

Spectrum Annual Conference

From Risk to Recovery: Working with persistent suicidality in BPD and/or complex trauma

Friday 27th March 2026 9:00am - 4:30pm

Program



Time	MC	Title
8:15 - 9:00 am	Dr Mithira Nithianandan Acting Executive Clinical Director, Spectrum	Registration
9:00 - 9:05 am		Welcome, Acknowledgement of Country, and opening of conference Toni Gutschlag, Executive Director, Mental Health & Clinical Support, <i>Eastern Health</i>
9:05 - 9:10 am		Introduction Denis Hovic, Program Director, Statewide Services, <i>Eastern Health</i>
9:10 - 9:15 am		Recognition of Lived Experience - A poem recital Ruth Deane, Consumer Peer Worker, <i>Spectrum</i>
9:15 - 10:00 am		Keynote Speaker: Science and practice of suicide prevention in BPD Prof Brin Grenyer, President of ISSPD and Director of Project Air Strategy, <i>University of Wollongong</i>
10:00 - 10:45 am		Keynote Speaker: Research evidence in relation to suicide prevention in BPD - Australasia A/Prof Jillian Broadbear, Head of Research and Innovation, <i>Spectrum</i>
10:45 - 11:05 am		Keynote Speaker: Suicide prevention and clinical leadership A/Prof Sophie Adams, Office of the Chief Psychiatrist, <i>Victorian Department of Health</i>
11:05 - 11:30 am		Morning Tea
11:30 - 12:00 pm		Keynote Speaker: Risk and relationship - Open hearts in public mental health Dr Dom Baetens, Clinical Program Director of Mental Health and Addiction, <i>St Vincent's Hospital</i>
12:00 - 1:00 pm	Cathryn Pilcher Associate Clinical Director, Spectrum	Panel Discussion - Lived Experience 'How can healthcare providers and family/carers best support people with BPD during a suicidal crisis?' Panel Chair: A/Prof Sathya Rao, Executive Clinical Director, <i>Spectrum</i>
1:00 - 1:50 pm		Lunch
1:50 - 2:50 pm		Panel Discussion - Clinical 'What features are needed in an ideal mental health system to support best practice in suicide risk management for BPD?' Panel Chair: Kristen Stanner, Program Director Mental Health & Wellbeing, <i>Eastern Health</i>
2:50 - 3:05 pm		Treatment for people who experience persistent suicidal thoughts; utilising an MBT Framework Dr Julian Nesci, Senior Clinical Psychologist / Clinical Specialist, <i>Spectrum</i>
3:05 - 3:20 pm		Treatment for people who experience persistent suicidal thoughts; utilising a DBT Framework Marianne Weddell, Senior Clinical Psychologist / Clinical Specialist, <i>Spectrum</i>
3:20 - 3:50 pm		Afternoon Tea
3:50 - 4:10 pm		Working through risk to recovery in BPD - A reflection of Spectrum's experiences during the last 27 years A/Prof Sathya Rao, Executive Clinical Director, <i>Spectrum</i>
4:10 - 4:30 pm		Audience Q&A and Closing Address