

psychiatrists as well as health and mental health care workers, social service providers, elder service providers, housing workers, fire and police services, and professional organisers.

Self-care when treating personality disordered patients

STEVENS, B. (University of Canberra)

There are risks working with personality disordered clients. This will be explored with a focus on those who meet the criteria for Borderline and Anti-social (psychopathic) Personality Disorders. Topics will include emotional costs in treating such clients, counter-transference themes, boundary issues, differences in expressing anger with the different personality disorders and potential legal complications including complaints to registration boards. There will be a discussion about the increased risk of boundary crossings and sexual involvement by practitioners, and an opportunity to consider different ways of self-care while busy in practice. The workshop will provide opportunity for discussion in table groups and in response to lecture material in the whole group. Brief video extracts from *Play Misty for Me* and *The Sopranos* will be shown. Participants will be provided with notes from the workshop and a copy of overhead slides.

Mood profiling in sports psychology

TERRY, P. (University of Southern Queensland)

Getting in the right mood for athletic competition is seen by many athletes and coaches as an important part of the process of mental preparation, and the success or failure to do so is often presented by athletes as an attribution to explain performance outcomes. This workshop will address the what, why and how of mood assessment and mood regulation for athletes, especially those preparing for international competition. The assessment of pre-competition mood, referred to as mood profiling, has a long history in the world of sport psychology. Mood profiling can assist processes such as acclimatisation, determining optimal training load, tapering, monitoring injured athletes, problem identification and also act as a

catalyst for discussion. The mood regulation process involves assessment and interpretation of mood responses, followed by prescription of evidence-based interventions that, ideally, have been pre-learned and practised. In particular, this workshop will explain how to administer, score, and interpret the Brunel Mood Scale (BRUMS: Terry, Lane, Lane, & Keohane, 1999; Terry, Lane, & Fogarty, 2003), a 24-item measure that assesses six dimensions of mood – anger, confusion, depression, fatigue, tension, vigour – that have been shown to be predictive of sport performance (Beedie, Terry, & Lane, 2000). The workshop will include examples of mood regulation strategies that have been shown to be effective among athletes (Terry, Dinsdale, Karageorghis, & Lane, 2006), many of which are very easy to implement. Workshop participants will be provided with a BRUMS User Guide.

Treating anorexia nervosa: Addressing nutritional, motivational, and cognitive issues

WADE, T. (Flinders University)

Anorexia nervosa is an eating disorder characterized by low weight, medical complications, and a strong ambivalence about recovering nutritional health. This workshop outlines assessment and treatment of anorexia nervosa, based on the Cognitive Interpersonal model developed by Janet Treasure and Ulrike Schmidt at the Institute of Psychiatry in London. It will commence with an outline of this theory, and then summarise the therapy derived from this theory, called the Maudsley Anorexia Nervosa Outpatient Treatment for Adults (MANTRA). A recent update of an empirical evaluation of the therapy will be presented. A review of current assessment tools will be provided, as will their use in a way that promotes rather than hinders engagement. A detailed outline of the therapy will be provided, including use of motivational interviewing strategies, use of therapeutic writing, and cognitive behaviour therapy strategies. Examples of therapy and obstacles to treatment will be discussed in the context of case studies.