

The LAMPS NEWS!

Latrobe **R**egional Health, **A**lfred & **M**onash Health **P**eninsula **S**ynergy
(LAMPS represents the growing light effects of training and education)

Editors: Debbie Lang and John Julian

Date: 25/09/2013

Welcome to 'The LAMPS News!'

What's happening in training and in the LAMPS cluster?

This newsletter will have several sections:

- We have moved! Pg 1 (below)
- Local LAMPS Training in See pg 2
- REEL Health Film Festival pg 9
- Other courses : pg 10
 - Allied Health Grad Program pg 10
- Featured article: DD and 12 step programs pg 10
- Conferences pg 11
 - **The LAMPS 2013 Social Work Conference p11**
 - AACBT 11
 - The 4th Australasian Cognitive Neuroscience Conference pg 13
- Featured report: Justice re-investment could save millions. Pg 13
- Featured Web page: New tool for learning about people with an intellectual disability and mental health issue. Pg 13
- *Early Notice: The Practices of Mindful Self Compassion p14*

The LAMPS 2013 Social Work Conference

13 November, Warragul. See page 11

Southern Synergy has moved

We are now back at Monash Health's Dandenong Hospital and we are on the first floor at:

Administration, Research & Training (ART) Building,
126-128 Cleeland Street, Dandenong 3175

All telephone numbers remain the same.

General telephone 03 9902 9696

(Debbie Lang)

Mental Health Week: 6-13 October 2013

Mental Health Week (MHW) is an annual national awareness event which aims to engage communities in activities which promote good mental health and raise awareness and understanding of the needs, experiences and issues concerning people with a mental illness.

In Victoria check out events near you at:

<http://www.mentalhealthvic.org.au/index.php?id=170>

Reel Health Film Festival

Come and join us for Monash Health's own International Film Festival

The films are amazing. The film topics range from a paraplegic woman who wants to go surfing, disabled rock climbers whose feats will amaze you, a woman with the fatal disease ALS, her family, their courage, their love and incredible dignity, Music Therapy assisting people to cope with illnesses and curing blindness in Lower Mustang, Nepal. And these are only a few of the films we will be screening on the night.

Tickets can be purchased at \$30 p/p:

<http://www.trybooking.com/DDNF>

See page 9

For the full 2013 Training Calendars please go to:

<http://www.med.monash.edu.au/spppm/research/southern synergy/workforceprogram/cluster/trainingcalendar.html>

Out beyond the ideas of right-doing and wrong-doing, there lies a field. I'll meet you there.

Page 1

Local Training

Sept

**CARE (Communication And non-violent Response Education) – Day 1
Mental Health Inpatient (Flynn) & ED Nurses, Security & Hospital Attendants only**

26th & 27th
Time: 9:00am – 4:30pm
Venue: LV CMHS
Cost: External agencies - \$250pp plus GST
 Community groups - \$50pp plus GST
Register: jgannon@lrh.com.au

Oct

Partners in Depression

7th **Time:** 6pm – 9pm **Presenter:** LRH
Venue: Bairnsdale
Register: jhollingsworth@lrh.com.au or www.partnersindepression.com.au

Mental Health First Aid Course – 2 Days
 1st Aid skills for helping people experiencing a MH crisis, MH problems or the early stages of a mental illness.

8th & 9th
Time: 8:30am - 5:00pm
Presenter: Ian Garde PMHT, LRH
Venue: 'Petit Centre' West Gippsland Health Service, 31-35 Gladstone Street, Warragul
Register: vcunningham@lrh.com.au
Cost: External agencies - \$160pp plus GST
 Community groups - \$50pp plus GST
Catering: BYO lunch

**CARE (Communication And non-violent Response Education)
All LRH Staff**

10th
Time: 8:30 – 4:30
Venue: Korumburra CMHS
Cost: External agencies - \$250pp plus GST
 Community groups - \$50pp plus GST
Register: jgannon@lrh.com.au

For the full 2013 Training Calendars please go to:

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Oct (Cont.)

