

ISSPD Family Day 2021 Programme Agenda



The Sashbear Foundation
Making waves on BPD and suicide prevention



**THE ISSPD
PERSONALITY DISORDER
CONFERENCE 2021**
Kaleidoscope perspectives

Day One—October 12

OSLO CEDT	TORONTO EDT	PRESENTATION	SPEAKERS
3-3:30pm	9-9:30 am	Opening Remarks	Carla Sharp, ISSPD President
3:30-4:25pm	9:30-10:25am	Lived Experience—Norway From Chaos to Resource	Åse-Line Baltzersen
4:30-5:15pm	10:30-11:15am	Australian BPD Foundation—Australia BPD Awareness in Australia	Rita Brown Mahlie Jewell Karen Bailey Chloe Simpson
5:30-6:25pm	11:30am-12:25pm	TARA for Borderline Personality Disorder—USA With Understanding of BPD Neurobiology and Family Mentalization Techniques, Empowered TARA Mothers Stand Up for BPD and Advocate for Change	Valerie Porr Marsha Meyer Chris Molling
6:30-7:15pm	12:30-1:15pm	Agrupación TLP Chile—Chile Brave decision of making an aggrupation of people that are diagnostic with Borderline Personality Disorder(BPD) and their life experience in a country that shows a low concern for mental health illnesses.	Fernanda Fuenzalida Carreño Miguel Alcaíno
7:20-8:15pm	1:20-2:15pm	National Education Alliance for Borderline Personality Disorder—USA 20+ Years of Family Connections™: Benefits for Participants and Their Loved Ones with Borderline Personality Disorder	Alan E. Fruzzetti

Day Two—October 13

OSLO CEDT	TORONTO EDT	PRESENTATION	SPEAKERS
3:45-4:40pm	9:45-10:40am	Emotions Matter Inc.—USA Innovation in Virtual Programs for People with Borderline Personality Disorder during COVID	Paula Tusiani-Eng Hannah Fox Jillian Papa Sara Rosenberg
4:45-5:30pm	10:45-11:30am	Orygen—Australia Get a Life! The importance of functional recovery to youth with Personality Disorder	Louise McCutcheon Imogen Gandolfo Susan Preece
5:45-6:40pm	11:45-12:40pm	The Sashbear Foundation—Canada Family Perspective on the Power of Validation: Virtual Validation Intervention for Family Members of Youth Experiencing Emotion Dysregulation	Mike Menu Clare Sheasgreen
6:45-7:40pm	12:45-1:40pm	Anna Freud National Centre for Children and Families—UK Development of Families and Carers Training and Support course (FACTS) for carers of people with a diagnosis of Borderline Personality Disorder (BPD)/Emerging Unstable Personality Disorder (EUPD)	Christella Dwyer Philippa Lewis Anthony Bateman
7:45-8:15pm	1:45 - 2:15pm	Closing Remarks	Giles Newton-Howse, ISSPD President-Elect

ISSPD Family Day 2021 Programme Presentations



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Opening Remarks

Carla Sharp, ISSPD President

From Chaos to Resource

Lived Experience—Norway

Åse-Line takes us through her path into, living with and recovery from severe borderline personality disorder.

BPD Awareness in Australia

BPD Foundation—Australia

Since 2018 the Australian BPD Foundation has led a collaboration of individuals and organisations to hold activities and share evidence-based information during BPD Awareness Week in Australia (1-7 October). These campaigns are led by people with lived experience – a graphic designer with lived experience of BPD and 2 carers. This presentation will discuss how the campaigns have worked to change community attitudes towards people with BPD, in addition to encouraging those with BPD to think differently about their self-narrative.

Through a new theme each year, current facts and information about BPD is delivered in an accessible way, designed to be non-threatening, trauma informed and with a focus on an individual's strengths. The messages build compassion, empathy and understanding while promoting recovery, positivity and hope.

Voices are very important to us. Using co-design and co-production principles, we listen to the experts themselves – people with lived experience of BPD and their family/carers and bring in the strong voices of our allies in the treatment, academic and caring communities.

Each campaign nominates an Ambassador, seeks media coverage, and refreshes the purpose designed website. The online content incorporates stories of wellness and artworks by people with lived experience, facts, and free downloadable resources including posters, infographics and social media content.

