

Welcome to 'The News: LAMPS!'

Latrobe regional health, Alfred health, Monash health, Peninsula, & South eastern

Training News

(LAMPS represents the shining effect of training and education)

Date: 16 May 2014

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

Contents

Local Training	2
Allied Health Development Program - Psychotherapeutic Interventions Workshop	7
Webpage Info on Mental Health	8
Victoria's new Mental Health Bill 2014	9
Art as Therapy at the National Gallery of Victoria (NGV)	10
Conferences	11
Early Notice: Plan your Paper/s	11
8th World Congress of Behavioural and Cognitive Therapies	11
The AACBT Conference	12
The National Suicide Prevention Conference	13
Private fee for service training	14
Mindful Self Compassion (MSC)	15
VALE Janine Chugg	17
ELMHS Professional Development	18

MINDFUL SELF-COMPASSION

The first Australian 8 week program of the Kristin Neff and Christopher Germer's 8 week

Mindful Self-Compassion (MSC) program is being offered only to the staff of LAMPS. This program will only be offered once.

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

Monday June 16th 2pm – 4.30pm followed by weekly 2.5 hour sessions for a total of 8 weeks over a 9 week period.

See **pages 14 and 15** for full description.

Art as Therapy

A free self-guided tour at the National Gallery of Victoria (NGV)

Art as Therapy explores the idea that art can have a powerfully therapeutic effect and be enjoyed not only for where it came from or who made it, but what it can do for you – the ordinary visitor with the concerns that trouble us all: work, love, status, mortality and sometimes-tricky relationships.

Mental Health Act 2014

You will be advised through your local employing agency about training for the new Mental Health Act.

You can download this 400 page document at:
<http://www.legislation.vic.gov.au/>
as pdf or word version.

**Highlighting
Childhood Trauma Conference**
4th to 8th August 2014
Melbourne, Victoria, Australia
See page 12

Local Training

May

20th **Needs Based Communication - Core Recovery & Compassion Skills**
Time: 10:00am – 4:30pm
Venue: Monash Uni, Nott ing Hill, Meet ing Rm 4
Presenter: John Julian
Register: http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop_id=947

22nd **Recovery - Please apply via your Unit Manager**
Topics include:

- Recovery principles
- Consumer/Carer perspective
- National recovery Framework
- New Mental Health Act reforms
- Supported Decision-making framework
- Advanced Statements
- Capacity Testing

Time: 8:30pm – 4:30pm
Venue: Blue Room, 1W Admin area.
Register: lmcityre@phcn.vic.gov.au

27th **Risk, Formulation and Management**
Time: 8:30 – 5:00pm
Venue: LVC MHS 20 Washington St, Traralgon
Register: jgannon@lrh.com.au

30th **Challenging Behaviours**
Time: 9:30 – 12:30pm
Venue: St Vincent’s Hospital, Melb
Register:
<http://www.svhm.org.au/services/VictorianDualDisabilityService/Pages/Training.aspx>

June

3rd **CARE One Day Course**
Time: 8:30 – 4:30
Venue: Wonthaggi CMHS
Register: jgannon@lrh.com.au

4th **Clinical Supervision – 2 Day Workshop - Day 1**
Time: 9:00 – 5:00pm
& Venue: Dandenong Hospital, Monash Mental Health, ART Building Meeting Room 1 & 2
Presenter: LAMPS
11th Register: http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop_id=922

June (Cont.)

Advanced Dual Diagnosis

The Advance Diagnosis Education incorporates:

6th

- Models of Dual Diagnosis
- Trauma and Dual Diagnosis
- Advanced assessments skills
- Psychopharmacology- implications for Dual

Diagnosis clients

- Motivational Interviewing
- Harm Minimisation strategies

Time: 8:30pm – 4:30pm

Venue: Blue Room, 1W Admin area.

