

# Spectrum Annual Conference



Specialising in Personality Disorder  
and Complex Trauma



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

### About

For clinicians responding to BPD and complex trauma, working with suicide and self-injury can be especially confronting and challenging. That's why **Spectrum's 2026 conference** is focused on helping our attendees to develop the tools to save and change lives.

The event will bring together the real-world clinical insights, the latest evidence-based practice and lived experiences perspectives to explore how clinicians, families, and systems can best respond to severe and persistent suicidality in the context of borderline personality disorder (BPD) and complex trauma. Join us on Friday 27th March to discover how global research and local innovations in Australian healthcare settings are shaping effective interventions, including structured generalist treatments such as Good Psychiatric Management, Mentalization-Based Treatment (MBT) and Dialectical Behaviour Therapy (DBT).

### You will hear from keynote speakers including:

- Professor Brin Grenyer - President, International Society for Study of Personality Disorders and Director of Project Air Strategy at the University of Wollongong
- Associate Professor Jillian Broadbear - Head of Research and Innovation at Spectrum
- Associate Professor Sophie Adams - Victoria's Chief Psychiatrist.

By incorporating lived experience perspectives throughout, our conference will provide valuable insights into the approaches that are most helpful for people experiencing suicidality.

Attendees will leave with evidence-informed strategies, greater confidence, and a deeper understanding of how to support people and clients to transition from risk to recovery in this challenging area of mental health.

### Enquiries

**Phone:** (03) 8413 8750

**Email:** [spectrumtraining@easternhealth.org.au](mailto:spectrumtraining@easternhealth.org.au)

### Date and time

**Friday 27<sup>th</sup> March 2026**

**9.00 AM- 4.30 PM**

### Accreditation and CPD Points

This event has been accredited with CPD Educational activity/hours with the following Professional Colleges:

- RANZCP
- RANZGP
- ACMHN
- ACRRM

### Location

**In-person:** Clarendon Auditorium, Melbourne Convention and Exhibition Centre, 1 Convention Centre Place, South Wharf

**Lunch, morning and afternoon tea will be provided.**

**Online:** A link will be sent to your registered email address a few days before the event.



### Registration and program

Scan the QR code to view the full program and register

### Price

#### General Admission Rates

In-person: \$480

Online: \$300