With Understanding of BPD Neurobiology and Family Mentalization Techniques, Empowered TARA Mothers Stand Up for BPD and Advocate for Change

TARA for Borderline Personality Disorder—USA

TARA4BPD Family Empowerment is a unique combination of evidence-based treatments and brain circuitry explanations of how BPD is experienced moment by moment. Its goal is to decrease the person with BPD's pain by teaching effective strategies to help them connect, trust, feel safe and repair relationships. TARA's Family Mentalization Training lets families see the world from their loved one's perspective. By clarifying intentions and using emotional language, threat is reduced, trust and connection increased. While other programs aim to reduce family's burden, teach validation to compensate for prior invalidations, TARA has shown that understanding BPD allows empathy, compassion, and acceptance to flourish, truly helping the person with BPD.

While research demonstrates the neurobiological and genetic components of BPD, families are blamed for BPD, portrayed as toxic influences, invalidating environments, often resulting in estrangement. Untreated and unacknowledged BPD accounts for high rates of drug addiction, alcoholism, incarceration, estrangements, hospitalization, suicides as well as suffering for the entire family. The effective role families can play in helping those with BPD is not generally supported, as it is in schizophrenia and autism. TARA Mothers realized that a change was urgently needed.

This workshop presents a new understanding of BPD, how to help effectively while practicing self-compassion, acknowledging the impact of BPD on the family and on the people they love. We will share actions proposed by TARA MOMS4BPD and emphasize how effective family training can help make a difference, reducing isolation, shame, and suffering for those with BPD.

Brave decision of making an aggrupation of people that are diagnostic with BPD and their life experience in a country that shows a low concern for mental health illnesses

Agrupación TLP Chile—Chile

This aggrupation of people was born of an impulse post on SM based on the indignation due to difficulties associated finding adequate therapies, shortage of specialists, and the non-existent state support for this pathology.

We had the chance to talk though several online meetings. In these reunions, we notice that we have a long way path because there was no record of an epidemiological study made in the country on BPD. As a consequence of this, there are no resources to finance the necessary studies and the Chilean state can't give out economical resources for the respective investigations on this pathology or the patient's treatments.

In the other hand, we are working with specialist in the subject that provides strategies of wellness and security for patients diagnosticated with BPD and their family members. Beside this those people are also training new generations of psychologist through talks and workshops about this topic.

The work is continuous, the proposed goals are:

- To be a pioneer Foundation on BPD in Chile.
- Provide support and containment for patients and family members.
- Train new professionals in this area.
- Participate in research and development instances at academic level, with a view to including BDP to the "GES" program.

Nothing will stop us!!

20+ Years of Family Connections™: Benefits for Participants and Their Loved Ones with Borderline Personality Disorder

National Education Alliance for Borderline Personality Disorder—USA

Dr. Fruzzetti will provide a brief summary of the background and rationale for developing Family Connections (FC) more than 20 years ago. Then he will describe the key elements of the FC program, including: a) the structure of FC; b) core FC psychoeducation modules/the model for understanding BPD and related problems; c) the individual skills; and d) family skills taught in FC. He will close with some summary data that

demonstrate the benefits of FC for participants as well as more recent data showing the impact of FC on loved ones with BPD/related problems.

Day 2—October 13

Innovation in Virtual Programs for People with Borderline Personality Disorder during COVID

Emotions Matter Inc.—USA

In times of profound crisis, some of the most meaningful ideas spring forth to transform despair into hope. When COVID-19 forced the closure of in-person programs and events in New York City, Emotions Matter pivoted to expand virtual offerings to increase social support, resources, and reduce isolation for people with borderline personality disorder (BPD). With less access to mental health care during the global health pandemic, the demand for online BPD peer support sky-rocketed. In 2019, Emotions Matter held 26 groups with no wait list. In 2020, 28 groups were held with 320 attendees, but 899 people were on the waiting list.

In this workshop, Emotions Matter's leaders, Hannah Fox, Jillian Papa, Sara Rosenberg and Paula Tusiani-Eng, will describe four virtual programs offered during COVID-19 to meet the demand for peer online services. 1) Peer Support Groups 2) BPDFest Conference 3) BPD Art Show 4) BPD Writing Workshops.

