

The NEWS!

South East Education & Training News

Date: 26 August 2008

Welcome to The NEWS

What's happening in training and in the South East Education and Training (SEETC) cluster? This newsletter will have three sections:

- [Training News](#) - What training is happening
- [Cluster business](#) –
 - Cluster meeting – 17th September at 2.30 where funding decisions will be made
 - Allied Health Network meeting at 9.30pm on 23rd September
- [Experimental](#) Training news
 - What's happened to Edukator Magic? What exciting things has Edukator found?

You can also download this PDF and all linkages from our web-page the day after it has been sent out:

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

Just some things to note in this edition of The News!:

- | | |
|---------------------------------------|---|
| 8 th September
SPECIAL | Outcome measurement training: CAMHS advanced workshop on Outcome measurements September 8th |
| 11 th September | An Introduction to Eating Disorders – at Traralgon |
| 18 th September
SPECIAL | Introduction to Dual Diagnosis.
CEEDS training in September – “Anger & Anorexia Nervosa’ |

Other interesting bites in “The NEWS!”:

- New meta-analysis in BJP on weight gain from atypicals and effectiveness of psycho-social programs
- Managers of Continuing Care Teams will meet as a State-wide group on 1 September. For more information contact Tim.Brewster@southernhealth.org.au

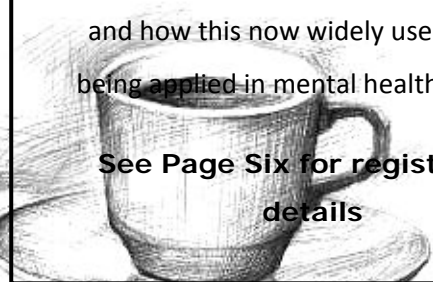
Full contents on Page Two

Recovery Workshop
Professor David Pilgrim

Tuesday 9 September @ AEU,
112 Trennery Crescent,
Abbotsford

Of great significance to all mental health sectors is to note that the British mental health expert, Professor David Pilgrim, will explore the concept of 'recovery' and how this now widely used term is being applied in mental health practice.

See Page Six for registration details



Contents

August August.....	3
Allied Health Graduate and New Staff program	3
September September.....	3
Continuing Care Managers FULL DAY FORUM.	3
September September.....	4
'Anger & Anorexia Nervosa'	4
AMHS Foundation Training: 'An Introduction to Eating Disorders for Mental Health Professionals.'.....	4
An Introduction to Eating Disorders.....	4
September September.....	5
Narrative Therapy Practice Group - FREE AFTERNOON SEMINAR:	5
Introduction to Dual Diagnosis.....	5
October October	5
Working with Adults Experiencing Eating Disorders	5
Thursday 27 & Friday 28, November 2008.....	5
Fee for Service Training.....	6
Recovery Workshop: Professor David Pilgrim.....	6
VICSERV Training for CEO's, Senior Managers and Managers	7
Mindfulness-based Cognitive Therapy	7
Working with Adults Experiencing Eating Disorders	8
You can download registration page at:	8
Introductory Course in Narrative Therapy	8
Fighting Fair: Mediation & Conflict Resolution Training: <i>13 and 14 November</i>	8
Other Education and Training Matters	9
Radio Downloads.....	9
Late Night Live: The loss of sadness	9
HEALTH REPORT: Drug dependence - part 1.....	9
Scientists trial new schizophrenia treatment:.....	9
Study begins into veteran suicide:	9
EPPIC training calendar	10
Study reveals work force mental health impact	10
Article Review: Non-pharmacological management of anti-psychotic-induced weight gain: systematic review and meta-analysis of randomised controlled trails.....	10
Article Review: Transference interpretations – do they help	10
Experimental Training News – What is Edukator Magic up to?	11

Training News: *Local Training*

August August

28th

Allied Health Graduate and New Staff program
(Monash University Caulfield campus)

This day will be on the following topics:

- Topic 1: Documentation, Data Entry and Retrieval Protocols
- Topic 2: Report Writing
- Topic 3: Court Appearances
- Topic 4: Ethical Guidelines, Committee Processes for Research And Evaluation
- Topic 5: Evidence Based Research
- Topic 6: Action Research
- Topic 7: Service Accreditation Processes
- Topic 8: Supervision Processes

Bookings: John.Julian@med.monash.edu.au


**ALCOHOL AND OTHER DRUGS
DUAL DIAGNOSIS**

**Training presented by the
State-wide Dual Diagnosis
Training Unit**

Thursday 18/09/08 Introduction to Dual Diagnosis. Middle South CMH –
Thursday 16/10/08 - Screening and Assessment for AOD Monash University Caulfield Campus Clayfield A134 in Building A ground floor.