Partners in Depression
 14th **Time:** 6pm – 9pm
Venue: Latrobe Regional Hospital, Bairnsdale
Register: jhollingsworth@lrh.com.au or www.partnersindepression.com.au

Youth Mental Health First Aid course – 2 Days
 Cost is \$160pp (\$50pp for not for profit community groups) plus GST - BYO lunch & snacks. You will be required to attend the full 14 hours in order to obtain a certificate of completion. A minimum of 8 participants is required for course to proceed
 17th &
 18th **Time:** 8.30am – 5:00pm
Venue: LRH Mental Health Services, Bruthen
Register: jhollingsworth@lrh.com.au or <http://www.mhfa.com.au/cms/youth-course-information>

Partners in Depression
 21st **Time:** 6pm – 9pm
Venue: Bairnsdale
Presenter: Latrobe Regional Hospital
Register: jhollingsworth@lrh.com.au or www.partnersindepression.com.au

Challenging Behaviours
 22nd **Time:** 9.30-12.30
Presenter: Victorian Dual Disability Service
Venue: St Vincent's Health Fitzroy
Register: http://www.med.monash.edu.au/spppm/research/southernsynergy/download/vdds_training_calendar_updated_2013.pdf

CRISIS
 23rd **Time:** 8:30– 4:30
Presenter: Peninsula Health
Venue: The Blue Room on level 1 in the mental health area, Frankston Hospital
Register: lmcintyre@phcn.vic.gov.au

For the full 2013 Training Calendars please go to:

<http://www.med.monash.edu.au/spppm/research/southernsynergy/workforceprogram/cluster/trainingcalendar.html>

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Oct (Cont.)

ASIST (Applied Suicide Intervention Skills Training) – Half Day Tune-Up

24th **Time:** 9:30am – 1:30pm
Venue: LV CMHS – 20 Washington St, Traralgon
Cost: External agencies - \$55pp plus GST, Community groups - \$20pp plus GST
Register: jgannon@lrh.com.au

Intermediate Assessment & Management of Suicidality

24th **Time:** 9.30am-4.30pm
Presenter: John Julian
Venue: Monash Uni, Bldg 1, Room 3, Notting Hill
Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=727

Youth Mental Health First Aid course – 2 Days

24th & 25th **Cost** is \$160pp (\$50pp for not for profit community groups) plus GST - BYO lunch & snacks. You will be required to attend the full 14 hours in order to obtain a certificate of completion. A minimum of 8 participants is required for course to proceed
Time: 8.30 – 5:00
Venue: Inverloch
Presenter: LRH Mental Health Services
Register: vcunningham@lrh.com.au

Community Partnerships Seminar day

28th **Time:** 9:00 – 5:00pm
Presenter: The Alfred
Venue: The Alfred, AMREP Seminar room
Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=642

Partners in Depression

28th **Time:** 6pm – 9pm
Venue: Bairnsdale
Presenter: Latrobe Regional Hospital
Register: jhollingsworth@lrh.com.au or www.partnersindepression.com.au

For the full 2013 Training Calendars please go to:

<http://www.med.monash.edu.au/spppm/research/southernsynergy/workforceprogram/cluster/trainingcalendar.html>

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November

CARE (Communication And non-violent Response Education)

All LRH Staff

Time: 8:30am – 4:30pm

7th

Venue: LVCMHS

Cost: External agencies - \$250pp plus GST

Community groups - \$50pp plus GST

Register: jgannon@lrh.com.au

Youth Mental Health First Aid course – 2 Days

Cost is \$160pp (\$50pp for not for profit community groups) plus GST - BYO lunch & snacks. You will be required to attend the full 14 hours in order to obtain a certificate of completion. A minimum of 8 participants is required for course to proceed

