

The NEWS!

South East Education & Training News

Date: 6 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](#) – An informal section on clusters news – training issues, funding round, ideas, etc.
 - Allied Health Network meeting on 12 August
- [Experimental](#) Training news
 - What's happened to Edukator Magic. What exciting things has Edukator found? How can you meet him?
 - Peter Ellyard on the future Around 70% of the jobs that will be available in the year 2020 haven't even been invented yet. This is the world we are rushing into at an exhilarating speed.

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!:

| | |
|----------------------------|--|
| 20 th August | Introduction to Clinical Risk (Suicide Management and Treatment). |
| 21 st August | Dual Diagnosis Training: Introduction to AOD: Seminar Four at Dandenong Hospital. |
| 26 th August | Allied Health Graduate and New Staff program |
| 26th August | Mindfulness based therapies incl. Acceptance and Commitment therapy: An Introduction Presenter John Julian at LRH in Traralgon |
| 11 th September | An Introduction to Eating Disorders – at Traralgon |
| 18 th September | Introduction to Dual Diagnosis. |
| SPECIAL's | 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

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 6 of “The NEWS!”



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Training News: Local Training

AugustAugust

20th

Introduction to Clinical Risk (Suicide Management and Treatment).

Venue: Dandenong Hospital

Presenter John Julian and Derith Harris

Bookings: Derith Harris at:

Derith.Harris@southernhealth.org.au

21st

Introduction to AOD:

Seminar Four at Dandenong Hospital.

Bookings:

Debbie.Lang@med.monash.edu.au

26th

Mindfulness based therapies incl. Acceptance and Commitment therapy: An Introduction

Presenter: John Julian

Venue: LRH

Bookings: Sue Lampitt on (03) 51280052 or email: slampitt@lrh.com.au

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 21/08/008 – Introduction to AOD:
Seminar Room Four at Dandenong Hospital.

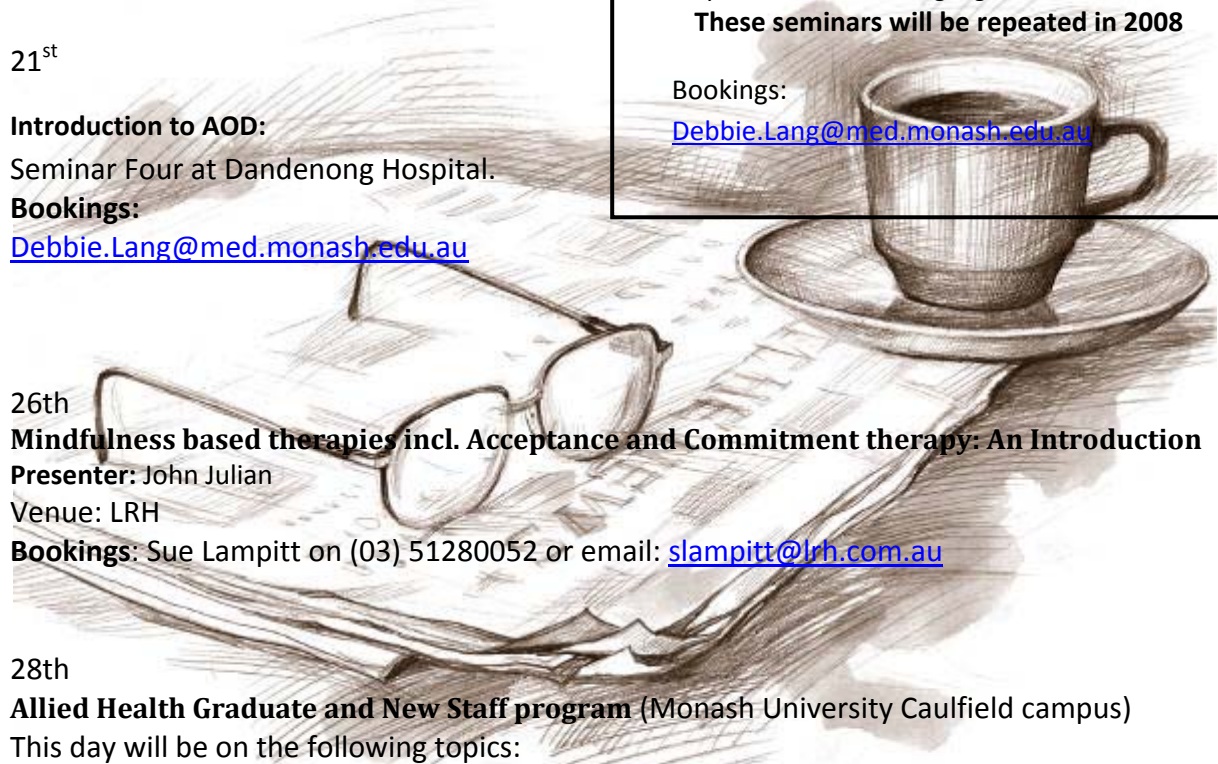
Thursday 18/09/08 Introduction to Dual
Diagnosis. Middle South CMH – venue details to
be confirmed

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

18th

Introduction to Dual Diagnosis.

