

# AirNotes

ISSUE 9  
2018

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## 12th International Treatment of Personality Disorders Conference has the theme “New ways of working with antisocial personalities and early intervention”

and will be held on Friday 2nd November 2018 in the beautiful surrounds of the University of Wollongong, one hour south of central Sydney Australia on the coast with spectacular pristine beaches and breathtaking mountains. There is also a pre-conference Consumer and Carer day on Thursday, and an all day clinical workshop on Saturday.

The NSW Minister for Mental Health, Hon Tanya Davies MP will open the conference that features innovative work in personality disorder and complex trauma with a special theme on hard to reach young people with conduct and antisocial disorders. There will be a wide range of international presentations.

Professor Anthony Bateman (University College London UK) provides a keynote on “Working with antisocial personality disorder: what research and clinical experience teaches us”.

Other presentations are planned to include:

Mahlie Jewell and a Consumer Advocate (Sydney) ‘Redefining recovery’  
Martin Selbom (U Otago, New Zealand) ‘Antisocial personality disorder/psychopathy in DSM-5, contrasting the traditional categorical model and the alternative model operationalisations’

Silvio Bellino & Paola Bozzatello (U Turin, Italy) ‘Interpersonal therapy adapted to borderline personality disorder: contributions to research in clinics and brain imaging’

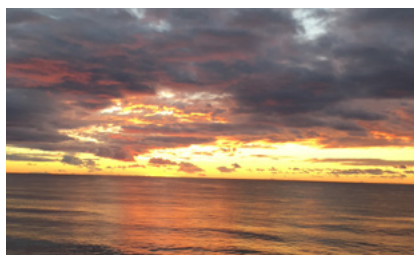
Katherine Compitus (U New York and Cornell, USA) ‘Animal assisted attachment therapy as an adjunct to Dialectical Behaviour Therapy in the treatment of Borderline Personality Disorder’

Gwenyth Francis (Sydney) ‘Dys-regulation; A therapeutic impasse management for non-responders working relationally and trauma informed with individuals with anti-social personality disorder’

Saturday clinical workshop: Professor Bateman will also present a one-day program on ‘Mentalisation Based Therapy for antisocial personality disorder: clinical dilemmas and recommendations’. The workshop will give an overview of the mental processes leading to violence and other behaviours, the mentalising problems relevant to treatment, mentalizing and non-mentalising interventions, and the use of basic mentalising techniques in everyday clinical work. ●



Details [www.projectairstrategy.org](http://www.projectairstrategy.org)



[http://twitter.com/Project\\_Air](http://twitter.com/Project_Air)

<http://www.facebook.com/pages/Project-Air-Strategy/207832305897441>



## Anthony Bateman is presenting a keynote and workshop at the 12th International Treatment of Personality Disorders conference.



**Society portrays people with antisocial personality disorder (ASPD) as failing to conform to social norms, lacking remorse for actions against others, and showing persistent aggressive and controlling attitudes for which they are punished.**

Contrariwise people with ASPD feel disrespected, misunderstood, victimized, and ill-treated. There is a mismatch between how they feel and think and how others feel and think about them. The person is trapped within a socially toxic world.

People with antisocial personality disorder (ASPD) find it hard to change and clinicians find it equally hard to help them change. Democratic therapeutic communities were originally the main stay of treatment in prisons and the criminal justice system but any improvements in behaviours were not easily transferred to community living. A brief summary will be given of some of the evidence base for treatment of ASPD. Research so far has not led to clear recommendations for treatment. So, the disorder remains a significant problem for the individuals themselves and for society.

Our current research using Mentalization Based Treatment (MBT), delivered to people with ASPD at the interface between health and the criminal justice system, has exposed a range of challenges for clinicians – how to a) decide on the structure of treatment, for example individual or group treatment; b) develop an alliance infused with optimism and trust; c) increase motivation to change without being coercive; d) manage comorbidity such as drug abuse and alcohol misuse; e) work with risk within a multi-agency system. More significantly the clinician has to maintain focus and agree boundaries and manage his or her own counter-relational feelings that interfere with treatment.

