



Online Personality Disorder and Complex Trauma ECHO Sessions 2025

Monthly on Wednesdays 12.00 - 1.00 PM (AEST/AEDT)

The Personality Disorder and Complex Trauma ECHO is a community of practice of healthcare professionals ranging in expertise and who have a common purpose to improve the well-being of people with personality disorder and complex trauma. Each session begins with a presentation from a Spectrum or an affiliated expert on a specific topic, followed by an in-depth case consultation. There are opportunities for attendees to ask questions and provide recommendations on the case study which is presented by one of the attendees.

Using a real-time online format, attendees will be able to:

- Learn new approaches and skills
- Participate in in-depth case consultation
- Receive feedback and recommendations
- Provide expertise to a community of colleagues
- Earn CPD points (self-managed)
- Have fun!

Who should attend? Any healthcare professional in private or public services.

Cost: Free



Date	Topic	Presenter
12 February 2025	Why do I feel this way? Countertransference	A/Prof Sathya Rao
12 March 2025	Assessing Attachment Styles	A/Prof Jo Beatson
2 April 2025	Walking on Eggshells: Understanding the Nature of Coercive Control	Dr Manjula O'Connor
14 May 2025	Therapeutic Groups in Forensic Settings	Marianne Weddell
11 June 2025	BPD: Busting myths and breaking the stigma	Rita Brown
2 July 2025	Young people with BPD: Challenges in engagement and treatment	Dr Samantha Tabak
13 August 2025	Self-compassion	Fiona Donald
10 September 2025	From Loneliness Towards Connection	Andy Bouwman
8 October 2025	Men and BPD	A/Prof Jillian Broadbear
12 November 2025	Poly-vagal theory through a sensory lens	Cathryn Pilcher
10 December 2025	Check yourself before you wreck yourself (or the therapy)	Dr Julian Nesci

"Project ECHO is, without question, one of the most powerful and valuable Professional Development programs we have in Australia. In my opinion and experience, it is without rival as a learning tool."

"Helping workforces remain up to date with the most contemporary information and treatment."

"High-quality, accessible, free, professional development with the Spectrum experts!"

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