



Training Calendar

Spectrum's education and training team is dedicated to offering a range of programs that provide the knowledge, skills and support to deliver best-practice treatment and care. We offer comprehensive professional development workshops, conferences, forums, webinars and community of practice sessions for the mental health workforce.

Some professional development workshop topics include:

- Foundation training for working with people with borderline personality disorder (BPD) in non-clinical settings
- BPD Core Competency workshop
- Dialectical Behavioural Therapy for BPD
- Mentalization-Based Treatment for BPD
- Working with crises associated with BPD
- Working with young people with complex needs

Spectrum also runs programs that provide information and support for families, friends and carers, as well as psychoeducation and wellbeing sessions for people with lived experience of personality disorder and/or complex trauma.



Mailing list



Event page



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