Register: lmcintyre@phcn.vic.gov.au

MBCT - A Day of Mindfulness

Time: 10:00am – 3:00pm

14th

Venue: Dandenong Hospital, Monash Mental Health, ART Bldg Meeting Rms 1 & 2

This is only for graduates of OM, MBCT and DARE programs

Presenter: John Julian

Register: http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop_id=1002

Graduation Education Session

11th

Time: 10am – 4:30pm

Venue: Casey Tutorial Rm

Presenter: John Julian

Problem Gambling and Psychiatric Co-Morbidity

13th

Time: 10:00 – 3:30pm

Venue: Dandenong Hospital, ART Building, Meeting Rms 1 & 2

Register: http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop_id=1021

Youth Mental Health First Aid – 2 day workshop

16th

Time: 8:30am – 5:00pm

Venues:

Date: Mon 16 June

&

Venue: Meeting Rms 1 & 2 Dandenong Hospital - ART Building

Date: Tues 17 June

17th

Venue: Monash Uni, Nott ing Hill Meeting Rm 4

Presenter: LRH

Register: http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop_id=981

June (Cont.)

- 16th** **Mindful Self-Compassion Group – 8 weekly sessions x 2.5 hours**
Time: 2:00pm – 5:00pm
to Venue: Dandenong Hospital, ART Building, Meeting Rm 1.
Presenter: John Julian
11th Cost: Free to Southern Cluster, \$240 to external bodies
Aug Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=903

July

- 14th** **CARE 3 Hour Refresher Course**
Time: 9:00 – 12:00
Venue: Wonthaggi CMHS
Register: jgannon@lrh.com.au
- 17th** **Bouverie Family Consultation/Single Session training – 2 Day Workshop**
Time: 9:30 – 4:30
& Venue: Monash Uni, Notting Hill Campus, Building 1, Meeting Room 3
24th Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=961
- 23rd** **Emergency Psychiatry Symposium**
Time: 8:30am – 4:30pm
Venue: The Alfred Hospital, AMREP Seminar Rm
Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=941
- 25th** **Personality Disorders Workshop**
Time: 9:30 – 12:30pm
Venue: St Vincent's Hospital, Melb
Register: <http://www.svhm.org.au/services/VictorianDualDisabilityService/Pages/Training.aspx>
- 29th** **Risk, Formulation and Management**
Time: 8:30 – 5:00pm
Venue: LVCMS 20 Washington St, Traralgon
Register: jgannon@lrh.com.au
- 31st** **CARE 3 Hour Refresher Course**
Time: 9:00 – 12:00
Venue: LVCMS 20 Washington St, Traralgon
Register: jgannon@lrh.com.au

July (Cont.)

Recovery
 Topics include:
 Recovery principles
 Consumer/Carer perspective
 National recovery Framework
 New Mental Health Act reforms
 Supported Decision-making framework
 Advanced Statements
 Capacity Testing
 Time: 8:30pm – 4:30pm
 Venue: Blue Room, 1W Admin area.
 Please apply via your Unit Manager
 Register: lmcintyre@phcn.vic.gov.au

31st

August

Advanced Dual Diagnosis
 The Advance Diagnosis Education incorporates:

- Models of Dual Diagnosis
- Trauma and Dual Diagnosis
- Advanced assessments skills
- Psychopharmacology- implications for Dual

Diagnosis clients

- Motivational Interviewing
- Harm Minimisation strategies

Time: 8:30pm – 4:30pm
 Venue: Blue Room, 1W Admin area.
 Register: lmcintyre@phcn.vic.gov.au

1st

CRISIS—Crisis Intervention and Safety Implementation in Suicide/Self Harm

- Suicide prevention strategies
- Working with people who self-harm
- Person-centred care
- Self-awareness
- Cultural sensitivity

Time: 8:30pm – 4:30pm
 Venue: Blue Room, 1W Admin area.
 Please apply via your Unit Manager
 Register: lmcintyre@phcn.vic.gov.au

13th

ASIST Two Day Workshops
 Time: 8:30 – 4:30
 Venue: Lifeline Gippsland, 2 Fleming St Morwell
 Register: lifelinegippsland@llg.org.au

14th

&

15th

August (Cont.)