Professor Bateman is Consultant to the Anna Freud Centre, London; Visiting Professor University College, London; Honorary Professor in Psychotherapy University of Copenhagen. He developed mentalisation based treatment for borderline personality disorder with Professor Peter Fonagy and studied its effectiveness in research trials. Adapted versions are now being used in multi-center trials for antisocial

personality disorder, eating disorders, and drug addiction. He has authored 14 books, numerous book chapters, and over 150 peer reviewed research articles on personality disorder and the use of psychotherapy in psychiatric practice. In 2012 he received a senior scientist award from British and Irish group for the Study of Personality Disorder and in 2015 the annual award for "Achievement in the Field of Severe Personality Disorders" from the BPDRC in the USA.

Bateman, A., Bolton, R., & Fonagy, P. (2013). Antisocial Personality Disorder: a mentalizing framework. *Focus: Journal of Lifelong Learning in Psychiatry*, XI, 1-9.

Bateman, A., & Fonagy, P. (2008). Comorbid antisocial and borderline personality disorders: mentalization based treatment. *Journal of Clinical Psychology: in session*, 64, 1-14.

Bateman, A., & Fonagy, P. (2011). Antisocial Personality Disorder. In A. Bateman & P. Fonagy (Eds.), *Mentalizing in Mental Health Practice* (pp. 357-378). Washington: APPI.

Bateman, A., & Fonagy, P. (2016). *Mentalization based treatment for personality disorders: a practical guide*. Oxford: Oxford University Press.

Bateman, A., Fonagy, P., & Bolton, R. (2013). Antisocial Personality Disorder: A Mentalizing Framework. *Focus: Journal of Lifelong Learning in Psychiatry*.

Bateman, A., O'Connell, J., Lorenzini, N., Gardner, T., & Fonagy, P. (2016). A randomised controlled trial of Mentalization-Based Treatment versus Structured Clinical Management for patients with comorbid borderline personality disorder and antisocial personality disorder. *BMC Psychiatry*, 304, 304-311.

Fonagy, P., Luyten, P., & Bateman, A. (2015). Translation: mentalizing as a treatment target in borderline personality disorder. *Personality Disorders: Theory, Research, and Treatment*, 6, 380-392.

Rossouw, T., & Fonagy, P. (2012). Mentalization-Based Treatment for Self-Harm in Adolescents: a randomized controlled trial. *Journal of American Academy of Child and Adolescent Psychiatry*, 51, 1304-1313 ●

## CONSUMER AND CARER DAY

**On Thursday 1 November will be a pre-conference Consumer and Carer Day with the theme 'Recovery' at the University of Wollongong Australia. The day will include lived experiences from consumers, family and carers as well as developments in peer work and recovery based programs.**

A Consumer Advocate (Sydney) will present on 'Finding healing in my own community through meaningful relationships and art therapy'

She is a national BPD advocate and recently featured on ABC Radio National 'All in the Mind' program with Lynne Malcolm.

She is a iradjuri woman with lived experience and mental health recovery advocate. She has been a peer worker in acute and community mental health settings, and

a peer educator. She is a strong believer that art is healing through symbols and images to transform trauma into meaning and self-empowerment, and is a Transpersonal Art Therapist. She is the Aboriginal representative on the NSW Consumer Subcommittee and the Deputy Chairperson on the NSW Peer Workforce Network Committee. She has completed DBT and specialises in BPD and complex PTSD advocacy. She is a qualified trainer and assessor and also has a Bachelor's degree in computer science.



Dr Steve Gillard (London UK) will present on 'Recovery – The power of lived experience and peer work'

Dr Gillard is Reader in Social and Community Mental Health in the Population Health Research Institute at St George's, University of London. His current research focuses on the increasing role played by people with lived

experience of mental health problems in producing the support that they make use of - the development of more distributed forms of mental health care - including the introduction of new Peer Worker roles into mental health services.

His research is underpinned by standpoint epistemology and co-production approaches to research; working alongside researchers with lived experience to critique and strengthen, methodologically, the way in which we produce knowledge about mental health.

Other presentations are planned to include:

Elise Carrotte, Sarah Coker & Michelle Blanchard (SANE Australia) "A lot of just uncertainty": A qualitative investigation into personality disorder treatment experiences in the Australian context.

Lee Davies (Cambridge NHS, UK) 'Springbank recovery festival: a celebration of borderline talent'

Peter McDermott and Jane Retalic (Sydney) 'Child and Youth Mental Health Service (CYMHS) Peer Workforce Development' ●

## Parliamentary Friends of Mental Health

Project Air Strategy visited Parliament House for the Parliamentary Friends of Mental Health earlier this year to present on work being done across New South Wales to improve services for people with personality disorder.



