

Welcome to 'The LAMPS News!'

Latrobe regional health, **A**lfred health, **M**onash
health, **P**eninsula, & **S**outh eastern

Training News

*(LAMPS represents the shining effect
of training and education)*

Date: 25 February 2015

What's happening in training and in the LAMPS cluster
John Julian and Debbie Lang



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

For the full 2015 Training Calendars please visit the web page:

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

Bouverie Family Consultation/Single Session training – 2 Day Workshop

This 2 day workshop is offered for mental
health clinicians.

Trainers: Hanna Jewell and Rose Cuff

Time: 9:30am – 4:30pm

Venue: Wed 4th = Notting Hill, Rm
See page 2

Allied Health Graduate Training

2015

See Page 7

MINDFUL SELF-COMPASSION

An 8 week Mindful Self-Compassion program
is being offered one more time. This program
was developed by
Kristin Neff and Christopher Germer.

This intensive 8 week program is offered by
the LAMPS senior trainer, and the first trained
MSC teacher in Australia, John Julian.

The weekly 3 hour sessions will occur for or a
total of 8 weeks over a 9 week period. The
program will commence on 19 March at 1pm.

Application forms are available from
Debbie.Lang@monash.edu

See **page 11** for full course
description.

Local Training Workshops

March

4th & 5th **Bouverie Family Consultation/Single Session training – 2 Day Workshop**
This 2 day workshop is offered for mental health clinicians. It is ideal for clinicians wanting to develop confidence and skills working with clients & their families. The model has been used as a way of integrating client centred approaches with family work & has been implemented in a number of mental health services
Trainers: Hanna Jewell and Rose Cuff
Time: 9:30am – 4:30pm
Venue: Wed 4th = Notting Hill, Rm.
Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1141

12th **Methamphetamines and Mental Health**
This workshop provides participants with information about methamphetamines, their usage and the impact they have on an individual's mental state. Topics include: Prevalence, and impact of methamphetamines Impact on mental state Current evidence based interventions & guidelines
Time: 9:15am – 4:30pm
Venue: Dandenong Hospital, Seminar Rm 1
Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1163

19th **Allied Health Graduate Program: Assessment / Formulation**
Time: ½ day
Presenter: NEVIL
Register: <http://www.nevil.org.au/>

19th **Allied Health Graduate Program: Psychotherapeutic Interventions**
Time: ½ day
Presenter: NEVIL
Register: <http://www.nevil.org.au/>

19th **RiSCE - Risk identification Safety Communication Environment – REFRESHER**
For all staff, mandatory for staff working in High Risk areas including NUM's, ANUM's
Time: 2:00pm – 3:30pm
Venue: Peninsula Health, Blue Rm, 1 West
Register: E: Imcintyre@phcn.vic.gov.au
For all enquiries or to book please send email to:
Lorraine McIntyre Imcintyre@phcn.vic.gov.au or phone Lorraine 9784 8236
See your Nurse Unit Manager or the Intranet for application forms.

March (Cont.)

24th &
25th

Mental Health First Aid – 2 Day Workshop

Mental Health First Aid strategies are taught in evidenced based training programs to assist participants to better manage individuals who may be developing a mental health problem or experiencing a mental health crisis. Most health professionals can obtain Continuing Professional Development points when they have completed the course.

Time: 9:30am – 4:30pm

Venue: Kingston

Cost \$50 per participant (\$75 for non-stakeholder organisations)

Register: <http://spppm->

cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1168

26th

Recovery Workshop

- Maintenance model versus Recovery process
- The evidence base for recovery
- Consumer perspective
- Recovery oriented practice

Time: 8:30am – 4:30pm

Venue: Peninsula Health, Blue Rm, 1 West

Register: E: lmcintyre@phcn.vic.gov.au

April

14th

Methamphetamines and Mental Health

This workshop provides participants with information about methamphetamines, their usage and the impact they have on an individual's mental state. Topics include: Prevalence, and impact of methamphetamines Impact on mental state Current evidence based interventions & guidelines

Time: 9:15am – 4:30pm

Venue: Dandenong Hospital, Seminar Rm 1

Register: <http://spppm->

cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1164

16th

RiSCE - Risk identification Safety Communication Environment

Time: 8:30am – 4:30pm

Venue: Peninsula Health, Blue Rm, 1 West

Register: E: lmcintyre@phcn.vic.gov.au

16th

Dual Diagnosis and Motivational Interviewing

Time: 1 day

Presenter: NEXUS

Register: <http://www.nevil.org.au/>

April (Cont.)