15th **Personality Disorders Workshop**
Time: 12pm – 3pm
Venue: Latrobe Regional Hospital, Traralgon
Register:
<http://www.svhm.org.au/services/VictorianDualDisabilityService/Pages/Training.aspx>

26th **Risk, Formulation and Management**
Time: 8:30 – 5:00pm
Venue: LVCMHS 20 Washington St, Traralgon
Register: jgannon@lrh.com.au

26th **CARE One Day Course**
Time: 8:30 – 4:30
Venue: Bairnsdale CMHS
Register: jgannon@lrh.com.au

28th **ASIST ½ day tune-up workshop**
Time: 9:30 – 1:30pm
Venue: LV CMHS
Register: jgannon@lrh.com.au



Allied Health Development Program - Psychotherapeutic Interventions Workshop

Details This is Day 5 of the annual NEVIL /LAMPS clusters Allied Health Development Program designed specifically for allied health clinicians working in public clinical mental health services and especially those new to these roles.

Assessment/ Formulation (09.30 – 12.30)

This seminar will provide an overview of the fundamentals of conducting an assessment and developing a clinical formulation in the mental health setting.

Psychotherapeutic Interventions (1.30 – 4.30)

A large number of psychotherapeutic interventions have been developed over the last 50 - 60 years. This seminar/workshop will review the development and key features of the most popular and useful interventions in mental health settings. Person centred therapy, behaviour therapy, cognitive therapy, CBT, narrative therapy, Dialectic Behaviour Therapy (DBT), Acceptance and Commitment Therapy, Psychoeducation and Mindfulness will all be described in detail.

Some of these will be illustrated in video and live role play demonstrations and opportunity to practice will also be provided.

Date Thu 19-June-2014

Location Heidelberg

Presenter Various

Register <http://www.nevil.org.au/calendar?func=viewEvent&wid=80&eid=1257>



Webpage Info on Mental Health

Psychosis and schizophrenia in adults: treatment and management.

NICE clinical guideline 178 (2014)

It's included in the Psychosis and Schizophrenia Overview - NICE Pathways

<http://pathways.nice.org.uk/pathways/psychosis-and-schizophrenia>

National practice standards for the mental health workforce, 2013

<http://www.health.gov.au/internet/main/publishing.nsf/Content/mental-pubs-n-wkstd13>

The revision of the National practice standards for the mental health workforce was funded by the Australian Government Department of Health, and published by the Victorian Government Department of Health, on behalf of the Safety and Quality Partnership Standing Committee.

Building a better future: The lifetime costs of childhood behavioural problems and the benefits of early intervention

http://www.centreformentalhealth.org.uk/publications/building_a_better_future.aspx?ID=699

By Michael Parsonage, Lorraine Khan and Anna Saunders. London, Centre for Mental Health, January 2014.

Elder Abuse and its Prevention: Workshop Summary

http://www.nap.edu/catalog.php?record_id=18518

National Research Council. Summary of a workshop convened in April 2013 by the Institute of Medicine's Forum on Global Violence Prevention. Washington, DC: National Academies Press, 2014.

Managing patients with complex needs: Evaluation of the City and Hackney Primary Care Psychotherapy Consultation Service.

http://www.centreformentalhealth.org.uk/publications/Managing_patients_complex_needs.aspx?ID=703

By Michael Parsonage, Emily Hard, and Brian Rock. London, Centre for Mental Health, March 2014.

Has a "short on time: read the summary" section

Primary Care Companion for CNS Disorders

<http://www.ncbi.nlm.nih.gov/pmc/journals/1412/>

A web-based, peer-reviewed publication that seeks to advance the clinical expertise of primary care physicians and other health care professionals who treat patients suffering from mental and neurological illnesses. Previously (prior to 2011) Primary Care Companion to the Journal of Clinical Psychiatry

A Contributing Life, the 2013 National Report Card on Mental Health and Suicide Prevention

<http://www.mentalhealthcommission.gov.au/our-report-card.aspx>

By Catherine Lourey Jennifer Plumb and Ashleigh Mills. Sydney, National Mental Health Commission, 2013.

Victoria's new Mental Health Bill 2014

A new Mental Health Act for Victoria is a key element to the government's mental health reform agenda, and places individuals and families at the centre of mental health treatment and care.

The Bill involves significant changes to compulsory assessment and treatment of people living with mental illness. It will ensure that people living with mental illness and subject to compulsory treatment are supported to make or participate in decisions about their treatment and care. The Bill also recognises the important role of families and carers in supporting the recovery of people living with mental illness.

