who can attend Family Connections Leaders training?

- **Staff who are committed to co-facilitating a 12 week FC group for whānau in their local area** and have **the support and approval of their service manager to do so**. It is recommended they attend with at least one other colleague from the service. Prior knowledge of DBT skills is an advantage though not a prerequisite.

- **Whānau members who have completed a 12 week Family Connections group in last 2 years** and have endorsement from their FC group facilitator to co-facilitate future FC groups.

Who will provide the training?

Dr Tessa Brudevold-Iversen is a clinical psychologist who specialises in DBT for adolescents and has more recently been involved in treatment development of DBT for eating disorders. She was a co-researcher on a treatment development project utilising DBT to treat adolescents with eating disorders and emotional dysregulation and provides DBT trainings for mental health services, NGOs, and universities. She is also part of training team at DBTNZ. Tessa facilitates Family Connections groups and has been involved in this since it first started in New Zealand. She did DBT-specific post-doctoral study in Seattle, Washington, USA working with Marsha Linehan and other Behavioral Tech clinicians. Tessa provides DBT supervision and consultation to both individual clinicians and teams and is a DBT-Linehan Board of Certification Certified Clinician.

Dr Maria Sampson is a clinical psychologist who specialises in DBT for adults within a busy central specialist adult mental health service where she provides all modalities of the treatment. Her research has focused on the effects of adverse experiences on mental health and clinical assessment practices. She has been facilitating Family Connections groups since 2015 and she provides DBT supervision and consultation. She has also been involved in developing innovative group interventions for psychosis and adaptations of DBT skills group curriculums for the DHB.

What will you get from attending the Family Connection Leaders training?

- A certificate that will enable you to deliver FC groups alongside an experienced FC group leader.
- Access to resources on the international NEABPD website as a FC Leader.
- As a FC group leader you will be involved in facilitating positive change for whānau with flow-on positive effects for the person who experiences hard to control emotions and their relationships.

How do I register my intention to attend the 2 day training so that I can co-facilitate a group in 2021 and beyond?

The NZ National Committee for Family Connections is currently taking expressions of interest from DHB and NGO family support staff alongside whānau who have completed a Family Connections group. Payment details will be confirmed by end of February 2021.

Unfortunately due to venue restraints we are restricting to 60 participants.

- Please fill out the Expression of Interest Form by Feb 25th 2021 available on the NZ FC website. <http://familyconnections.org.nz/>

Any queries please email Leigh Murray lmurray@adhb.govt.nz