(L-R) with Julie Robotham (NSW Mental Health Commission), The Hon. Scott Farlow MLC, Professor Brin Grenyer (Project Air Strategy), Alister Henskens, and Kate Washington MP. Also in attendance, staff from the Minister for Mental Health (Tanya Davies MP) and Minister of Health offices, Anna Wood, Rev The Hon Fred Nile, The Hon Taylor Martin MLC, The Hon. Lou Amato MLC, Jodie Harrison MP, and The Hon. Paul Green MLC.



## PROJECT AIR STRATEGY CONTINUES TO IMPLEMENT NEW MODELS OF CARE IN HEALTH SERVICES

**Project Air Strategy in conjunction with Central Coast Local Health District was delighted to host a visit by NSW Minister for Mental Health, Hon Tanya Davies MP (Minister for Mental Health, Minister for Women, and Minister for Ageing) in July to Gosford Hospital to announce the extension of Project Air Strategy/NSW Health Project to 2022.**



Hon Tanya Davies and Professor Brin Grenyer, July 2018

The Project Air Strategy is a partnership between the NSW Ministry of Health, Local Health Districts, their partner organisations, and the Illawarra Health and Medical Research Institute at the University of Wollongong and supports the NSW Mental Health Commission's Living Well strategic plan.

The rollout of the strategy has included three key overlapping initiatives: training of NSW Health staff in evidence-based approaches to working with people with personality disorder, the development and support of stepped care clinics within local health districts, and the Air Academy - a state-wide initiative to support NSW Health staff involved treatment clinics. These three initiatives have been designed to increase the skill level of staff across different mental health settings within each district, increase accessibility and quality of care for individuals with personality disorder and their families and carers, and provide ongoing support to make this sustainable.

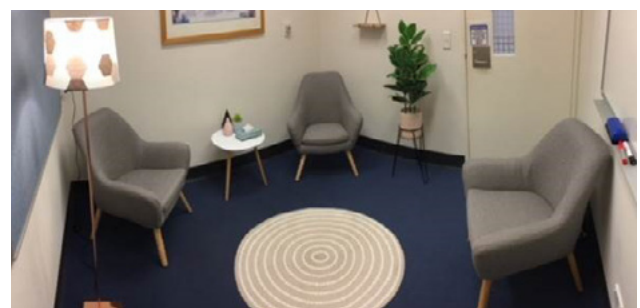
As at the end of June 2018, 17 stepped care clinics have been launched within adult and adolescent services across NSW and these will continue to grow as Project Air continues to be rolled out.

Minister for Mental Health Tanya Davies announced on 22 March 2018 an additional \$5.5 million over five years for the Project Air Strategy to ensure earlier diagnosis of personality disorders and help reduce time spent in hospital due to more tailored treatments. She stated "Adolescents, adults, and their families and friends, will have better access to mental health support for personality disorders through the expansion of specialised clinics and staff training across the State."

[Read the full Media Release here](#) ●

### Coffs Harbour "goes for Gold"

With the recent introduction of the project air stepped care model in the district, the Mid North Coast Local Health District gave one of its consultation rooms at Coffs Harbour a facelift to make it a space which is more inviting for clients arriving in distress. Client feedback has been that it is more homely, calmer, relaxed and less clinical. Congratulations to management and staff at Coffs Harbour Mental Health on the introduction of the new look and feel Gold Card Clinic space.



## WHAT IS THE PROJECT AIR ACADEMY?



**The Project Air Academy was established to connect and support coordinators of personality disorders stepped care clinics that provide more effective, timely and evidence based care for people with personality disorders and their families.**

NSW Chief Psychiatrist Dr Murray Wright recently opened the second Project Air Academy meeting at the Sydney Business School Circular Quay, on Friday 8th June 2018. Here is what he had to say.

"Welcome. I'm here as a representative of New South Wales Health, the senior clinical representative within the Ministry and with the Minister's Office. I can say with great confidence that we really notice the difference that has happened with the rollout of Project Air across the districts and we are very appreciative of the value that this Project has brought to our services. I think it is a really important initiative and it is transformative. A lot of things that we call transformative or innovative are not, they are just a re-packaging of something we already knew or that we ought to have been doing. But I think Project Air is actually a real model of translational research. So, all of us in the room and all of our services are actually part of the Project Air Strategy. The idea is that anyone who has a role in mental health, in our public sector services, or deals with people who have mental health issues, ought to know something about Project Air and personality disorders. It is all about getting better outcomes for the consumers who use our services, for their families, and for the communities that they live in. The formation of this Air Academy represents an important maturational point for the Project. People who suffer from personality disorder in our services have been either neglected or downright rejected from our system over many years, and in fact it was sometimes grounds for exclusion from services other than short begrudging crisis services. This Project has re-defined the boundaries of our services and our responsibilities.