11th

&

18th

Time: 8.30am – 5pm

Venue: Yarram

Presenter: LRH Mental Health Services

Register: jhollingsworth@lrh.com.au or

<http://www.mhfa.com.au/cms/youth-course-information>

Introduction to Psychotherapy

Time: 9.30am-4.30pm

12th

Presenter: John Julian

Venue: Monash Uni, Bldg 1, Room 4, Notting Hill

Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=723

Social Workers Conference

Time: 9:00am – 4:30pm

13th

Venue: Arts Centre, Civic St, Warragul

Cost: Cost \$35

Free to consumer/carers \$20 for students Fee includes lunch

Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=861

Intermediate suicide training at LRJMHS

Time: 9:00 – 4:30pm

14th

Presenter: John Julian

Venue: Latrobe Regional Hospital

Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=646

For the full 2013 Training Calendars please go to:

<http://www.med.monash.edu.au/spppm/research/southernsynergy/workforceprogram/cluster/trainingcalendar.html>

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November (Cont.)

ASIST (Applied Suicide Intervention Skills Training) – Two Day Workshop

14th **Time:** 8:30am – 4:30pm
 & **Venue:** Lifeline Gippsland,
 Cnr Church/Fleming St, Morwell
 15th **Cost:** External agencies - \$275pp plus GST
 Community groups - \$50pp plus GST
Register: jgannon@lrh.com.au

Ethics in Mental Health Seminar

19th **Time:** 9 – 5pm
Presenter: The Alfred
Venue: The Alfred, AMREP Seminar room
Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=324

CARE (Communication And non-violent Response Education)

All LRH Staff

7th **Time:** 8:30am – 4:30pm **Venue:** LVCMHS
Cost: External agencies - \$250pp plus GST
 Community groups - \$50pp plus GST
Register: jgannon@lrh.com.au

Youth Mental Health First Aid course – 2 Days

11th Cost is \$160pp (\$50pp for not for profit community groups) plus GST - BYO
 & lunch & snacks. You will be required to attend the full 14 hours in order to
 obtain a certificate of completion. A minimum of 8 participants is required for
 course to proceed
 18th **Time:** 8.30am – 5pm **Venue:** Yarram
Presenter: LRH Mental Health Services
Register: jhollingsworth@lrh.com.au or
<http://www.mhfa.com.au/cms/youth-course-information>

Introduction to Psychotherapy

12th **Time:** 9.30am-4.30pm
Presenter: John Julian
Venue: Monash Uni, Bldg 1, Room 4, Notting Hill
Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=723

For the full 2013 Training Calendars please go to:

<http://www.med.monash.edu.au/spppm/research/southernsynergy/workforceprogram/cluster/trainingcalendar.html>

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November (Cont.)

Social Workers Conference

13th **Time:** 9:00am – 4:30pm
Venue: Arts Centre, Civic St, Warragul
Cost: Cost \$35 Free to consumer/carers \$20 for students Fee includes lunch
Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=861

Intermediate suicide training at LRJMHS

14th **Time:** 9:00 – 4:30pm
Presenter: John Julian
Venue: Latrobe Regional Hospital
Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=646

ASIST (Applied Suicide Intervention Skills Training) – Two Day Workshop

14th & 15th **Time:** 8:30am – 4:30pm
Venue: Lifeline Gippsland, Cnr Church/Fleming St, Morwell
Cost: External agencies - \$275pp plus GST
 Community groups - \$50pp plus GST
Register: jgannon@lrh.com.au

Ethics in Mental Health Seminar

19th **Time:** 9 – 5pm
Presenter: The Alfred
Venue: The Alfred, AMREP Seminar room
Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=324

Stress Management

26th **Time:** 9.30-4.30
Presenter: John Julian
Venue: Dandenong ART Building, Meeting Rm 5
Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=725

For the full 2013 Training Calendars please go to:

<http://www.med.monash.edu.au/spppm/research/southernsynergy/workforceprogram/cluster/trainingcalendar.html>

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November (Cont.)