These seminars will be repeated in 2008

Bookings:
Debbie.Lang@med.monash.edu.au



September September

1st

Continuing Care Managers FULL DAY FORUM.

TOPIC: Showcasing Innovation in Continuing Care.

Information: Tim.Brewster@southernhealth.org.au

1st

Registrations for Anger & Anorexia Nervosa close – see details below

8th

Outcome measurement training: CAMHS advanced workshop on Outcome Measurement. Expression of interest close on the 27th August and places will be confirmed by September 1st. We would appreciate if you could circulate this to CAMHS clinicians and educators who are in a position to provide training and be resource people for outcome measurement within your services. The NEVIL training cluster has kindly offered to host this workshop which is available to staff state-wide. Venue: Travancore

Details: karen.m.williams@dhs.vic.gov.au



September September Training

9th

'Anger & Anorexia Nervosa'

Presented by: Dr Nola Rushford, Clinical Psychologist
Eating Disorder Unit, Royal Melbourne Hospital

Dr Nola Rushford is a clinical psychologist who specialises in treating individuals with anorexia nervosa. She also teaches and supervises students at the University of Melbourne in the post-graduate professional psychology courses.

Date: 9 September, registrations close at 1 September.

This seminar is based on the clinical experiences of women admitted to an inpatient unit for treatment of anorexia nervosa, combined with information available from them and young women who have not suffered from an eating disorder. The generation of anger in women with Anorexia Nervosa both parallels, and is distinct from, social forces acting on all young women, leading to the adaptation of anger management for this group of patients.

You can download registration page at:

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

11th

AMHS Foundation Training: 'An Introduction to Eating Disorders for Mental Health Professionals.'

Venue: LRH

Target audience: all mental health service professionals whose services are part of the Southern Synergy Cluster

Presented by: Eating Disorders Senior Clinicians, CEED

Venue: LRH

Bookings to: rachel.barbara@mh.org.au

11th

An Introduction to Eating Disorders

Presented by Rachel Barbara & Michelle Robertson from CEED

9.00am to 5.00pm

Venue: LRH at Traralgon

Aim of the Workshop: To build skills and confidence in the identification and assessment of clinical eating disorders

Course Content:

- Understanding of eating disorders
- Diagnosis and diagnostic issues
- Epidemiology, causal factors and theories
- Comprehensive assessment, including commonly used tools
- Eating disorder formulation
- Best practice recommendations and evidence based treatments
- Challenges in treatment
- Recovery for people experiencing eating disorders

Have you got staff new to mental health?

Orientation Kit

Are you new to Mental Health? You can get a free Orientation kit from your supervisor.

The Orientation kit includes:

- A guide to mental health with a multi-media DVD
- A guide to the Mental Health Act

The kit also includes a spot check on suicide assessment skills for your supervisor to check your need for training in this area.

Supervisors can get copies available from Debbie at:

Debbie.Lang@med.monash.edu.au

September September

16th

Narrative Therapy Practice Group - FREE

AFTERNOON SEMINAR:

SERIES FOCUSING ON NARRATIVE THERAPY. What is narrative Therapy? 2.30-4.30pm.

For more information contact Mark Gordon on 0408 535 812 or Ph: 9018 7765 or narrative@cliftoncentre.com

18th

Introduction to Dual Diagnosis.

Venue: Middle South CMH – venue details to be confirmed

Bookings Debbie.Lang@med.monash.edu.au

24th

Introduction to Clinical Risk (Suicide Management and Treatment) at Dandenong

Trainers: John Julian and Derith Harris

October October

16th

9.00am – 11.00am Overview of the Mental Health System in Victoria: John Julian

This two hour talk will overview the mental health service system in Victoria and how health and welfare services developed in Victoria and why their structure is different from many other parts of Australia. This is suitable for new graduates, staff new to mental health and registrars.