16th

Introduction to Pharmacotherapy
Presented by our Addiction Medicine Consultant and discusses the latest evidence around pharmacotherapy interventions.
Time: 9:15am – 12:30pm
Venue: Dandenong
Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1172

16th & 17th

ASIST (Applied Suicide Intervention Skills Training)
A 2-day interactive workshop in suicide first aid.
Participants will learn to recognise when someone may be at risk of suicide and respond in ways that help increase their immediate safety and link them to further help. ASIST aims to enhance a caregiver's abilities to help a person at risk avoid suicide.
In ASIST, you will be better prepared to:

- Recognise when someone may be thinking of suicide
- Respond in ways that clarify and address suicide risk
- Understand why suicide thoughts are present
- Work together to review risk and increase safety
- Facilitate links with further help.

Time: 8:30 – 5:00pm
Presenter: Monash Health
Register: Kristy-Lee Allan
kristylee.allan@monashhealth.org
mob: 0400 327 687
or Shelley Black
shelley.black@monashhealth.org
mob: 0405 494 159

17th

Advanced Dual Diagnosis
A workshop exploring our attitudes, values and understanding of Dual Diagnosis, incorporating:

- Substance use, awareness & its relationship to mental health
- Assessment of substance misuse
- Treatment interventions including pharmacotherapies and Motivational Interviewing
- Harm Minimizations Strategies
- Working within the broader service system & future directions

Time: 8:30am – 4:30pm
Venue: Peninsula Health, Blue Rm, 1 West
Register: lmcintyre@phcn.vic.gov.au

May

7 th	<p>Poly-pharmacy Presented by our medical team around issues relating to poly-pharmacy issues. Time: 9:15am – 12:30pm Venue: Kingston Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1174</p>
12 th	<p>Cognitive Behavioural Therapy Cognitive Behavioural Therapy (CBT) is an evidence-based, well validated treatment that can be applied to various mental health problems by changing how we think and perceive the world. Unfortunately, CBT is often seen as a dull, manualised treatment, but this workshop will teach participants that CBT is a dynamic, exciting therapy that is practical, sensible and effective! Help yourself and your clients to master thoughts and take control of life. The first half of the workshop, the basics of CBT, is aimed at an introductory or refresher level. In the afternoon the workshop will concentrate on applying CBT techniques to various scenarios with practical techniques and role plays. The goals of the workshop are to: enhance the mental health clinician's work with clients and to view CBT as a tool for self-care for the clinician. Time: 1 day Presenter: NEVIL Venue: Notting Hill, Meeting Rm 3 Register: http://www.nevil.org.au/</p>
21 st	<p>Consumer Lived Experience Time: ½ day Presenter: NEVIL Register: http://www.nevil.org.au/</p>
21 st	<p>RiSCE - Risk identification Safety Communication Environment Time: 8:30am – 4:30pm Venue: Peninsula Health, Blue Rm, 1 West Register: E: Imcintyre@phcn.vic.gov.au</p>
21 st	<p>Families and Children Time: ½ day Presenter: NEVIL Register: http://www.nevil.org.au/</p>
22 nd	<p>RiSCE - Risk identification Safety Communication Environment – REFRESHER For all staff, mandatory for staff working in High Risk areas including NUM's, ANUM's Time: 2:00pm – 3:30pm Venue: Peninsula Health, Blue Rm, 1 West Register: E: Imcintyre@phcn.vic.gov.au For all enquiries or to book please send email to: Lorraine McIntyre Imcintyre@phcn.vic.gov.au or phone Lorraine 9784 8236 See your Nurse Unit Manager or the Intranet for application forms.</p>

Let's Talk about Children OPEN DAY FORUM

2015 Allied Health Development Program

Approximately 7 years ago the LAMPS cluster (then called the Southern Cluster) developed and rolled out a highly successful Allied Health Graduate Program. The curriculum was designed and targeted to meet the education and training needs of allied health staff in the first two years of work in the public mental health setting. Back in those days, the sessions were conducted at Monash University Caulfield campus, in their auspicious board room, surrounded by huge portraits of past university chancellors. The program was delivered by John Julian, the cluster coordinator.