27th **Understanding and Treating People with a Diagnosis of Borderline Personality Disorder**

Time: 9.00am-5.00pm **Presenter:** Spectrum
Venue: Monash Uni, Notting Hill, Bldg 1, Lecture Theatre
Register: http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop_id=881

28th **CARE (Communication And non-violent Response Education) – Refresher Course**

Mental Health Inpatient (Flynn) & ED Nurses, Security & Hospital Attendants only
Time: 8:30am – 4:30pm **Venue:** LV CMHS
Cost: External agencies - \$250pp plus GST, Community groups - \$50pp plus GST
Register: jgannon@lrh.com.au

December

3rd **Intermediate Assessment & Management of Suicidality**

Time: 9.30am-4.30pm **Presenter:** John Julian
Venue: Monash Uni, Bldg 1, Rm 4, Notting Hill
Register: http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop_id=728

5th **CARE (Communication And non-violent Response Education) – Refresher Course**

All LRH Staff
Time: 9:00am – 12:00pm **Venue:** Sale CMHS
Cost: External agencies - \$250pp plus GST
 Community groups - \$50pp plus GST
Register: jgannon@lrh.com.au

7th **A Day of Mindfulness**

Time: 10:00am – 3:00pm
Venue: Monash Uni, Building 1, Rm 4
Register: southern.synergy@monash.edu

For the full 2013 Training Calendars please go to:

<http://www.med.monash.edu.au/spppm/research/southern synergy/workforceprogram/cluster/trainingcalendar.html>

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December (Cont.)

Intro to the Science Behind & the Practices of Self Kindness

Time: 9:30am – 4:30pm

Presenter: John Julian

10th

Venue: Notting Hill, Meeting Rm 4

Free to Southern Cluster, \$200 to external bodies

Register: <http://spppm->

cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=821

CRISIS

Time: 8:30 – 4:30

18th

Presenter: Peninsula Health

Venue: Frankston Hospital. The Blue Room on level 1 in the MHA

Register: lmcintyre@phcn.vic.gov.au



For the full 2013 Training Calendars please go to:

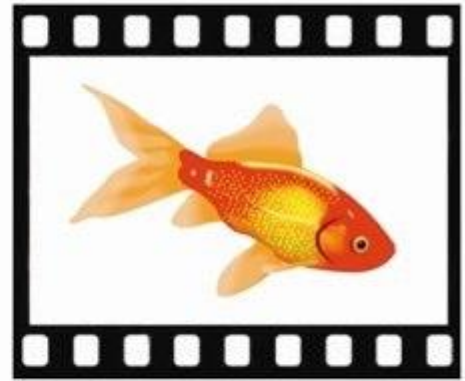
<http://www.med.monash.edu.au/spppm/research/southernsynergy/workforceprogram/cluster/trainingcalendar.html>

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This is important for mental health! Be there to bring health into the spotlight!

reel health



International Health Short Film Festival

14 October

This is about Mental Health – a showcase of short films on mental health and one local film from people at Monash Health has been short listed

About the **REEL Health**

The innovative development of the Film Festival as a means of broadcasting the message about health care, those who work in health and our patients and their family's stories nationally and internationally can be a powerful aid for all of us. As well this is a vehicle for fund raising and promoting our health service. This is the first year for this festival under the banner of Monash Health Foundation.

The organizers have had great success in attracting film makers from over 49 submissions including Australia, Brazil, Italy, Lithuania, New Zealand, Puerto Rico UK, and even the US (Gee I thought all their films were made in Australia these days!). The jury has selected the finalists (and one comes from Monash Health).

The films are amazing. The film topics range from a paraplegic women who wants to go surfing, disabled rock climbers whose feats will amaze you, a woman with the fatal disease ALS, her family, their courage, their love and incredible dignity, Music Therapy assisting people to cope with illnesses and curing blindness in Lower Mustang, Nepal. And these are only a few of the films that will be screening on the night!

