



Online Personality Disorder and Complex Trauma ECHO Sessions 2026

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)

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

Cost: Free



Date	Topic
4 February 2026	Marianne Weddell: Openness to vulnerability and exposure in trauma treatment
4 March 2026	Bronwen Coleman: How to tackle stigma of BPD amongst professionals in the workplace
1 April 2026	Karthika Kasiviswanathan: BPD and parenting
6 May 2026	Samantha Tabak: Working collaboratively across teams and services
3 June 2026	Turning Point Clinician: BPD and SUD
5 August 2026	Mithira Nithianandan: Admission - Are they really that bad?
2 September 2026	Jacqueline Munoz: How to provide information on DMP to a patient newly diagnosed with BPD
7 October 2026	Julian Nesci: Helping systems to reflect: Secondary consultation to support working with complexity
4 November 2026	Fiona Donald: When we feel that our boundaries are being pushed by clients or their families
2 December 2026	Tamika Carey: Acute crisis support

Please note that recording or AI transcription of the second half “case study section” of Project ECHO is strictly prohibited. If you require transcription for accessibility reasons please contact spectrumtraining@easternhealth.org.au

General enquiries or to submit a case: spectrumtraining@easternhealth.org.au

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