The learning objectives are:

1. To highlight how peer support programs provide a positive reframing of the BPD narrative, in opposition to the stigma often experienced by the community.
2. To explore alternative pathways to recovery which includes self-education, expression, empowerment, and advocacy, along with treatment, acknowledging real world barriers to care.
3. To describe Emotions Matter's unique values, philosophy and approach to peer programs, involving multiple stakeholders in the development of new programs and resources.
4. To highlight personal narratives of volunteer leaders, who provide program leadership and demonstrate the value of giving back to maintain recovery and help others.

Get a Life! The importance of functional recovery to youth with Personality Disorder

Orygen—Australia

Despite growing evidence supporting Early Intervention for Personality Disorder (EIPD), most treatments focus on reducing symptoms, and normal developmental pathways can be disrupted leading to poor psychosocial functioning that can persist well into adulthood. Young people experiencing PD, can struggle to take up adult roles and responsibilities. This can affect completing their education, the commencement of tertiary studies, finding a job, forming intimate relationships, or developing the necessary skills to live independently. Young people and their families and friends indicate that functional recovery is often more important to them than symptom remission. The first speaker, Louise McCutcheon, will outline how EIPD programs can focus on improving functioning, and prioritise the young person and their family and carers' perspectives about recovery. The second speaker, Imogen Gandolfo, a peer worker at Orygen, will describe her role, her own experience of mental ill health, and how peer work can assist young people to recover.

The third speaker, Susan Preece, will outline her role as a Family Peer Worker, and will describe what she has learned from her own lived experience, and what other families have taught her about the importance of focusing on functional recovery.

Learning Outcomes:

- Understand why early intervention should focus on improving functioning.
- Consider the importance of functional recovery to young people and their families.
- Understand how the Lived Experience workforce can keep the focus on recovery and functioning.

Family Perspective on the Power of Validation: Virtual Validation Intervention for Family Members of Youth Experiencing Emotion Dysregulation

The Sashbear Foundation—Canada

Validation is a key concept in DBT, and is a skill which requires learning and practice. Validation by family members has been found to reduce emotion dysregulation in youth. A validating environment can support the regulation of emotions. In this presentation, Mike Menu will examine the concept of validation using real-life examples, and consider the power of validation from the family perspective. While applying validation is not easy, it works. In the second part of this presentation, Clare

Sheasgreen will discuss her recent research in a pilot study of a single-session, virtual intervention on validation for family members.

Development of Families and Carers Training and Support course (FACTS) for carers of people with a diagnosis of Borderline Personality Disorder (BPD)/ Emerging Unstable Personality Disorder (EUPD)

Anna Freud National Centre for Children and Families—UK

FACTS is a mentalization based programme of support for families and significant others of people with borderline personality disorder (BPD) developed in the UK. FACTS is delivered by families to families with only limited mental health professional support. There are 5 modules, each containing some psychoeducation about BPD along with some skills development: Introduction to BPD, Mindfulness and Emotion Management, Mentalizing, Validation, Problem Solving.

The motivation behind developing the FACTS programme will be presented and an outline given by the lead developers about how the content of programme was agreed and elaborated and eventually studied in a randomised controlled trial. Following the positive results from the trial, the families and carers who instigated the programme recruited other interested volunteers to become leaders and to begin delivering the programme to others. Currently a programme to expand the provision of FACTS is being organised and this will be presented along with some of the materials used in the programme. Obstacles to implementation will be outlined. The experience of the families who have participated in receiving the programme will also be discussed. FACTS is now being offered twice a year in North London and has been offered in other areas of the UK. It is currently being offered on-line and the new programme will be presented.

Learning outcomes:

- Understand development of FACTS from pilot to established online course.
- Use of mindfulness, mentalization and validation to improve family relationships.
- Awareness of potential for carer 'graduates' to become FACTS leaders.

Closing Remarks

Giles Newton-Howse, ISSPD President-Elect

ISSPD Family Day 2021 Programme

Speakers



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Miguel Alcaíno - Group Leader

Miguel Alcaíno was born in Santiago de Chile and he is 38 years old. Father of 2 children of 9 and 18 years old, Miguel and Fernanda, respectively.

A computer engineer by profession, he currently works as a Project Manager in a Telecommunications company.