Venue: Middle South CMH – venue details to be confirmed

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

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

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:

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**

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

An Introduction to Eating Disorders – at Traralgon on 11th September

16th

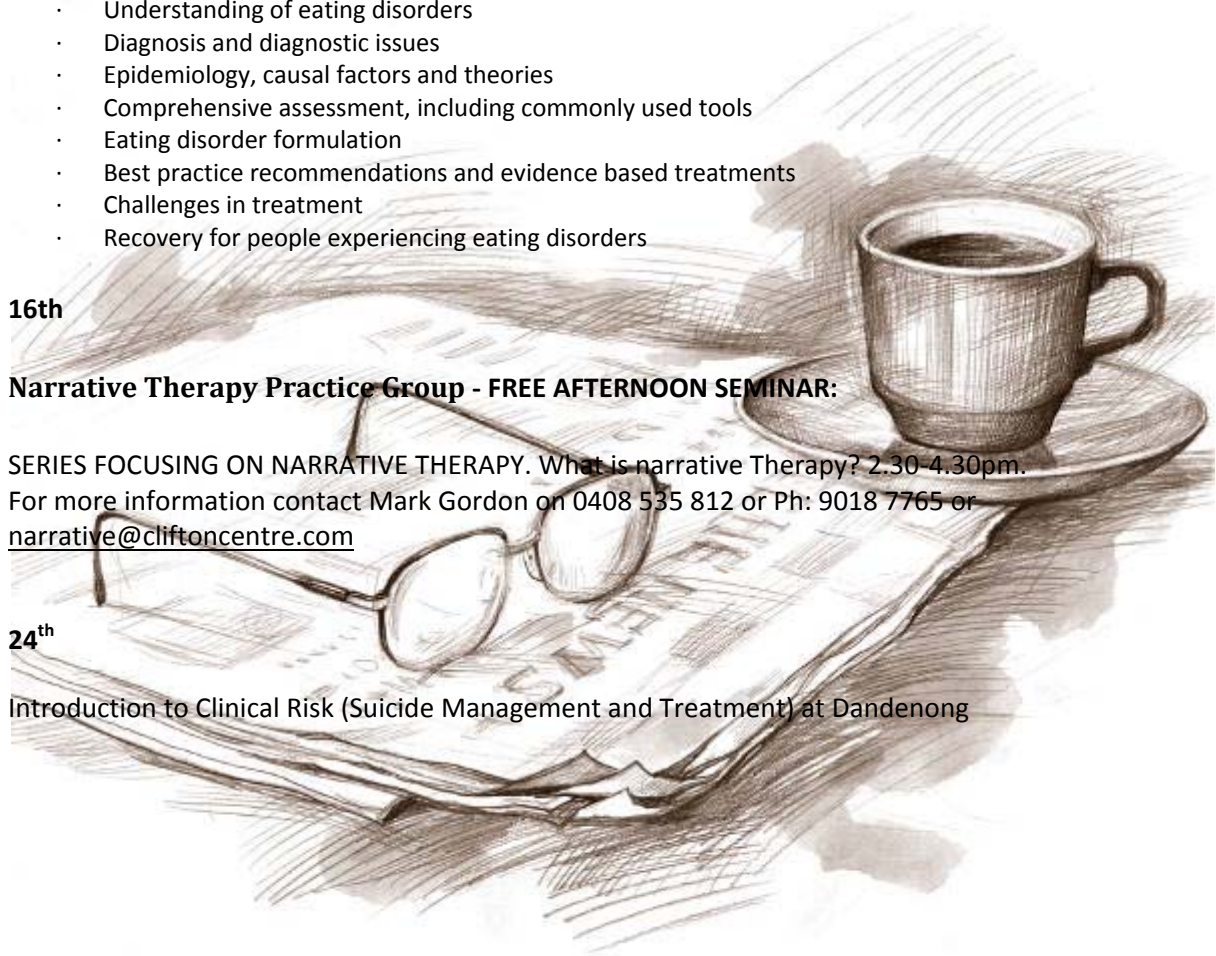
Narrative Therapy Practice Group - FREE AFTERNOON SEMINAR:

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

24th

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



Fee for Service Training

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.



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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.

Other Education and Training Issues

Allied Health Network on Education and Training

Next meeting at Peninsula CMH at 9.30am.

Radio Downloads

All In The Mind - A Mental Health Odyssey in India Episode 4 - Is Mental Illness Universal?: Culture & Psychiatry?

In the final episode of All in the Mind's Indian Mental Health Odyssey, Natasha Mitchell considers culture and madness. Psychiatrists the world over seek universal labels for common psychological and psychiatric disorders – but is Western medicine culture-blind? Is the experience of schizophrenia, depression, suicide or anxiety the same across all cultures? In India, a country of over 16 languages, thousands of Hindu deities and 1 billion people, some psychiatrists argue that culture is the key and their work is presenting serious challenges to the profession.

