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| President: | Anthony Korner |
| Director of Training: | Nick Bendit |
| Membership Secretary: | Deborah Chisholm |
| Co Secretary: | Laura Wilson |
| Treasurer: | Eva Pejovic |

1 February 2026

TO WHOM IT MAY CONCERN
REFERRAL OF PATIENTS WITH PERSONALITY DISORDERS
ANZAP PSYCHOTHERAPY TRAINEES

The Australia and New Zealand Association of Psychotherapy Ltd conducts a three-year course in intensive psychodynamic psychotherapy (the “Conversational Model”) and trains up to 50 candidates annually from both Australia and New Zealand. The focus of our students’ clinical training is to provide a long-term weekly psychotherapy for two suitable patients for whom they will be supervised both in groups and individually.

ANZAP supports all students in identifying suitable training cases. We regularly receive referrals from members of the medical profession and psychiatric services, and we would welcome your consideration of referring patients who may otherwise have limited access to appropriate psychotherapy. Our aim is twofold: to provide a valuable service to individuals in need of psychotherapy, and to support the clinical training of our candidates.

ANZAP trainees are typically tertiary-educated psychotherapists or practitioners from related disciplines, with varying levels of experience. They practise in indemnified private settings and offer fees that are negotiable and designed to be affordable.

Alternatively, if one of our trainees has provided you with this letter, you may refer directly to the trainee.

There is evidence for the Conversational Model for treatment of borderline personality disorder and deliberate self-harm and chronic suicidality in a waiting list control trial (Stevenson and Meares, 1992) including a five-year follow-up (Stevenson and Meares, 1998), and a randomised clinical trial (Walton et al, ANZJP 2020). A brief treatment version of the Conversational Model (“Psychodynamic Interpersonal Therapy”) has RCT evidence for treating depression (Shapiro et al studies in 1980’s), somatisation and deliberate self-harm (Guthrie et al studies in 1990’s and 2000’s).

Further information on our training, including a course outline, is available on our website <http://www.anzap.com.au> under the Training tab.

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If you wish to discuss this further with me, I would be happy to contact you. Otherwise, all referrals could be directed to Anne Malecki who manages the ANZAP Office, at the number or email address below.

A handwritten signature in blue ink that reads "Nick Bendit". The signature is written in a cursive style.

Dr Nick Bendit
Director of Training - ANZAP
Staff Specialist Psychiatrist Hunter New England
Health and conjoint lecturer University of Newcastle