After his eldest daughter was diagnosed with Borderline Personality Disorder in November 2020, he began researching to learn more about this pathology and discovered little or no expertise from mental health professionals regarding the disease and its treatment, which directly impacts on poor access to an optimal therapy. Also the high cost (about \$ 600 to \$ 700 per month, including medications) makes more difficult the situation.

In May 2021, he joined the TLP Chile Group, driven by continuing his learning in order to be able to help his daughter on the daily basis and also to fight against the injustice that exists in this country by abandoning many young people and adults who suffer from BPD by not offering good health coverage to access to an adequate treatment.

Karen Bailey - Australian BPD Foundation

Karen has been in a caring role for 15 years for family members who live with BPD. It has become her mission to simplify the process of acquiring accurate information about BPD. She received valuable support and education from Sanctuary BPD Carer Support Group and Family Connections, and is now passing that on in her role as a Lived Experience Project Officer at The BPD Collaborative in Adelaide, South Australia.

To share information more broadly and support systemic change Karen sits on the board of the Australian BPD Foundation, edits their monthly eBulletin and quarterly Advocate Newsletter, and co-ordinates the annual BPD Awareness Week campaign to educate everyone impacted by BPD and reduce stigma.

Åse-Line Baltzersen - Lived Experience—Norway

Åse-Line Baltzersen is a communications advisor at the National Advisory Unit for Personality Psychiatry (Norway). She is currently completing a master's degree in interdisciplinary health research at the University of Oslo, with a focus on implementation and knowledge translation. Baltzersen's primary focus is to contribute to how the gap between research and

clinical practice is reduced in the field of personality. Some of her commitment stems from her own path into, living with and recovery from borderline personality disorder.

Anthony Bateman, FRCPsych - Visiting Professor, University College London

Consultant to the Anna Freud Centre, London; Visiting Professor University College, London; Honorary Professor in Psychotherapy University of Copenhagen.

He developed mentalization based treatment for borderline personality disorder and studied its effectiveness in research trials. Adapted versions are now being used in multi-centre trials for antisocial personality disorder, eating disorders, and drug addiction. He was an expert member of National Institute for Clinical Excellence (NICE) development group for treatment guidelines for Borderline Personality Disorder in UK and was Chair of the National Guideline Development Group for Eating Disorders. His NHS clinical services are recognised by the Department of Health as a national demonstration site for the treatment of personality disorder. He was President of the European Society for the Study of Personality Disorders (ESSPD) from 2012-2015.

He received a senior scientist award from British and Irish group for the Study of Personality Disorder in 2012 and in 2015 the annual award for "Achievement in the Field of Severe Personality Disorders" from the BPDRC in the USA.

He has authored 15 books including Psychotherapy for Borderline Personality Disorder: mentalization based treatment and Mentalization Based Treatment for Personality Disorder: a practical guide (2016) (with Peter Fonagy), numerous book chapters, and over 150 peer reviewed research articles on personality disorder and the use of psychotherapy in psychiatric practice.

Rita Brown - Australian BPD Foundation

Rita Brown is a volunteer and the current President of the Australian BPD Foundation. She is a passionate advocate drawing on her lived experience as a family member of someone with BPD to advocate for the needs of families and friends while also remaining sensitive to the needs of people with BPD, clinicians and other workers.

Rita is currently the Carer Consultant for Spectrum the Personality Disorder Service in Victoria and has presented in numerous conferences and contributed to various papers and publications.

She has recently joined the inaugural board of the AART-PD (the Australasian chapter of ISSPD) as the lived experience representative.

Christella Dwyer - Anna Freud National Centre for Children and Families—UK

I am the mother of 4 children, and I work with young children. My daughter, my youngest child, was given a diagnosis of Borderline Personality Disorder (BPD) at the age of 16 by the Child and Adolescent Mental Health service (CAMHS) in Harrow, London, UK. In addition to supporting my daughter, I read, and learnt an enormous amount about BPD, looking for information to help her, and our family in our new role as carers.

