

How to Target Self-Harm in Early Detection and Intervention of Personality Disorders

presented by Prof Michael Kaess
Monday 5th October 6pm AEDT



Prof Michael Kaess is a leading clinician and researcher on adolescent risk-taking and self-harm, with a focus on early detection and intervention for emerging mental health conditions - including borderline personality disorder. His work spans epidemiological, clinical, technological and neurobiological approaches, integrating these to translate research into practice.

Non-suicidal self-injury (NSSI) has long been viewed as central to borderline personality disorder (BPD) and early intervention for personality disorders (PD) in youth. Emerging evidence, however, shows that while self-harm and personality pathology overlap, they are distinct. Over-emphasising self-harm in early identification and treatment risks over-diagnosis and obscures the broader, multidimensional nature of personality development.

Professor Kaess will review current evidence on how self-harm functions within early-intervention for personality disorder frameworks, examining its value as a diagnostic sign, a predictor of risk, a treatment target, and an outcome measure. He will outline clinical implications and argue for understanding self-harm within a wider developmental and psychopathological context, rather than treating it as a defining feature of personality disorder. Key knowledge gaps and future research directions will also be highlighted.

This is the headline event for Australia's BPD Awareness Week 2026.

TIME:

Monday 5th October 2026
6:00 PM - 7:30 PM (AEDT)

LOCATION:

Held online via Zoom. The session will be recorded and a link to the recording will be emailed to all registrants ASAP after the session

WHO SHOULD ATTEND:

This session is ideal for practitioners across the suicide-prevention and youth mental health sectors who want a clearer, evidence-informed understanding of the relationship between self-harm and emerging personality disorder.

TO REGISTER:

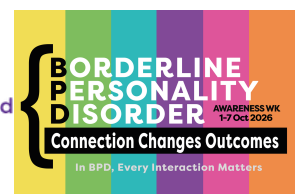


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