

The Power of Telling Stories

Once upon a time there wasnothing more important to us than being told a bedtime story. It was a chance to have someone speak to us in close quarters, to tell us something that was important and interesting. We learnt from these stories - why the boy cried wolf, why the caterpillar was hungry - and our relationship with the storyteller became stronger.

Stories give us insight, they connect us with others and they can do more, they can change the world. Stories tell us about ourselves and our world.

Joanne Switzerloot speaks from her experience as a person with experience of BPD. Joanne has been working for many years now as a peer support worker, she says that it was the stories of others with lived experience that gave her the hope that recovery is possible.



BPD Community has run its first Ambassador Program and Joanne is a graduate of the program. She has much to share with BPD Community.

Barb Mullen is known to many in our community as the Chairperson of BPD Community. At the Info Night, Barb will share with you how learning about BPD changed how she saw the world, 'it was like the blinkers had been removed', she says.



Telling your own story is not easy. The experiences of people affected by BPD can be especially moving and it takes a brave person to speak out. When we do speak out, we can help make change happen. Others can learn from our experiences; we can give back to our community. We also help to create the relationships that are so important in creating a community to support each other, to support recovery.

It would be great if you joined us to hear these brave people tell their stories on Wednesday 31 July.

TITLE: The Power of Telling Stories

**PRESENTED BY:
BPD Community**

TIME: 6.30pm

DATE: Thurs 1 August 2019

PLACE:

**Star Health
341 Coventry St
Sth Melbourne**

Please RSVP to:

barb@bpdcommunity.com.au

Dr Michelle Blanchard



It is so good to be in a room full of people who understand BPD. A more vibrant and sensitive group is hard to find. And given the diverse nature of BPD, while we are experts of our own experience, there is much we have to learn also.

At our Info Night, Dr Michelle Blanchard will bring her expertise on BPD to her role as moderator/interviewer for the evening. Michelle will be able to help us navigate the discussion that results from hearing our people tell their stories.

Now, Michelle Blanchard is not the usual sort of doctor, she is a Doctor of Philosophy in Youth Mental Health, she is the Deputy CEO at SANE and a Founding Director of the Anne Deveson Research Centre. Michelle is actively working to bring about the sort of change we need.

It was only a year ago that Michelle and Elise Carrot of SANE produced an excellent paper on Personality Disorders, especially BPD.

[See here](#)

See you on 1 August! Put it in your diary now and rsvp to: barb@bpdcommunity.com.au