

Treatment principles for people living with Borderline Personality Disorder

Wednesday, 21 February 2018, 7:15 pm – 8:30 pm AEDT

Associate Professor Sathya Rao, psychiatrist

Associate Prof Sathya Rao is the Executive Clinical Director of Spectrum, Personality Disorder Service for Victoria, Australia. He is also the Deputy President of Australian Borderline Personality Disorder Foundation. He holds the appointment of Adjunct Associate Clinical Professor at Monash University.



He was a member of BPD Guidelines Development Committee of National Health and Medical Research Council of Australia (NHMRC), Australia.

He is a psychotherapist with training and backgrounds in Dialectical Behavior Therapy (DBT), Mentalization Based Therapy (MBT), Acceptance and Commitment Therapy (ACT) and psychodynamic therapies.

Dr Rao has presented academic papers in national and international conferences and has been an invited speaker at national and international conferences.

He has co-authored a book on BPD, contributed chapters on personality disorders to books and published papers in the field of BPD. He provides peer reviews for academic journals.

He is a passionate advocate for BPD and has a keen interest in developing models of care for BPD.

As a psychiatrist, he has provided secondary consultations and second opinions for patients with

complex presentations of personality disorders in Victoria and interstate.

He has been extensively involved in teaching and training activities. He was the head of psychiatry training for Victoria for the Royal Australian and New Zealand College of Psychiatrists (RANZCP). He has also held the roles of Director of Training, Director of Advanced Training and mentor for the International Medical Graduate Psychiatrists. He was the past Director of Advanced Training in Psychotherapies, Victoria.

Mr Aaron Fornarino, consumer

Aaron Fornarino currently works for the South Australian Government and is studying a Bachelor of Laws and Legal Practice at Flinders University.



He was diagnosed with Borderline Personality Disorder in 1995 and completed Dialectical Behavioural Therapy (DBT) twice in 2010 and 2016.

He joined the BPD Foundation (SA Branch) in 2017 and has provided speeches to clinicians, carers and consumers alike. He is passionate working in the area of BPD particularly in a social/legal context and would like to assist in removing stigma regarding BPD.

Panel continued . . .

Ms Teresa Stevenson, psychologist

Teresa Stevenson is a Senior Clinical Psychologist and Coordinator of Psychology in Peel and Rockingham Kwinana Mental Health Service. Teresa works clinically with adults who have complex mental health conditions, including psychotic illness, complex trauma, and personality disorders.



Teresa is the co-facilitator of the Dialectical Behavioural Therapy Group and currently the team leader for the Early Episode Psychosis program. She also provides training and supervision to clinicians working within mental health and in the non government sectors.

Teresa has a strong passion, compassion and conviction for clients and their families who suffer from mental illness. Teresa also runs a private practice providing individual therapy and support for clients suffering from trauma and trauma related conditions including PTSD and BPD.

She is also a board-approved supervisor for Psychologists and Clinical Psychologists and is one of the authors of the NHMRC 2012 best practice Australian guidelines implemented for clients with BPD. Teresa has maintained her Glaswegian sense of humour and has a strong sense of social justice and remains grateful for being a custodian of some powerful healing stories shared by her clients and colleagues.

Facilitator: Dr. Lyn O’Grady, community psychologist

Lyn O’Grady is a community psychologist with a range of professional experience in the community, education and health sectors. She is a registered supervisor of psychology interns. Her most recent work has related particularly to the mental health and wellbeing of children, young people and families. This interest has extended in recent times to understanding suicidality and she has completed her Masters of Suicidology at Griffith University.



She has worked with parents in parenting programs, individually at the community level and in schools for over 20 years and managed a number of community-based projects. Lyn also worked as a school psychologist in the Western Metropolitan Region of Melbourne. At a more systemic level, she currently works as the Manager, Strategic Projects at the Australian Psychological Society.