The Air Academy is a "brains trust" of experts from the university and clinical leaders in the health districts. It is really important that the clinical leadership is here, because translational research does not happen if you have clinicians saying "That's all very well in terms of your literature and your research, but that's not actually going to help us; it doesn't match with the realities of what we're doing." It is absolutely critical that the clinical representatives, who are the main people that I represent, really engage in a forthright manner with this Project. We support stepped care. Stepped care for me is about identifying a particular person's needs through a careful assessment and careful negotiation with an individual, and helping to develop a plan with that

person which meets their actual needs. So, the goal is for there to be a better, smoother, and more effective journey for people accessing mental health care and I think Project Air gives us, not just the guidelines, but it gives us a framework to work within our resources and within our services. The Gold Card Brief Intervention Clinics play an important role in transitioning people from acute care services to longer properly planned and targeted services in the community. It is not just about saving money, it is about delivering better care. The evidence is that if we do this properly, we reduce the instances of people requiring our emergency services, and we also reduce the incidence of all the comorbidities that occur to people who have an unmanaged mental health problem in their teens and twenties.

It gives me some pleasure to note that my previous job was as the Director of Mental Health at South- Eastern Sydney and when I started in that job in February 2012, one of the first clinical council meetings that I had was an introduction to Brin Grenyer and the initial roll out of Project Air. So, I saw first-hand as I was settling into that role what a huge difference it made from my perspective to the confidence of the clinicians. And I think that is really important, as a lot of what was previously bad practice was out of fear, ignorance, and stigma. I watched it give confidence to the clinicians and I watched that then spread over to the emergency departments and actually change the way in which people engage with consumers in crisis.

Project Air is actually quite a cultural influence in emergency environments, and it is also pleasing to see that it is being picked up in Justice Health, in our Drug and Alcohol services, the non-government sector and also into our schools to help people to have the skills earlier. This is what it means to be a whole government and a whole of community approach. You have all become ambassadors for Project Air, I congratulate you for your interest, and wish you well for a productive second meeting of the Air Academy. Thankyou."

Read more about the Academy: <https://www.projectairstrategy.org/academy/index.html> ●



NSW Clinic co-ordinators at the 2nd Air Academy meeting

# NATIONAL AND INTERNATIONAL COMMUNICATIONS

Over the past year the Project Air Strategy team has helped to spread the hopeful messages about early intervention, treatability and recovery of personality disorders.



Professor Grenyer talks to host Lynne Malcolm

- **Call for personality disorder to be a mental health priority area**

Grenyer, B.F.S., Ng, F.Y.Y., Townsend, M.L., Rao, S. (2017). Personality disorder: A mental health priority area. Australian and New Zealand Journal of Psychiatry. <https://doi.org/10.1177/0004867417717798>

- **National webinars on personality disorder and substance use, and narcissistic personality disorder available for viewing**

Personality Disorders and Substance Use: Tips on Effective Treatment Approaches - an interdisciplinary panel discussion about how collaborative mental health care can help people with a personality disorder who are struggling with substance use.

Collaborative Mental Health Care and the Narcissistic Personality - an interdisciplinary panel explores the importance of collaborative mental health care for people affected by narcissistic personality disorder.

<https://www.projectairstrategy.org/conferencesandevents/UOW244876.html>

- **Radio National "All in the Mind" personality disorder programs available as podcasts.**

A two part segment on Borderline Personality Disorder (BPD) was aired to raise awareness surrounding the disorder in February 2018. Mahlie Jewell spoke about her lived experiences getting help and her perspective on the recovery journey. A consumer advocate and her mother presented on their lived experience and their mother-daughter relationship and how it was so important in the recovery journey. The program was an initiative of BPD Awareness Week and included clinical and research perspectives from Spectrum Victoria and Project Air.