Two – three years post commencement, staff from the six area mental health services that comprise the NEVIL cluster were invited to also participate in the program. The synergy and efficiency of conducting a single combined program instead of two separate programs were immediately obvious and allowed a very healthy and encouraging exchange of information and ideas between the two clusters at junior clinician level. At the same time, Greg Coman, coordinator of the NEVIL cluster, became more involved in the program teaching, often co-training with John to provide other perspectives and ideas.

Approximately two years ago the NEVIL and LAMPS clusters negotiated for NEVIL to assume coordination of the program and in these recent years the training has been conducted in and around St Vincent's Fitzroy. At the same time two other important changes occurred. First the name of the program was changed, from Allied Health Graduate Program to Allied Health Development Program. This subtle but important name change reflected the increasing number of non-graduate allied health staff who were enrolling in one or more of the modules as a way to refresh and update their knowledge and skills in particular areas. Second, the range of training staff was increased, so that John and Greg provided minimal input as trainers as they engaged other allied health subject matter experts to deliver many of the program modules.

The program is about to commence it's 2015 curriculum, starting on Thursday 19 February, and then every third Thursday of the month. Check the website www.nevil.org.au for complete details of each module.

DAY	Topic	MHPOD Topics for Pre reading	Duration	Suggested presenters
Day 1 <i>Thursday 19 Feb</i>	Introduction to Victoria's Mental Health Service System and MHPOD	MH Act	½ day	Lina Wilson
	MSE/ Crisis assessment and management	Risk Assessment and Management MH Histories and MSE	½ day	Megan Svenson / Dennis
Day 2 <i>Thursday 19 Mar</i>	Assessment /formulation	Formulation	½ day	Maria Haydock
	Psychotherapeutic Interventions	Bio-psychosocial factors Note – this day will be swapped.	½ day	Greg Coman and John Julian
Day 3 <i>Thursday 16 Apr</i>	Dual Diagnosis and Motivational Interviewing	Dual Diagnosis Impact of Medical Conditions	1 day	Nexus

DAY	Topic	MHPOD Topics for Pre reading	Duration	Suggested presenters
Day 4 <i>Thursday 21 May</i>	Consumer Lived Experience - Consumer Sensitive Practice Consumer Identity and Advocacy MH Care and Human Rights Including Office of Public Advocate, guardianship etc.		½ day	David Brophy/ Peter Humby
	Families and children - Includes FAPMI, KIMS, Family sensitive practice, child protection, conduct family meetings		½ day	Zoe Edmonds
Day 5 <i>Thursday 18 June</i>	Personal Recovery		1 day	John Julian
Day 6 <i>Thursday 16 July</i>	Professional Resilience		1 day	Elizabeth Mellor

Purpose of the NEVIL Allied Health Development Program

1. To ensure that allied health staff, particularly those in their first two years of work in the public mental health sector, are provided with appropriate training related to mental health.
2. To supplement the online training available through MHPOD.

Development Training Program

- Attendees need to be aware that often pre-reading and use of MHPOD is required if this is available to them (all clinical staff have access to MHPO but not MHCSS staff).
- The training will provide a brief overview of their topic, however focus on, reflective, integrative, experiential and practical learning opportunities that are not provided through the online training.

MHPOD: new Modules now available

MHPOD Victoria has announced that there are 10 new MHPOD topics about to be released.

The topics are entitled:

1. Reducing and eliminating seclusion and restraint
2. MH peer workforce within the broader MH system
3. Social wellbeing, connection and belonging
4. Skills for promoting physical health
5. Skills for supporting consumers to study or work
6. Social relationships - working with families
7. Living with chronic ill health
8. Working with people who self-harm
9. Eating disorders
10. Citizenship and recovery

Cadre are putting the finishing touches on them. They should be released within the next two weeks.

MHPOD Victoria

Health Workforce Planning and Initiatives | Health Workforce Branch
Department of Health and Human Services
Level 21, 50 Lonsdale Street, Melbourne, Victoria, 3000

About MHPOD

MHPOD is an online professional development resource. MHPOD features fifty eight topics, based on the National Practice Standards for the Mental Health Workforce, each with evidence-based content, multimedia (video and audio), interactive activities, knowledge check questions and suggested reference material. MHPOD offers a convenient way for practitioners to learn more about mental health at a place and time of their choosing; it can be adapted to support group learning activities; or integrated into existing learning program curricula.

Check it out at:

<http://www.mhpod.gov.au/>

Research: Rethinking Sex: Sex Redefined

Gender and Sexuality Just Got More Interesting

NATURE, VOL 518,19 FEBRUARY 2015, is open access and therefore freely available at:

(A Podcast is also available on that page.)