I was very frustrated by the fact that I couldn't find any support for my family and other carers of people with BPD anywhere in the UK. I was determined to find or create something accessible to all carers. I met Philippa Lewis at the local Rethink Mental illness carers support group. Her daughter had had a psychotic episode, and Philippa was very interested in developing support for families. Together we approached Professor Anthony Bateman at the Anna Freud Centre in London to ask him to provide some support for carers of people with BPD. Instead, he offered to work with us to create a Families and Carers Training and Support course, now known as 'FACTS' for carers of people with a diagnosis of Borderline Personality Disorder (BPD)/Emerging Unstable Personality Disorder (EUPD). I had never worked in the mental health field, or done anything like this in the past, but with continuing support from the Anna Freud Centre, and local by the Harrow Carers Centre and local mental health services, FACTS is now established. Feedback from carers has been very positive, and without any active publicity, we have been receiving a constant stream of enquiries from carers asking to join the next course. I am very excited that FACTS is now being rolled out in more geographical areas, enabling other families to receive the type of support I was unable to find.

Hannah Fox - Emotions Matter Inc. Peer Group Facilitator/Trainer

Hannah Fox has been Peer Facilitator with Emotions Matter for about two years and recently moved into the role of training new facilitators. She is currently studying psychology in college, with the goal of eventually becoming a clinical psychologist. Hannah is also a huge animal lover! Some of her passions include art, reading, and advocacy work, specifically for the LGBTQ+ and disability communities, both of which she is a member of!

Alan E. Fruzzetti, PhD - Director, Training in Family Services, McLean Hospital

Alan E. Fruzzetti, PhD, is the director, Training in Family Services for the 3East Continuum at Harvard-affiliated McLean Hospital. He has adapted and implemented dialectical behavior therapy for underserved populations, and developed many successful DBT programs for people with borderline personality disorder and other problems with emotion regulation. His research focuses on the connections between severe psychopathology and interpersonal/family processes and their interplay with emotion dysregulation.

Dr. Fruzzetti is the co-developer (with Dr. Perry Hoffman) of the Family Connections™ program, now offered in more than 25 countries. He is on the Board of Directors of the National Education Alliance for Borderline Personality Disorder, the International Society for DBT, and the Linehan Institute.

Fernanda Fuenzalida Carreño - Group Leader

Fernanda Fuenzalida Carreño a 30-year-old woman, resides currently in Viña del Mar, Chile. She is a primary teacher that has been diagnosed with BPD. All the way long, from her adolescence, she started presenting different types of symptoms that were attributed to several different clinical issues. When she received finally her diagnostic it was a happy and peaceful moment. But as the days went by, she realizes that there were no professionals or any type of assistance from the state of Chile that could help people that have her point of care. So, she decides to initiate a movement with the dream that the state of Chile guaranteed people treatments to this disorder.

Imogen Gandolfo - peer support worker, Orygen

Imogen Gandolfo has worked as a peer support worker at Orygen since 2018, sharing her lived experience of mental ill-health to make a difference to young people seeking care from Orygen. Her experiences of forming relationships with other young people with lived experience of mental illness, finding hope, and feeling understood as a person were very important in her own recovery. Imogen highly values peer work and the role it plays in helping young people feel valued for who they are, and to find value and meaning in their lives, outside of their mental health symptoms.

Philippa Lewis - Anna Freud National Centre for Children and Families—UK

I am the mother of 3 children. My daughter had a psychotic episode at 16 and a half years old and was under the care of the Child and Adolescent Mental Health service (CAMHS) in Harrow, London, UK. I was a 'Community Services Pharmacist', working in the local NHS hospital and supporting community staff working in the physical and mental health services, After a difficult transition from CAMHS to adult services, I

became involved as a volunteer trying to improve the local mental health services. The CAMHS psychiatrist who had looked after both of our girls, introduced me to Christella Dwyer as she thought that we might be able to work together to make a difference for carers. Christella's daughter had a diagnosis of borderline personality disorder (BPD), and Christella persuaded me to help her in her search for support for families and friends of people who have BPD. The result was the development of the Families and Carers Training and Support course, now known as 'FACTS,' for carers of people with a diagnosis of Borderline Personality Disorder (BPD)/Emerging Unstable Personality Disorder (EUPD).

Mahlie Jewell - Graphic Designer/Lived Experience advocate

Mahlie Jewell is an artist and Wiradjuri woman who lives with BPD, PTSD and Brain Injury. She has lead roles in consumer consultancy with Australian BPD Foundation, Project Air, Department of Education and NSW Mental Health Commission.

