



# Severe Emotion Dysregulation

## *Bridging the Divide*

### *Training for Mental Health Professionals*



Our understanding of, and treatment for, people with emotion regulation issues has dramatically changed over the last 15 years, especially for those that are on the more severe side of the spectrum, often diagnosed with **Borderline Personality Disorder (BPD)**.

For the longest time, this disorder was thought to be "incurable". However, extensive scientific research has given us insight into treatment options that do make a difference in the lives of people that are struggling with these problems.

#### The main themes covered:

- A theoretical overview of the development of personality disorders
- Classification of BPD
- Understanding the developmental pathways of BPD
- Principles and interventions in supporting people with severe emotion dysregulation/ BPD that will be helpful in all different sorts of services

The aim of this training is that participants will be better able to recognise and understand the problems of people diagnosed with BPD. Although supporting people with severe emotion regulation problems/BPD can be a challenge, participants will hopefully find they have acquired some basic tools to feel more confident in supporting these people.

The training is delivered by Dr. Josette Wulffaert, Clinical Psychologist/PhD who has over 18 years experience in psychotherapy. She has worked at a renowned, specialised unit for people diagnosed with BPD in the Netherlands where she was an individual and group therapist and team supervisor.

#### Workshop Details:

**Time:** 9.00am - 3.00pm (with morning tea and lunch breaks)

**Cost:** \$2,700 + gst

Plus travel cost charged at \$0.95c per km from Golden Sands, Pāpāmoa. If you are within a 20km radius of Golden Sands, there is no travel fee.

**Contact Josette:** Please phone or email to book or contact Josette for more information.