A summary of the reforms in the Bill is available in [The Mental Health Bill 2014 - An explanatory guide](#).

This website includes more information about the Bill including [resources](#) for people with lived experience of mental illness, families and carers, and clinicians, [frequently asked questions](#), [latest news](#) and the [second reading speech](#).

The Bill can be viewed at the [Victorian Legislation and Parliamentary Documents website](#). (<http://www.legislation.vic.gov.au/>)

Implementing the Mental Health Bill 2014

The Victorian Government and the Department of Health have been working with mental health services and other stakeholders to prepare for commencement of the new legislation for more than a year. This work has been informed by the broad policy directions outlined in [The Mental Health Bill 2014 - An explanatory guide](#) or at <http://www.legislation.vic.gov.au/>

The government funded Mental Health Act Implementation Project Officers in every area mental health service to help services prepare for the new legislation.

Project officers have also been funded at the peak statewide mental health consumer and carer organisations to ensure that the views of people with mental illness, their families and carers informed planning for implementation of the new legislation. All of the project officers' positions have been extended to 31 October 2014 to assist with the transition to the new legislation.

While the Bill is in Parliament, the government will continue to work with mental health services and talk with the community about the reforms and explain how they will facilitate supported decision making and strong partnerships between patients and practitioners, carers and families.

Latest news

Ministerial communiqué – February 2014

This communiqué is the second in a series of updates designed to inform all stakeholders about the progress and actions taken to reform Victoria's mental health legislation.

[Ministerial Communiqué No.2](#)

Art as Therapy at the National Gallery of Victoria (NGV)

This specially-curated Art as Therapy program, in a collaboration between the National Gallery of Victoria and The School of Life Melbourne, has a self guided tour as is free. The program was launched with a Secular Sermon by de Botton at the NGV on Wednesday 26 March, coinciding with the permanent opening of The School of Life Melbourne.

The *Art as Therapy* program includes a free, self-guided tour of the NGV Collection, consisting of specially-written labels for over sixty works. The labels, written by de Botton and Armstrong, re-contextualise artworks to challenge visitors to examine assumptions about themselves, society, and how art is viewed in galleries.

Tony Ellwood, Director, NGV, said: “We are thrilled that the philosophical ideas of Alain de Botton and John Armstrong will be applied to works in the NGV Collection as an extension of their innovative book *Art as Therapy*. This self-guided tour will be available for free to all visitors and we hope that the thought-provoking words of de Botton and Armstrong will encourage a deeper engagement and understanding of the selected artworks.”

Kaj Lofgren, Director, The School of Life Melbourne, said: “We are so happy to be partnering with the NGV on this project, and we look forward to providing a new and innovative way of interpreting such a wonderful collection.”

Art as Therapy explores the idea that art can have a powerfully therapeutic effect and be enjoyed not only for where it came from or who made it, but what it can do for you – the ordinary visitor with the concerns that trouble us all: work, love, status, mortality and sometimes-tricky relationships. The *Art as Therapy* tour will be accompanied by a brochure (available from the Information Desk at NGV International) and smartphone app (available for iPhone and Android). Along with the National Gallery of Victoria, artworks at the Rijksmuseum, Amsterdam, and the Art Gallery of Ontario, Canada, will carry *Art as Therapy* labels.

***Anguish* (c. 1878) by August Friedrich Albrecht SCHENCK**
oil on canvas
151.0 x 251.2 cm
National Gallery of Victoria, Melbourne
Purchased, 1880



Conferences

APS College of Clinical Psychologists Conference

The 2014 APS College of Clinical Psychologists Conference *Clinical psychologists: Experts in mental illness*

Grand Hyatt, Melbourne, VIC
Friday 20 June to Sunday 22 June 2014

Website: http://www.groups.psychology.org.au/cclin/conference2014/?utm_source=Conference%20Alerts&utm_medium=Advert&utm_campaign=Cclin%20Conf%20landing_page

This Clinical Psychology Conference offers prominent keynotes and workshops by Dr Michael Yapko, Dr Joan Farrell and Ms Ida Shaw (USA) and advanced workshops and master classes by many of our leading Australian Clinical Psychologists.