So join the Southern Synergy team before the event in Federation Square or just come along!

Tickets can be purchased for \$30 at <http://www.trybooking.com/DDNF> and <http://www.trybooking.com/55099>

For the full 2013 Training Calendars please go to:

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Other Courses

2013 NEVIL / LAMPS Allied Health Graduate Program

Purpose of the Allied Health Graduate Program

1. To ensure that allied health graduates are provided with appropriate training related to specific mental health issues in their initial year of training.
2. To supplement the online training available through MHPOD.

For further details or to register to attend the full program or individual components, please contact Lina Wilson on 9288 2194 or at Lina.Wilson@svhm.org.au

DAY	Topic	MHPOD Topics for Pre reading	Duration	Presenters
Day 9 Thur 17 th Oct	Psycho-therapeutic intervention	N/A	1 day	John Julian
	Group Work	N/A	1 day	Greg Coman/ Zoe Edmonds
Day 10 Thur 21 st Nov	Site visits	N/A	1 day	Greg Coman

Graduate Training Program

- Presenters need to be aware the content of the MHPOD sessions and use this to inform the training they present.
- The training should provide brief overview of topic; however focus on, reflective, integrative, experiential and practical learning opportunities that are not provided through the online training.

Featured Article

Individuals With a Dual Diagnosis Can Benefit from 12-Step Programs

Sep. 12, 2013 A recently published paper considered the issue of whether individual with dual diagnosis can benefit for 12 step programs. Studies and testimonials have shown that 12-step mutual-help organizations such as Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) can play an important role in addiction recovery among young adults with substance use disorders (SUDs). However, concerns have existed regarding the suitability of 12-step programs for people who also have psychiatric disorders. A study of the influence of a DD or SUD-only diagnostic status on post-treatment attendance, active involvement in, and derived benefits from 12-step programs has found that young adult DD patients and SUD-only patients benefitted similarly from program attendance and involvement.

Brandon G. Bergman, M. Claire Greene, Bettina B. Hoepfner, Valerie Slaymaker, John F. Kelly. **Psychiatric Comorbidity and 12-Step Participation: A Longitudinal Investigation of Treated Young Adults.** *Alcoholism: Clinical and Experimental Research*, 2013; DOI: 10.1111/acer.12249 (use 'control + click' to get article or 'copy and paste' to go to article)

For the full 2013 Training Calendars please go to:

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Conferences

The LAMPS 2013 Social Work Conference

Contemporary and new therapies for people with severe mental illnesses, suicide and self-harm

13 November

Warragul Arts Centre

Areas covered will include DBT, Lived Experience, Narrative therapy,

Mindful Self-Compassion and Services for Veterans

Fees \$35 and \$20 for students on placement in LAMPS services

Registration: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=861

Or via search on internet Southern Synergy, LAMPS Training Calendar



36th National Conference of the AACBT

Adelaide, South Australia from 24-27 October 2013.

This year's theme is "Innovations in Australasian Mental Health Care" and includes papers, posters and workshops on CBT, DBT, IPT, ACT, MBCT, and Schema-focused therapy. The conference covers psychopathology in children, adolescents and adults and is relevant to psychologists, psychiatrists, allied health workers and a range of other groups that are dedicated to helping people change their lives. We do hope that you will join us for Australia's most comprehensive scientific and clinical meeting in mental health.

REGISTER NOW at www.cbtconference.com.au

For the full 2013 Training Calendars please go to:

<http://www.med.monash.edu.au/spppm/research/southernsynergy/workforceprogram/cluster/trainingcalendar.html>

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Other Conferences:

3 - 4 October 2013

3rd National Borderline Personality Disorder Awareness Day Conference.

University of Technology, Sydney. Mental Health Carers ARAFMI NSW Inc in collaboration with MHA.

<http://www.mentalhealth.asn.au/home/item/246-bpd-celebrating-recovery.html>

7 - 11 October 2013

21st Conference of Asian Federation on Intellectual Disabilities. New Delhi, Delhi, India.