<http://www.abc.net.au/radionational/programs/allinthemind/borderline-personality-disorder-stigma-to-strength/9442968>

<http://www.abc.net.au/radionational/programs/allinthemind/bpd-and-healing-relationships/9466788>

- **Queensland** - Project Air Strategy has been consulting on a system wide stepped care approach to improving programs for people seeking services from the Gold Coast Health and Hospital Mental Health Service. It also will be presenting at the BPD Foundation's Annual Conference held this year in Brisbane.

- **Western Australia** - Project Air Strategy has been consulting local health services with the support of the WA Commissioner for Mental Health.

- **Victoria** - Project Air is consulting with Bendigo health service around their stepped care program

- **Heidelberg** - Project Air's Team presented a symposium at the International Society for the Study of Personality Disorders, Germany

- **New York** - Project Air's Dr Ely Marceau presented on biomarker correlates of psychotherapy for borderline personality disorder at Society of Biological Psychiatry Annual Meeting, USA

- **Atlanta** - Project Air's Elizabeth Huxley presented on the impact of social norms, celebrity culture, and technology on pathological narcissism at the Annual Society for Personality and Social Psychology Annual Convention, USA

- **Nottingham** - Project Air's Fiona Ng presented on 'What goals do individuals with borderline personality disorder have for treatment and recovery' at the Refocus on Recovery Conference in Nottingham, England.

- **Malaysia** - Project Air's Arina Baharin has continued her work on implementing a modified Dialectical Behaviour Therapy program for self-harming youth in the correctional setting.



## Examples of recent research from the Project Air Strategy team

Grenyer, B.F.S., Bailey, R., Lewis, K.L., Matthias, M., Garrety, T., Bickerton, A. (2018) A randomised controlled trial of group psychoeducation for carers of persons with borderline personality disorder. *Journal of Personality Disorders* Mar 5:1-15. doi: 10.1521/pedi\_2018\_32\_340. [https://guilfordjournals.com/doi/10.1521/pedi\\_2018\\_32\\_340](https://guilfordjournals.com/doi/10.1521/pedi_2018_32_340)

Grenyer BFS (2018) Revising the diagnosis of personality disorder: Can it be single, clinical and factorial? *Australian and New Zealand Journal of Psychiatry* 52(2): 202-203. doi: 10.1177/0004867417741984. Epub 2017 Nov 16. <http://journals.sagepub.com/doi/full/10.1177/0004867417741984>

Gray AS, Townsend ML, Bourke ME, Grenyer BFS (2018). Effectiveness of a brief parenting intervention for people with borderline personality disorder: a 12-month follow-up study of clinician implementation in practice. *Advances in Mental Health*. <https://doi.org/10.1080/18387357.2018.1464887>

Ronningstam E.F., Keng S-L., Ridolfi M.E., Arbabi M., Grenyer B.F.S. (2018). Cultural aspects in symptomatology, assessment and treatment of personality disorders. *Current Psychiatry Reports*. 20:22 <https://doi.org/10.1007/s11920-018-0889-8>

McWilliams N, Grenyer BFS, Shedler J (2018) Personality in PDM-2: Controversial Issues. *Psychoanalytic Psychology*, 2018, Vol. 35, No. 3, 299–305 <http://dx.doi.org/10.1037/pap0000198>.

Grenyer, B.F.S. (2018). Integrating trauma-informed care for personality disorders: The Project Air Strategy. In: Benjamin R, Haliburn J and King S (Eds) *Humanising Mental Health Care in Australia - Introducing a Trauma-informed Approach*. Routledge (in press)

Meuldijk D, McCarthy A, Bourke ME, Grenyer BFS (2017) The value of psychological treatment for borderline personality disorder: Systematic review and cost offset analysis of economic evaluations. *PLoS ONE* 12(3): e0171592.

Bourke, MB, Grenyer BFS. (2017). Therapists' metacognitive monitoring of the psychotherapeutic process with patients with Borderline Personality Disorder. *Journal of Psychiatric Practice*. 23, 246-253. DOI: 10.1097/PRA.0000000000000247. <https://www.ncbi.nlm.nih.gov/pubmed/28749828>

Grenyer, B. F. S., Ng, F. Y., Townsend, M. L., & Rao, S. (2017). Personality disorder: A mental health priority area. *Australian & New Zealand Journal of Psychiatry*, 51(9), 872-875. DOI: 10.1177/0004867417717798

## New Fact Sheets available

**A range of new factsheets is now available on the Project Air Strategy website. These factsheets cover a range of topics including; evidence-based information about different personality disorders, mindfulness exercises and information about mental health support services.**

<https://www.projectairstrategy.org/mpafactsheets/index.html>

What is a Personality Disorder?