Mahlie is an intentional peer support mentor, holds a diploma in mental health and a Bachelor of Graphic Co-Design. Art practice as survival, distress management and communication guide her work and her piece "warpaint" about the public mental health sector won the "Excellence in Mental Health and the Arts" award at the 2018 Arts and Health conference. She is currently completing a Masters of Art Therapy at UWS with a goal to encourage a Peer Art Therapist movement in Australia. Mahlie believes that art therapy should be available to all people in mental health services in Australia without exclusion.

Louise McCutcheon, PhD - Clinical A/Prof, Centre for Young Peoples Mental Health, University of Melbourne & Orygen

Dr Louise McCutcheon is a clinical psychologist and joint founder of the evidence-based Helping Young People Early (HYPE) program, an early intervention program for severe personality disorder in young people at Orygen, Melbourne Australia in 1999. She coordinated the clinical program working with young people and their families for 12 years. She is an investigator on many of the research trials, and established the service development program, helping services to establish early intervention programs for personality disorder.

Mike Menu - Co-founder The Sashbear Foundation

Mike Menu, a software architect by profession, is co-founder of The Sashbear Foundation, a non-profit organization that he and his wife Lynn Courey created in memory of their daughter Sasha, who had Borderline Personality Disorder (BPD) and died by suicide in June of 2011.

Trained as a National Education Alliance for Borderline Personality Disorder (NEABPD) Family Connections™ leader, Mike facilitates skills training sessions for families with a loved one struggling with mental health challenges. Mike and Lynn brought this program to

community settings in the summer of 2014 in the Toronto, Canada area and the program is now available through Sashbear across Canada. Mike is passionate about the transformational power of validation and its positive impact on families.

Marsha Meyer - TARA4BPD MOMS4BPD steering committee

Marsha Meyer is a single mom of 22 years and a retired financial journalist from the Chicago area. She has dealt with BPD issues for a number of years and discovered TARA4BPD and its' unique approaches to BPD challenges during the Covid 19 shutdown-approaches she has found to be extremely effective. She has attended the TARA Family Empowerment Training Workshop and the TARA Family Mentalization workshop.

Chris Molling - TARA4BPD Advocate

Chris Molling is a 65 years old man with BPD. He has been married for 33 years and has three adult children. He is a long time employee of the Federal Government at Medicare where he writes regulations. He is a devout Christian and lives in Towson, Maryland. Chris has attended the TARA Family Empowerment program with his wife as well as the Family Mentalization class. He now volunteers as a co-teacher of the mentalization class where he provides participants with a BPD perspective of situations and relationships.

Giles Newton-Howse, PhD - ISSPD President-Elect

Dr. Newton-Howse is Associate Professor in Psychological Medicine at University of Otago, Wellington, New Zealand.

He is a general adult consultant psychiatrist with a sub-specialty in substance misuse psychiatry. His research interests include the clinical understanding of personality disorders, particularly as they relate to psychiatric patients and mental state disorder. He is also interested in the interface between psychiatry and society, particularly the application of coercive practices.

He is a member of the International Society for the Study of Personality Disorders and the Australasian Society for Psychiatric Research. He is one of the systematic reviews editors of the British Journal of Psychiatry and sits on the board of the British Journal of Psychiatry and The Psychiatrist.

Dr. Newton-Howse is the incoming President of ISSPD.

Jillian Papa, MPH - Emotions Matter Board Member

Jillian Papa is a Board Member and Peer Facilitator at Emotions Matter. She was diagnosed with Borderline Personality Disorder in 2012 but has worked hard to overcome many obstacles and currently identifies as being in recovery. Jillian came to EM five years ago in search of resources and connection to others. She was inspired by the work being done and since then has supported everything from operations to peer support. Jillian is the Director of Research and Evaluation at a national non-profit organization

called Action for Healthy Kids and received her Master's of Public Health in Epidemiology from Emory University. When she's not working or volunteering, Jillian enjoys traveling, hiking, music, and raising her two Boston Terrier's in her home in Chicago.