Organized by: The Australian Psychological Society

**Early Bird registrations will close at midnight AEDST, Sunday 4 May 2014.
After this time standard registrations prices will apply.**

METHOD OF PAYMENT

Online registrations can be paid by credit card (Visa, MasterCard and AMEX are accepted).

Pay using your AMEX card to enjoy membership rewards.

All prices quoted are in Australian dollars and include GST unless otherwise stated.

ABN 23 000 543 788

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/>

For the full 2014 Training Calendars please visit:

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



Childhood Trauma:
Understanding the basis
of change and recovery.

Childhood Trauma: Understanding the basis for change and recovery. An International Conference on Innovation in Therapeutic Approaches with Children, Young People and Families

4th to 8th August 2014
Melbourne, Victoria, Australia

Website: <http://www.childtraumaconf.org/>
Contact person: ICMS Pty Ltd

Speakers include: Dan Siegel (USA), Allan Schore (USA), Pat Ogden (USA), Ed Tronick (USA), Stephen Porges (USA), Judy Atkinson (QLD), Dan Hughes (USA), Kim Golding (UK), Cindy Blackstock (CANADA), Sue Carter (USA)

Organized by: Australian Childhood Foundation

The AACBT Conference

The Australian Association for Cognitive and Behaviour Therapy Ltd. (AACBT)

37th AACBT National Conference

23-26 October 2014
Fremantle

Check out the events calendar at the AACBT at <http://www.aacbt.org/eventscalendar>

The National Suicide Prevention Conference



Pan Pacific Perth, Western Australia, 23-26 July 2014

The National Suicide Prevention Conference provides a platform for the exchange of ideas and will focus on evidence-based suicide prevention initiatives, showcasing the best in research, practice and community engagement for key audiences across Australia.

This year's theme, Many Communities, One Goal, will focus on delivering improved outcomes in suicide prevention for those working with vulnerable populations.

Throughout the conference presenters and delegates will explore question such as:

- What happens when an individual or community are socially excluded, marginalised and what does that mean for the community, researcher, clinician?
- What are the differences between vulnerable communities and what do they have in common so programs can be adapted for other groups?
- How do individuals and communities create resilience and how can programs enhance the development of resilience?

Pre-Conference Workshop, Tuesday 22 July

Communities Matter: Empowering community-driven suicide prevention: For conference delegates and those currently working or volunteering in a community network who wish to establish suicide prevention initiatives and actions at the local level.

Special Session, Saturday 26 July

Harnessing the voice of lived experience: For individuals who have been touched by suicide to share their experiences with conference delegates. Contributions could help shape important activities aimed at halving suicides in Australia over the next decade.

<http://suicidepreventionaust.org/conferences/index.html>

Private fee for service training

ESSENTIAL COMPONENTS OF ACCEPTANCE AND COMMITMENT THERAPY - how to alter verbal support for experiential avoidance and rule governed behaviour (RGB). (Early bird ends April 11th)

NARRATIVE THERAPY - CORE CONCEPTS AND KEY SKILLS (Early bird ends June 27th)

Presenter:

Adrian van den Bok

Event date: 18 Jul 2014 9:00 am

Location: MELBOURNE - Mantra on Russell

Original Price: \$290 AUD

Early Bird Price: \$218 AUD

View More Details / Register: <http://www.pdpseminars.com.au/index.php/counselling-and-psychotherapy>

NARRATIVE THERAPY part 2 - THE NARRATIVES OF THE THERAPIST (Early bird ends June 19th)

Presenter:

Adrian van den Bok

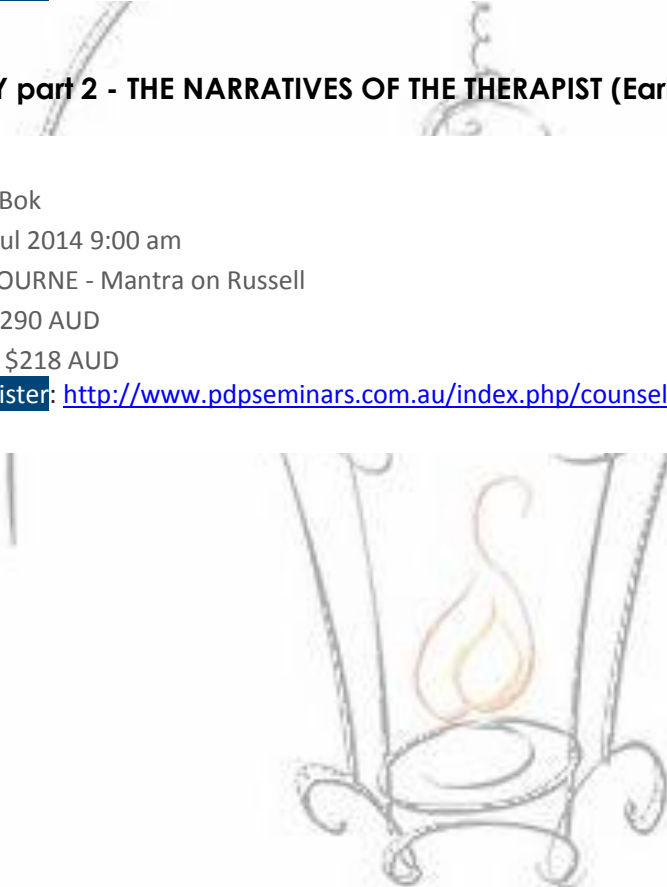
Event date: 19 Jul 2014 9:00 am

Location: MELBOURNE - Mantra on Russell

Original Price: \$290 AUD

Early Bird Price: \$218 AUD

View More Details / Register: <http://www.pdpseminars.com.au/index.php/counselling-and-psychotherapy>



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 only MSC trainer in Australia until June.

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

For the full 2014 Training Calendars please visit:

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

- 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 has attended a five day MSC retreat with Kristin Neff and Christopher Germer provided by the UCSD attended first train the trainer program in March 2014, a program consisting 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.)

VALE Janine Chugg

4th october 1950-24th Feb 2014

Janine Chugg passed away in February following an accident whilst she was on holiday in India. Janine came to occupational therapy after a short career as a teacher. She trained at Lincoln Institute in Carlton, completing her degree in 1982.

Janine's final placement as a student was at Dandenong psychiatric centre (now part of Monash Health). She returned to work at the Dandenong Centre in early in 1983 when the Centre received additional funding post the catastrophic Ash Wednesday Victorian bushfires. Janine was employed to backfill some of the clinical positions that were diverted to deal with the disaster in the Centre's catchment area. It was during this time that Janine's love of psychiatry and experience set her on a path of working as a 'mental health OT'.

After this position ended Janine worked in Tasmania for a period of time and later worked overseas in England.

Janine established herself as one of the 'old guard' in mental health whilst working as the senior OT at Footscray Psychiatric Hospital. She was an active and vocal member of the State Employed Occupational Therapists (SEOT) group. SEOT was created by a group of senior OTs to set standards, advance the practice and promote the profile of occupational therapists in mental health, when mental health services were provided by the Victorian Government Office of Psychiatric Services.

Janine then moved closer to her home in Sandringham when she accepted the role of senior OT in mental health at Southern Health's clinic in Moorabbin. In this position she continued to work 'hands-on' with clients, using the core values of occupational therapy to assist their recovery. She also supported the large group of OTs who work across the mental health service, providing discipline specific supervision, recruitment advice and training. Janine was the lead OT for the Southern sector-wide discipline specific training cluster. She inspired all the OTs in this group to generate creative and motivating training opportunities.

In 2011 Janine was relocated to the Clayton Clinic where she continued to work clinically and develop her OT group at Southern Health (now Monash Health). The following year, she was asked to manage the Community Care Units (CCU) in East Bentleigh. She embraced this new challenge with her usual energy and creativity. She believed that the experience she brought to the role as an OT in mental health was the perfect qualification for this challenging role. Her core OT skills were now the inspiration for the many innovative changes she brought to the CCU. She stepped down from her senior OT role at Southern Health and in the Southern Training Cluster to give her all to this new position.

Throughout her career, Janine was always a 'mental health OT', whatever the position description. Clients loved working with her and she brought passion and her OT skill to all her relationships. She was a larger than life personality, passionate about the underdog, committed to her career as an OT and had boundless energy.