Two sex; five sex; nine sex models

This is not a new claim in the scientific literature. Anne Fausto-Sterling, one of the first commentators on the article, is a Professor of Biology and is a pioneering researcher into sex and gender identities. She has an interesting article published on-line at: <http://capone.mtsu.edu/phollowa/5sexes.html> which outlines her view of there being five sexes.

Of course the sexual identity of athletes has at times been hotly contested and Keith Moore outlined a nine sex model in 1968 in JAMA (Moore, Keith L., THE SEXUAL IDENTITY OF ATHLETES. JAMA.1968;205(11):787-788. doi:10.1001/jama.1968.03140370089020). He noted that "In most individuals the nine components of sexual phenotype (external genital appearance, internal reproductive organs, structure of the gonads, endocrinologic sex, genetic sex, nuclear sex, chromosomal sex, psychological sex, social sex)."

What are the issues for the people involved?

The link below is a series of 10 short video clips and appears to be extremely informative and sensitively produced:

<http://youtu.be/yKCIWuFB3vE> This series by punk rock singer Laura Jane Grace of Against Me! was published in October last year. The promotional material notes "Laura Jane Grace always felt like an outsider in the suburb where she grew up. In the punk scene she found a home, but Laura was buckling under the pressure of being someone she wasn't. The story of punk rock singer Laura Jane Grace of Against Me! who came out as a woman in 2012, and other members of the trans community whose expectations are woefully underrepresented and misunderstood in the media."

Watch The Next Ep. Here: <http://goo.gl/jQdXuA>

Subscribe for More 'True Trans': truetranstheshow.com

Watch more 'True Trans' here: <http://goo.gl/Ad0YNC>

Asexuality and demisexuality

Asexuality has also slowly been coming out of the closet for more than a decade. In 2001, a Wesleyan University student named David Jay created a website called the [Asexual Visibility and Education Network](http://www.asexuality.org/home/). This can be found at: <http://www.asexuality.org/home/>

This site started as a repository of information about all things asexual. When forums were added a year later, members started trickling in. By 2004 there were a thousand. (The word *demisexual* seems to have come into being on an AVEN forum on February 8, 2006. It was coined by somebody who was trying to explain what it was like to be mostly, but not entirely, asexual.) Today there are some 80,000 registered users.

A new training package in the LAMPS cluster is currently being developed on these issues.

Mindful Self Compassion (MSC)

Mindful Self Compassion (MSC) is an empirically-supported, 8-week, program designed to cultivate the skill of self-compassion. Based on pioneering research by Kristin Neff and integrated with the clinical perspective of Chris Germer, MSC teaches core principles and practices that enable participants to respond to difficult emotions with kindness and understanding. This 8 week training will be taught by John Julian, currently the first trained teacher of MSC in Australia.

Christopher Germer, one of the designers of this program, notes "Mindful self-compassion is the foundation of emotional healing - 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 - in loving awareness, leading to greater ease and well-being in our daily lives."

Self-compassion is the emotional attitude of mindfulness when we contact suffering. Whereas mindful awareness is typically directed toward moment-to-moment experience, self-compassion focuses on the experiencer. Mindfulness says, "Open to your suffering with spacious awareness and it will change." Self-compassion adds, "Be kind to yourself in the midst of suffering and it will change." Mindfulness asks, "What do I know?" and self-compassion asks, "What do I need?"

Self-compassion can be learned by anyone, even those who didn't receive enough affection in childhood or who find it embarrassing to be kind to oneself.

It's a courageous mental attitude that stands up to harm, including the discomfort that we unwittingly inflict on ourselves through self-criticism, self-isolation, and self-rumination when things go wrong. Self-compassion provides emotional strength and resilience, allowing us to admit our shortcomings, forgive ourselves, and respond to ourselves and others with care and respect, and be fully human.

Rapidly expanding research has clearly demonstrated that self-compassion enhances emotional wellbeing, reduces anxiety and depression, helps to maintain healthy habits such as diet and exercise, and is related to better personal relationships. You can find out more by visiting the web page for the Center for Mindful Self-Compassion in the USA at <http://www.centerformsc.org/>

Target Audience.

This program is designed for members of the general public, as well as professionals who wish to integrate self-compassion into their work. **However, in this program only mental health professionals will be allowed and strict confidentiality rules will apply.** Meditation experience is not necessary to participate in this MSC program. All are welcome.