Venue: Dandenong AMHS Bookings: Debbie.Lang@med.monash.edu.au

23rd & 24th

Applied Suicide Intervention Skills Training (ASIST) (LATROBE REGIONAL HOSPITAL). Contact: Sue Lampitt at 03)51280052 or at: slampitt@lrh.com.au

30th Allied Health Graduate and New Staff program (Monash University Caulfield Campus)

November November

11th

Dual Disability: *This workshop covers all the bases of mental illness in people with intellectual disability by examining and reviewing the systemic issues as well as difficulties in assessment and management.* (Dandenong) .

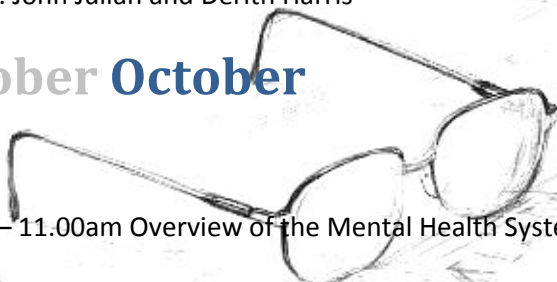
Fee for Service Training Working with Adults Experiencing Eating Disorders

Presented by: Professor Janet Treasure, Director, Eating Disorders Unit, South London Maudsley Hospital NHS Trust, Professor of Psychiatry, Guys, Kings & St Thomas Medical School, London

Thursday 27 & Friday 28,
November 2008

NB: The workshops may be applied for as separate single days or as a two day workshop.

Registrations close: 7th November 2008
See page 8 of "The NEWS!"



Recovery Workshop: Professor David Pilgrim

SPECIAL OFFER

But you will need to be very quick

Tuesday 9 September @ AEU, 112 Trennery Crescent, Abbotsford

Of great significance to all mental health sectors is to note that the British mental health expert, Professor David Pilgrim, will explore the concept of 'recovery' and how this now widely used term is being applied in mental health practice.

Professor Pilgrim will discuss the tensions emerging across different communities and sectors as the term 'recovery' is increasingly being used differently in each, suggesting that any policy development with 'recovery' at its centre is precarious. A Recovery Workshop will follow the presentation, with a discussion and a solution-focused workshop also on the agenda

Background: David Pilgrim is Professor of Mental Health Policy at the University of Central Lancashire in the UK. A member of the editorial board of *Clinical Psychology Forum* and a regular book reviewer for the *Times Higher Education Supplement*, he originally trained as a clinical psychologist. He has published on a wide range of topics, including the history of psychiatric diagnosis, the concept of recovery, and the significance of relationships in the emergence and resolution of mental health problems.

To register: Fax this form to (03) 9519 7022 before Friday 5 September

Professor David Pilgrim Workshop Registration Confirmation

Name (please print):

Organisation:

Street Address:

Suburb:

Postcode:

Tel or Mobile No:

Email:

Cost (please tick box) VICSERV Members	\$35.00 including GST	
Cost (please tick box) NON Members	\$45.00 including GST	
Consumers & Carers (Please tick box)	Free	
Psychiatric Disability Services of Victoria - VICSERV		

VICSERV Training for CEO's, Senior Managers and Managers

VICSERV are pleased to offer the following training programs specifically tailored for CEO's, Senior Managers and Managers:

Implementing Strategic Change

This initiative is offered as a result of the identification of a need in the PDRS and other community sectors for the development of a management training program that is focused on implementing strategic change. The learning framework includes the use of case studies, syndicate work and role plays to reinforce the learning. Each participant would be encouraged to find a back at work application that they could use as a project learning activity. Training takes place at VICSERV 29 & 30 September with further details and registration provided on the attached.

Visionary Leader Program

We encourage you to take advantage of our offer that will ensure that you, your organisation and team are part of an exciting initiative that will underpin your vision, values, voice and vitality in the PDRS sector by attending the 2008 Visionary Leader Program. The program content includes individual and team coaching as well as the development of a strategic business improvement project. Next intake commences Monday 26 October. Further details, dates and registration are provided on the attached or contact John Dunton at VICSERV.

Limited places are available on these training programs with discounts offered for multiple registrations.



John Dunton
Training & Development Manager
Psychiatric Disability Services of Victoria (VICSERV)
Level 2, 22 Horne Street, Elsternwick VIC 3185
Tel: (03) 9519 7000 & 0416 156 925
Fax: (03) 9519 7022
Email: j.dunton@vicserv.org.au

Mindfulness-based Cognitive Therapy

Southern Synergy at Monash University is now accepting applications for its MBCT practitioner training program commencing 10 September 2008. **Course details:** Eight-week program, 7 – 9 pm, Wednesdays, 10 September – 29 October at the Terry Norris Centre, Dandenong Hospital, 93 David St, Dandenong.