Janine's joy outside of occupational therapy was her much loved family and the Beaumaris Theatre. As a long-standing member of the theatre community, she undertook all possible roles: actor, stage-manager, administrator, committee member, advocate and general handy-person. Janine was presented with life membership of the Beaumaris Theatre in recognition of this work. She was also awarded Bendigo Bank Citizen of the Year in 2008, in recognition of her work at the Beaumaris Theatre and for her support of community based groups including those for asylum seekers.

The occupational therapy profession will miss her and be less for her presence.

Ingrid Baarsma, Senior Occupational Therapist, Peninsula Health

For the full 2014 Training Calendars please visit:

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

Page - 17 -

Early in Life Mental Health Service

Professional Development Series 2014 Calendar

February 13, 2014

TOPIC: Complex trauma and Attachment Neurobiology Updates; Theory and Practice Implications.

This full day seminar will bring together experts across infant, child and adolescent psychiatry. Professor Louise Newman, Senior Psychologists George Habib and Sandra Ieropoli will consider recent evidence and best practice when working with children and adolescents who have experienced disrupted attachment or complex trauma in infancy, childhood or adolescence.

Cost: \$60.00
<http://www.trybooking.com/Embed.aspx?eid=68550>

March 27, 2014

TOPIC: Working with Groups Group Therapy; Theory and Practice

This half day seminar will bring together senior clinicians involved in the delivery of the group programs at ELMHS. It will explore the role of groups and group work as an agent for change in treatment of children, adolescents and their families. Presenters will discuss current clinical theory and practice related to group psychotherapy.

<http://www.trybooking.com/71731>

May 13, 2014

TOPIC: Vulnerable Online? Positive Connections, Risky Behaviour and Implications for Family: Social Media

This half day seminar will bring together experts for the Young And Well Collaborative Research Centre partnership with senior ELMHS clinicians to explore the impact of social media on wellbeing and mental illness. The Young and Well Cooperative Research Centre is an Australia-based, international research centre that unites young people with researchers, practitioners, innovators and policy-makers from over 70 partner organisations. It explores the role of technology in young people's lives, and how it can be used to improve the mental health and wellbeing of those aged 12 to 25.

<http://www.trybooking.com/71734>

July 23, 2014

TOPIC: Challenging Behaviour in Children: Aggression, Anxiety and Depression in ages 2-10

This half day seminar will bring together infant, child and adolescent psychiatrist Dr. Ben Samuel with members of the ELMHS Occupational Therapy and Psychology streams to explore the issues of challenging behaviours and their underlying emotional, psychological or family system implications.

<http://www.trybooking.com/71735>

August 14, 2014

TOPIC: Autism Spectrum in Adolescents & Young Adults

This half day seminar will showcase senior clinicians from the ELMHS specialist Endeavour Neurodevelopmental Team. The session will consider the spectrum of autism and how to manage and distinguish behaviours related to the PDD spectrum verses other complex mental health issues through theory and de-identified clinical case examples.

<http://www.trybooking.com/71736>

September 10th, 2014

TOPIC: "SAFE Minds Project": Self Harm Early Intervention in Schools- ELMHS and Headspace School Support National Office

This half days seminar will bring together Clinical Lead Consultant Dr. Michael Gordon, child and adolescent psychiatrist and Amanda Smith, Psychologist from Headspace National, and project leader of a new early intervention online training resource for primary and secondary school aged children, adolescents and their families in relation to anxiety, depression and self harm behaviour.

<http://www.trybooking.com/71737>

November 20th, 2014

TOPIC: Sexual Safety? SECASA and ELMHS - Current Epidemiology, Theory & Practice

This half day seminar will bring together Monash SECASA and ELMHS senior clinicians to discuss complex practice needs involving sexual assault behaviours. CALD and developmental implications will be integrated into the discussion topics.

<http://www.trybooking.com/71738>

Registration & Payment Details:
 see Trybooking code for each session

Cost for each morning session: \$26.00
 Full Day February 13, 9am-4pm: \$60.00

Time: Registration 9.00am
Commencement: 9.20am
Conclusion: 12.30pm

All Seminars in 2014 are located at:
Punt Hill Dandenong
 157-163 Lonsdale St,
 Dandenong VIC 3175

Enquiries:
elmhstraining@monashhealth.org