<http://www.afid2013.in>

14 - 15 October 2013

International Conference for the Recovery from Childhood Trauma and Mental Illness. Mercure Kooindah Waters Central Coast Hotel, NSW Australia.

<http://astmanagement.com.au/heal4life/>

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The 4th Australasian Cognitive Neuroscience Conference (ACNC) 28 November to 1 December 2013.



Monash University is delighted to announce that the School of Psychology and Psychiatry, in conjunction with the Monash Biomedical Imaging (MBI) facility, Monash University, will be hosting The 4th Australasian Cognitive Neuroscience Conference (ACNC) during 28 November to 1 December 2013.

The conference is the official annual meeting of the Australasian Cognitive Neuroscience Society, which is the major organisation dedicated to cognitive neuroscience research in both Australia and New Zealand. The conference program will feature research from the fields of psychology, developmental cognitive neuroscience, clinical neuroscience, brain neuroscience, genetics, neurology, and psychiatry. The work to be presented will cover the major methodologies used in human cognitive neuroscience research including MRI, EEG, MEG, TMS and psychophysics. Monash University has key strengths in neuroscience and brain sciences research, and we look forward to showcasing not only this research but the cognitive neurosciences research undertaken in this country.

REGISTRATION NOW OPEN.

For more information please visit our web page: <http://www.med.monash.edu.au/psych/acnc/>

We encourage academic/research staff, research degrees and honours students to submit abstracts and take part in this exciting event.

To register please go to: <http://www.acns.org.au/acns-shop>

National Invited Key Note Speaker

Professor Jason Mattingley

University of Queensland, Australia

[Speaker profile](#)

Research Interests: Understanding mechanisms of selective attention, in health and disease, with a particular focus on how attentional processes influence multisensory integration, motor planning, neural plasticity and consciousness.

International Invited Key Note Speakers

Professor Cameron Carter

University of California Davis, USA

Research Interests: Pathophysiological disturbances in cognition in mental disorders such as schizophrenia and OCD; goal of developing more effective therapies which can improve patients' chances of rehabilitation.

Adjunct Professor, Lynn Robertson

University of California, Berkeley, USA

Research Interests:

Attention and perceptual organization in normal and neurological populations. Functional hemisphere asymmetries, neuropsychology, cognitive neuroscience

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Featured Report

Justice reinvestment for people with disability could save millions

Casey is in her early-20s and has an intellectual disability. Her contact with the criminal justice system and other institutions has cost over \$5.5 million to date. That bill is expected to reach a staggering \$12 million by the time Casey turns 27 if she continues on her current trajectory. But a new report released today by the Australian Human Rights Commission shows Casey's costs could be reduced to \$4 million if she had received early intensive support.

The report, *People with mental health disorders and cognitive impairment in the criminal justice system*, by the University of New South Wales and Price Waterhouse Coopers, models the cost-benefits of introducing diversionary programs early in life for people with mental health disorders and cognitive impairment.

Researchers found that early and intensive support could help people avoid a lifetime in the criminal justice system and save the community millions of dollars. "Justice reinvestment not only offers significant savings but it also has the ability to improve lives and well-being," said Disability Discrimination Commissioner Graeme Innes. "The case studies and costs are real and the cost-benefit modelling is based on services currently available in the community but not widely used," report co-author, Professor Eileen Baldry said. Other case studies presented in the report highlight the significant savings that could be made by providing early access to support programs to improve health, education and well-being.