Retreat – Thursday evening 27 November to lunchtime Sunday 30 November at the Underbank Stud, Bacchus Marsh, Victoria.

Cost: \$2145 (incl. GST)

For further information, including selection criteria, see

www.med.monash.edu.au/spppm/research/southernsynergy/training.html

To apply, please send an expression of interest which clearly addresses the selection criteria and a 1-2 page CV to: Bernadette.OGrady@med.monash.edu.au

Application closing date: 29th August 2008

Working with Adults Experiencing Eating Disorders

Presented by: Professor Janet Treasure, Director, Eating Disorders Unit, South London Maudsley Hospital NHS Trust, Professor of Psychiatry, Guys, Kings & St Thomas Medical School, London.

Thursday 27 & Friday 28, November 2008

NB: The workshops may be applied for as separate single days or as a two day workshop.

Registrations close: **7 November 2008 (Workshop places will be confirmed on receipt of payment)**

Target Audience: Public mental health clinicians working with adults experiencing eating disorders.

Venue: The Treacy Centre

126 The Avenue, PARKVILLE Vic 3050

Cost: \$500.00 for both days, or \$250.00 for 1day (inc. GST)

Enquiries: michelle.roberton@mh.org.au

Professor Treasure is based at the South London Maudsley Hospital NHS Trust, a leading centre of training in and clinical management of eating disorders. Professor Treasure has specialised in the treatment of eating disorders for over 24 years. She was chairman of the Physical treatment section of the UK NICE guideline committee.

She has been active in research over this time, and has over 140 peer reviewed papers. In 2004 she was awarded the Academy for Eating Disorders (AED) Leadership Award in Research. In 2007 she was awarded an Eating Disorders National Award by B-eat (the UK self help and carer organisation). Professor Treasure has expertise in research into the biological and psychological aspects of eating disorders, including personality factors, psychosocial risk, neuropsychology, neuro-imaging and molecular genetics.

Professor Treasure has edited texts on eating disorders and women's issues and she has authored three self help books: on bulimia nervosa, on anorexia nervosa and a skills-based manual for carers.

You can download registration page at:

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

Introductory Course in Narrative Therapy

Sept 4th Thursday evenings 6.30pm to 9.30pm.

Contact Helen Wirtz Ph: 9509 7805 or on wirtz@optusnet.com.au for more details.

Facilitators Chris Fagan, Helen Wirtz, Ron Schweitzer. \$600.00 AASW members, \$650.00 non members.

Fighting Fair: Mediation & Conflict Resolution Training: 13 and 14 November

This interactive and stimulating 2 day course will assist professionals to explore conflict and impart the essential principles and process of mediation. The structured 5-step mediation model and specific conflict resolution skills will be presented and practiced. The course can be utilised in many different areas of conflict e.g. client work, workplace disputes and interpersonal conflict. Endorsed by the Australian Association of Social Workers (AASW) and the Australian Psychological Society (APS). It attracts **24 CPE** points through the AASW and 14 Generalist PD points through the APS.

Other Education and Training Matters

Radio Downloads

Late Night Live: The loss of sadness

A repeat of a program first broadcast on 24/3/2008. As levels of depression and anxiety in the western world rise, so too do the numbers of people taking antidepressant medication. But one psychiatrist claims we are increasingly medicating for what was once viewed as normal sadness. So are we overlooking something fundamental about ourselves in our desire to avoid bad feelings

Download at show dated Tuesday 19 August 2008 on <http://www.abc.net.au/rn/latenightlive/>

HEALTH REPORT: Drug dependence - part 1

Monday 25 August, 8.30am, Radio National

Australia has one of the highest rates of illicit drug use in the world. We are leaders in both cannabis and amphetamine use.

Lynne Malcolm explores the effects of these drugs and the latest treatments for addiction, including some encouraging results from a study on the simultaneous treatment of drug dependence and post traumatic stress disorder.