What is Borderline Personality Disorder?

What is Narcissistic Personality Disorder?

What is Antisocial Personality Disorder?

What is Avoidant Personality Disorder?

What is Obsessive-Compulsive Personality Disorder?

What is Schizotypal Personality Disorder?

Mental Health Support Services - Essential information

Making and Using a Sensory Box - Self help

Mindfulness exercise: Walking

Mindfulness exercise: Five things

## Recent videos

Stephanie Leary shares her daily recovery journey from BPD with Project Air Strategy

<https://www.youtube.com/watch?v=dqiz2TEUMjQ>

Mahlie Jewell shares her experience of being in psychotherapy

[https://www.youtube.com/watch?v=-IUUPZZXe\\_s](https://www.youtube.com/watch?v=-IUUPZZXe_s)

Mahlie Jewell talks about good treatment for personality disorder

<https://www.youtube.com/watch?v=jnrfWfRaxtg>

Otto Kernberg talks to Project Air Strategy about TFP Transference Focused Psychotherapy

[https://www.youtube.com/watch?v=I\\_hCED5HbRc](https://www.youtube.com/watch?v=I_hCED5HbRc)

Project Air talks to Professor Jeffrey Hayes about countertransference in personality disorder treatment

<https://www.youtube.com/watch?v=I1OUEt8SUzs>

## WORKING WITH YOUTH AT TRIPLE CARE FARM

A strong partnership between Project Air Strategy and Mission Australia continues. An NGO Evaluation Grant from the NSW Ministry of Health has allowed this collaborative project that aims to evaluate the effectiveness of a Modified Dialectical Behaviour Therapy group program for the treatment of adolescents and young adults.

## WORKING WITH SCHOOLS AND CHILD AND YOUTH SERVICES

**The Project Air Schools evolved out of work with the NSW Department of Education and NSW Ministry of Health to help young people with complex mental health issues.**

The first phase of Project Air Strategy for Schools involved the development of a guide and delivery of professional development to support education staff to understand and respond to emerging personality disorder, trauma history, self-harm and suicidal behaviour and difficulties with identity, emotions and relationships. To date the project has offered a number of initiatives in this area. The first component was a professional development day for School Counsellors and Psychologists (n = 290). The second component trained this group of School Counsellors and Psychologists (n= 145) to deliver the third component; accredited workshops in schools with teachers (n = 25 sites, n= 500 participants). All of the resources are freely available on our website.

The second phase of the Project involves the development of a guide to assist clinicians such as community mental health practitioners and school counsellors, by outlining a clinical intervention

for young people with complex mental health presentations. It is anticipated that users of this guide will have varying degrees of experience in working with young people with complex mental health issues, ranging from newly appointed clinicians through to highly experienced practitioners working in both school and health settings. This new guide entitled Adolescent Intervention: Guide of Clinicians and is in its pilot phase of development.

To support delivery of the adolescent intervention, professional development will be provided to clinicians working in schools and community mental health commencing in July 2018. This will be accompanied by the development of three webinars highlighting different aspects of working with young people with complex mental health issues, promoting a collaborative approach between Department of Education and Health services.

Project Air for Schools is also conducting three complex care reviews for young people who present with complex mental health presentations. The reviews provide guidance on formulation of problems, diagnostic considerations and advice on comprehensive management with particular focus on a collaborative approach between Department of Education and Health services. The complex care reviews are intentionally and specifically designed to be helpful for education and health staff and clinicians.



### **Project Air receives Vice-Chancellor's Award for Outstanding Achievement in Research Partnership and Impact**

University of Wollongong Deputy Vice Chancellor Research, Professor Judy Raper announced this award that recognises the importance that research staff play in the process of initiating, developing, enhancing

and managing research partnerships and contributing to the translation of research outcomes to industry, government and the community. The University recognises that successful translation of university

research into a tangible outcome is of obvious benefit to both Australian and global communities. Project Air Strategy Director, Professor Brin Grenyer stated that the award "acknowledges all the work members of the project team, both past and present, have contributed along with all members of our Health, education, lived experience and other community partners who have been active in this strategy to improve treatment in their communities."