[Click here to read the report](https://www.humanrights.gov.au/news/media-releases/justice-reinvestment-people-disability-could-save-millions?utm_source=Australian+Human+Rights+Commission+Newsletter&utm_campaign=fac271ccf7-justice_reinvestment8_9_2013&utm_medium=email&utm_term=0_c969a2500c-fac271ccf7-43578521) or cut and paste https://www.humanrights.gov.au/news/media-releases/justice-reinvestment-people-disability-could-save-millions?utm_source=Australian+Human+Rights+Commission+Newsletter&utm_campaign=fac271ccf7-justice_reinvestment8_9_2013&utm_medium=email&utm_term=0_c969a2500c-fac271ccf7-43578521

Featured Web page

New e-tool supports better mental health care for people with intellectual disability

Health and disability professionals will receive additional training to provide expert care to thousands of people living with an intellectual disability and a mental illness following the launch of a ground-breaking.

The innovative educational tool – which is available at www.idhealtheducation.edu.au - is aimed at up-skilling the workforce to meet the unique mental health needs of those people with an intellectual disability. The website has been developed by the Department of Developmental Disability Neuropsychiatry (3DN) at UNSW Medicine and funded by the NSW Government.

Associate Professor Julian Trollor, Chair of Intellectual Disability Mental Health and head of 3DN at UNSW Medicine, said that people with an intellectual disability have the same mental health concerns as everyone else, and the e-learning promotes the best practice in their mental health care. "We're very pleased to make this practical educational resource available. We are launching with seven modules that are fundamental to clinical training in this area, aiming to improve knowledge, skills and confidence for healthcare practitioners," Professor Trollor said. "Thanks to the support and collaboration between health and disability services, we have been able to create a learning tool that will generate greater access to much needed education. With future funding, we also have the capacity to expand the site to meet the needs not only of healthcare professionals nationally, but also those who have an intellectual disability and their families.

"The e-learning site's main intention is to improve the quality of life for people with an intellectual disability. Through our holistic approach to mental health and considered planning of the site, we believe this will be achievable in the future."

An estimated 300,000 to 400,000 Australians have an intellectual disability.

This tool encourages inclusion of people with an intellectual disability and a person-centred approach in line with the National Disability Insurance Scheme which began its initial roll out in NSW this month.

For the full 2013 Training Calendars please go to:

<http://www.med.monash.edu.au/spppm/research/southernsynergy/workforceprogram/cluster/trainingcalendar.html>

Out beyond the ideas of right-doing and wrong-doing, there lies a field. I'll meet you there.

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Early Notice

An Introduction to the Practices of MINDFUL SELF-KINDNESS

A four week introduction to the practices of Mindful Self Kindness will commence on Wednesday 15th January at 2pm, and then weekly at the same time on 22nd, 29th January and 12th February.

This group is based on the work of Kristin Neff and Christopher Germer regarding Mindful Self-Compassion. It will introduce the core practices and then be followed by a five week group later in 2014 for those people interested in developing their self-compassion skills further. Once this is completed those who have completed the initial courses and have developed their practice can attend a 'train the trainer' group will be held in later 2014.

Mindful self-compassion is one possible foundation of emotional healing and health - being aware in the present moment when we're struggling with feelings of inadequacy, despair, confusion, and other forms of stress (*mindfulness*) and responding with kindness and understanding (*self-compassion*). Mindful self-compassion also means holding difficult emotions - fear, anger, sadness, shame and self-doubt - with a kind awareness, leading to greater ease and well-being in our daily lives.

Mindful self-compassion can be learned by anyone. It's the practice of repeatedly evoking good will toward ourselves especially when we're suffering—cultivating the same desire that *all* living beings have to live happily and free from suffering.

The program is based on three aspects:

- **Attendance** at a weekly 2.5 hour training session
- Daily Formal and Informal **Practice**
- **Reading**

This program is free to staff who work in State-funded public mental health services in clinical mental health or State funded community managed (PDRS) agencies in the LAMPS catchment area.

All others will need to pay \$240.00 per four-five week program

Inquiries to john.julian@monash.edu

For the full 2013 Training Calendars please go to:

<http://www.med.monash.edu.au/spppm/research/southernsynergy/workforceprogram/cluster/trainingcalendar.html>

Out beyond the ideas of right-doing and wrong-doing, there lies a field. I'll meet you there.

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