Objectives

At the completion of this activity, participants should be able to:

- describe the theory and research supporting mindful self-compassion
- motivate themselves with encouragement rather than self-criticism
- relate to difficult emotions with greater moment-to-moment acceptance
- respond to feelings of failure or inadequacy with self-kindness
- begin to transform difficult relationships, old and new, through self-validation
- practice the art of savoring and self-appreciation
- integrate core mindfulness and self-compassion exercises into daily life

- teach simple self-compassion practices to patients, students, or clients

Training

Program activities include meditation, short talks, experiential exercises, group discussion, and home practices. The MSC program is not group therapy, although participants are encouraged to share their experiences on the path of mindful self-compassion.

The emphasis of the program is on enhancing emotional resources and personal capacities. For more information on self-compassion, please see <http://www.centerformsc.org/>

Participant Guidelines

The MSC program is a journey—an adventure in self-discovery and self-kindness. Compassion has the paradoxical effect of both soothing and comforting as well as opening us to emotional distress that we may have been unconsciously holding inside, often for many years. Therefore, some difficult emotions are likely to surface during the program as we grow in our capacity to embrace and heal them. The teachers are committed to providing an environment of safety, support, privacy, individual responsibility, and a common commitment to developing compassion for oneself and others.

It is recommended, but not required, that participants read the following two books before the training:

1. Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind by Kristin Neff
2. The Mindful Path to Self-Compassion by Christopher Germer

Needs Assessment

Over the past few years, mindfulness has become mainstream in the general population and is being increasingly integrated into professional practice (e.g. mental health, medical care, education, business, law). As the demand grows, the demand for quality professional training in these practices and techniques is growing each year. Self-compassion is a “trending health term” (Reader’s Digest, 2012) and an area of burgeoning research that is following in the wake of mindfulness. However, misunderstandings about self-compassion abound, such as conceptual confusion with self-esteem, self-indulgence, and existing notions of self-care. Despite impressive scientific evidence for the connection between self-compassion and emotional wellbeing, explicit training in the skill of self-compassion is relatively rare. This course is the first empirically-supported self-compassion training offered in Australia for professionals and the general public.

Instructor: John Julian MAASW, (BA, BSW, Cert IV Training & Assessment) Medicare registration 4060991K. John is the senior trainer, LAMPS, and is a mindfulness trainer and clinical social worker. John has completed training in MBSR and MBCT (and is on the MBCT faculty at Monash University) and was invited to attend the first train the trainer MSC retreat with Kristin Neff and Christopher Germer and UCSD staff in March 2014, a program that consisted of 30 invited professionals from around the world. He is also a chief investigator in the large Pulsar project, recently commissioned by the State Government, aimed at researching the concept of recovery from mental health and its use by professionals.

Continuing Education: A certificate providing the number of hours attended will be provided for professionals requiring evidence of professional development certificates (i.e. nurses, psychologists, social workers, occupational therapists, doctors, etc.)

Conferences

Understanding and Promoting the Mental Health and Wellbeing of Young People

7th to 8th May 2015

Melbourne, Victoria, Australia

Website: <http://www.criticalagendas.com.au/National/understanding-promoting-the-mental-health-wellbeing-of-young-people-may-7-15>

Contact person: Rick Vagnoni

This 2-day conference will explore new ideas and programs that can promote the mental health and wellbeing of young people through their schooling experience.

Interprofessional Health, Education & Practice International Conference

5th to 7th October 2015

Melbourne, Victoria, Australia

Website: <http://www.ihep.com.au>

Contact person: Simiao

Victoria University extends an invitation to the international interprofessional community for the inaugural Interprofessional Health, Education & Practice (IHEP) International Conference.

Organized by: Victoria University

Deadline for abstracts/proposals: 12th April 2015

Early Notice: Plan your Paper/s

8th World Congress of Behavioural and Cognitive Therapies

22-25 June 2016 - Melbourne

Welcome to the 8th World Congress of Behavioural and Cognitive Therapies 2016, which will be held at the Melbourne Convention and Exhibition Centre, 22-25 June, 2016.

Planning is now well underway and we are preparing an exciting Scientific Program and a varied social schedule that will give you an opportunity to network with colleagues in your field.

Webpage: <http://www.wcbct2016.com.au/>

Babette Rothschild Workshops