Downloaded at:

<<http://abcmail.net.au/t/229627/609031/920/0/>>

Scientists trial new schizophrenia treatment:

Clinical Estrogen Trials in Patients with Schizophrenia. Source: ABC News, August 7, 2008

Audio Visual clip: Australian scientists are trialing the hormone oestrogen as a treatment for women with schizophrenia. Can be viewed at:

<http://www.abc.net.au/news/video/2008/08/07/2328005.htm>

Study begins into veteran suicide:

ABC News Aug 22, 2008 2:31pm AEST

The Federal Government has launched a study which will investigate the extent of suicide among veterans. The study, which will be headed by Associate Professor David Dunt, is to be conducted independently from the department and the Australian Defence Force. Veterans' Affairs Minister Alan Griffin said the study would look at several recent cases to discover which veterans might be at greater risk of suicide and if there are common factors between cases.

Can be viewed at:

<http://www.abc.net.au/news/stories/2008/08/22/2343778.htm>

EPPIC training calendar

You can download the EPPIC training calendar at:
<http://www.orygen.org/docs/EDUCATION/ORYGENcalendar2008.pdf>

Study reveals work force mental health impact

A Queensland study has found mental health problems affect about 15 per cent of the work force. A team from the Queensland Centre for Mental Health Research (QCMHR) interviewed staff from 60 firms with more than 1,000 employees each.

QCMHR director Mike Hilton has told a Gold Coast conference that 15 per cent needed further assessment or treatment for depression or anxiety. He says mental health problems reduce an organisation's productivity.

"White collar employees turn up to work, but they don't function very well when they are at work," he said. "Whereas blue collar employees with mental health problems tend not to turn up to work and when they do turn up to work don't perform very well either. "The longer it goes on the more chance there is of secondary morbidity or people putting in a work cover claim." Mr Hilton presented the findings of the four year study to a national forum on the Gold Coast.

Article Review: Non-pharmacological management of anti-psychotic induced weight gain: systematic review and meta-analysis of randomised controlled trials

Mario Alvasrez-Jimenez, Sarah E Hetrick, Cesar Gonzalez-Blanch, John F. Gleeson and Patrick D. McGorry

This study retrieved 28 studies and found 10 suitable for inclusion. A major problem of most trails was the short-term follow up period. The review concluded that non-pharmacological weight management interventions should be a priority, particularly during the early stages of anti-psychotic treatment. Preventive approaches have the potential to be more effective, acceptable, cost-efficient and beneficial.

Article Review: Transference interpretations - do they help

Little work has been carried out in the evidence base on some of our historical tenets of counselling and psychotherapy such as transference. In this report researchers demonstrate gains in psychological functioning with robust follow up periods where transference interpretations have been used compared to a control group.

Hoglend, P et al Transference interpretations in dynamic psychotherapy: Do they really yield sustained effects? Am J Psychiatry 2008 Jun 165:763

“You too can be on a path of learning in a forest of knowledge” was Edukator Magic’s message to mental health staff after visiting U21.

Experimental Training News

Meet our virtual trainer: Edukator Magic who is now on a path of learning in a forest of knowledge

Edukator has found out that some professionals use Facebook to meet and leave messages. With Facebook the material placed in it belongs to Facebook. In Second Life copyright laws are in place and belong to the avatar, business or institution that has produced them. SL has a few other advantages over Facebook because you can maintain ownership over your own property.

Edukator has visited U21, an island run by 21 Universities and which the University of Melbourne and the University of New South Wales are partners. He was able to walk a path of learning in a forest of knowledge. (see picture at right)



At U21 he found a Tardis. Edukator also visited the island run by Clemson University, a small USA university (see picture below left). He thought this was a very pleasant place and while sitting met two other people. They thought he was a ‘auto-bot’ (a robot avatar) so Edukator hammed it up a bit. At this site Edukator was able to play chess with another person, “look into” a microscope

and get copies of slides on different cell life, sit around a camp fire listening to a lecture and a few other things. Most of the lectures are on history or philosophy.

Freebies

Edukator now has some free t-shirts for avatars to wear to give away to those people who visit him. There is a blue one and a pinkish one and one with both. The T-shirts say “Edukator Magic” of course!

Edukator is an experimental avatar to explore the uses and issues involved in mental health education in a virtual community. There are several difficulties at this stage that need to be thought about and Edukator will help us do this. To get Second Life, you will need to do this on your own private computer at the moment through the Telstra web-page. Of course, in SL the avatars are anonymous unless they identify their irl (in real life) identity. This in itself presents some issues!