Valerie Porr MA - Pres/Founder TARA4BPD

Ms. Porr is the author of *Overcoming Borderline Personality Disorder, A Family Guide to Healing and Change*, Oxford University Press, co-author of *New Hope for People with BPD*, (Bockian, N, Porr, V 2002) and numerous chapters and articles on BPD family experience and advocacy issues. Porr founded the Treatment and Research Advancements for Borderline Personality Disorder (TARA4BPD) in 1995, a not-for-profit education and advocacy organization representing consumers, families, clinicians and researchers affected by BPD. Ms. Porr developed The TARA Method, an evidence based family psychoeducational program. She has conducted Family Workshops for over 20 years, teaching families how to help their loved ones with BPD while helping themselves. She is an advocacy member of the American College of Neuro Psychopharmacology and participant in the Alliance for Research at NIMH.

Susan Preece - Family Peer Worker, Orygen, Northwest Mental Health

Susan Preece has been a Family Peer Support Worker for the past ten years. She has an education and training background, and has lived experience of caring for family members with mental health issues. She is committed to helping other families to navigate the difficult and often bewildering pathway through treatment to recovery, and works with clinicians to understand how to work more effectively with families and carers.

Sara Rosenberg - Vice-President, Emotions Matter

Sara Rosenberg is one of the Vice-Presidents of Emotions Matter Board of Directors in the capacity of operations and management. She has lived experience of borderline personality disorder (BPD) and is passionate about raising awareness about BPD. Sara utilizes her experience of recovery to inspire and connect others with BPD through Emotions Matter's programs and was one of the leaders in coordinating last year's BPD Fest Conference. Professionally, Sara is a licensed financial advisor and works with her clients to secure their financial future.

Carla Sharp Professor, Ph.D. - Department of Psychology University of Houston - ISSPD President

Carla Sharp, Ph.D. is Professor of Psychology and Director of the Developmental Psychopathology Lab at the University of Houston (UH). Dr. Sharp was elected President of ISSPD in 2019. She has a longstanding interest in social cognition as a cause and correlate of psychiatric disorder across the lifespan with a special focus on youth. Her work therefore fits within the RDoC Systems for Social Processes. She has published over 180 peer

reviewed publications, numerous chapters and books, including *Social Cognition and Developmental Psychopathology* (OUP), and *Handbook of Borderline Personality Disorder in Children and Adolescents* (Springer). A large proportion of her research has used Borderline Personality Disorder (and other personality pathology) to study where social-cognitive function goes awry. As such, she has significantly advanced scientific understanding of the phenomenology, causes and correlates of Borderline Personality Disorder in youth.

Clare Sheasgreen, RN MN - Centre for Addiction and Mental Health (CAMH)

Clare Sheasgreen is a mental health nurse and researcher whose work focuses on evidence-based interventions for youth and family members. Clinically, Clare works at the Child, Youth & Family Program at the Centre for Addiction and Mental Health in Toronto, where she provides individual and group psychotherapy to youth managing mood and anxiety disorders and their families. In 2021, Clare completed a thesis-based Master of Nursing. Her thesis – "A Brief Virtual Validation Intervention for Family Members of Youth Experiencing Emotion Dysregulation: A Mixed Methods Pilot Study", was nominated for a Governor General Gold Medal.

Chloe Simpson - Lived Experience advocate

Chloe is passionate about highlighting and supporting the those living with both mental and physical conditions informed by her own lived experience of BPD plus other debilitating health conditions. She is currently studying Intentional Peer Support and has recently joined the leadership team of the BPD Awareness Week Collaboration group. She also has a peer model role within the Lived Experience DBT Art Skills program, 2021 and moderates an Instagram site that supports those with both mental and physical conditions.

Paula Tusiani-Eng, LMSW, M.Div - Founder/Executive Director, Emotions Matter Inc.

Paula Tusiani-Eng, Co-Founder and Executive Director of Emotions Matter Inc., received her Master's in Divinity from Union Theological Seminary in 2001 and her Master's in Social Work from Adelphi University in 2014. She received her Certificate in Nonprofit Management from Adelphi University in 2019. Paula is co-author with her mother, Bea Tusiani, of *Remnants of a Life on Paper: A Mother and Daughter's Struggle with Borderline Personality Disorder* (BPD) (Baroque Press, 2013). She lost her younger sister, Pamela Tusiani, who suffered from BPD at the age of 23 in 2001. Her passion for BPD education, resources and advocacy is in her sister's memory to help people survive and manage BPD with access to mental health care, adequate resources and support to achieve a meaningful recovery.