Transcript available at: <http://www.abc.net.au/rn/science/mind/s811522.htm>

Australians less depressed, more medicated

Thursday, 24 July 2008 Alex Wilde

ABC Rates of depression may not be increasing as much as is popularly believed, while the use of antidepressant medication appears to be soaring, according to an Australian study.

The researchers from the University of Melbourne, University of Adelaide and the South Australian Department of Health, who have published their findings in a recent edition of the *Australian and New Zealand Journal of Psychiatry*, also suggest that patients may be being over medicated or misdiagnosed.

Australian Association of Social Workers (AASW) - Vic Branch

Association of Mental Health Social Workers (AMHSW) - talk by Professor David Pilgrim

Professor David Pilgrim

David is Professor of Mental Health Policy in the Social Work Dept at Central Lancaster University, Preston, UK

David will be talking on “The role of recovery in modern mental health policy” and “The centrality of relationships in the development and maintenance of mental health”.

Date: Tuesday 9 September - 3.00pm to 5.00pm, Treacy Conference Centre, 126 The Avenue Parkville.(afternoon tea provided)

Rsvp: Linda Fuller at lindwraps@optusnet.com.au

EPPIC training calendar

You can download the EPPIC training calendar at:

<http://www.orygen.org/docs/EDUCATION/ORYGENcalendar2008.pdf>

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

Mario Álvarez-Jiménez, M, Sarah E. Hetrick, S.E., González-Blanch, C., Gleeson, J.F., McGorry, P.D.

The British Journal of Psychiatry (2008) 193: 101-107.

Background : Antipsychotic-induced weight gain is a major concern in the treatment of psychosis. The efficacy of non-pharmacological interventions as well as the optimal intervention approach for this side-effect remain unclear.

Aims : To determine the effectiveness of non-pharmacological interventions and specific treatment approaches to control antipsychotic-induced weight gain in patients with first-episode or chronic schizophrenia.

Results : Ten trials were included in the meta-analysis. Adjunctive non-pharmacological interventions, either individual or group interventions, or cognitive-behavioural therapy as well as nutritional counselling were effective in reducing or attenuating antipsychotic-induced weight gain compared with treatment as usual, with treatment effects maintained over follow-up.

Conclusions:

Non-pharmacological weight-management interventions should be a priority, particularly during the early stages of antipsychotic treatment. Preventive approaches have the potential to be more effective, acceptable, cost-efficient and beneficial.

Article Review: 'Governance of' and 'Governance by': implementing a clinical governance framework in an area mental health service.

O'Connor, N., and Paton, M

Australasian Psychiatry Vol 16 No 2 pp69-73

This article describes an operational framework for clinical governance in an area mental health service and concludes that specifically developed frameworks for clinical governance can guide staff usefully and ensure a high quality, safe and continually improving process of care.

Cluster Business and News

Funding Round Applications close 17th August

The cluster has received \$60,000 for training and projects in 2008-2009. These funds are used to create a training Calendar, provide professional development funds for Allied Health and develop a number of projects. The cluster operating budget was also maintained, however without any CPI increases. This means that the Cluster Project Worker's time has been cut to ensure a balanced budget. The major impact of this will be less training and one conference has now been cancelled and other courses will be delayed. This means that the work undertaken by the cluster will be reduced.

Expressions of interest for project for funding are still open and will remain so until the 17th August. Contact John Julian at John.Julian@med.monash.edu.au for a funding proforma. You need the backing of your agency to submit an idea, but please feel free to discuss ideas with John Julian. Some of the ideas put forward for funding in 2008 include the following (this is not a comprehensive list):

- Development of a Training Package on Aged Care
- Development of a Training Package development for Community-based Psychiatric Nursing
- Development of Training package/s on Collaboration and Complexity
- Development of a Mental health Master Class Support for up to 8 senior or / and experienced staff to present a one day workshop on the Cluster Calendar 2009: A \$400 book voucher or \$600 contract with Monash University for a conference registration.

Cluster Evaluation Toolkit

A cluster evaluation toolkit has been put together by Cluster Project Worker, John Julian. Evaluation is a necessary part of training. This document outlines a range of options for immediate post training evaluation. Some of the questionnaires (more than 10 have been designed) are:

- [Evaluation Questionnaire. \(New Knowledge\)](#)
- [Standard Training / Trainer Evaluation](#)
- [Workshop with several trainers](#)
- [Standard Satisfaction 1 Survey](#)
- [Workshop Content Evaluation](#)
- [Standard Facility / Misc. Questions](#)
- [Post-training Actions](#)
- [Post-training – your take-home sheet](#)

This is available at:

<http://www.med.monash.edu.au/spppm/research/southernenergy/clusterevaltn.html>

Experimental Training News

Meet our virtual trainer: Edukator Magic

Edukator has found out that some professionals use Facebook to meet and leave messages.

Did you know that on Facebook once you enter something that you lose copyright to it? Copyright is protected on Second Life.

Edukator hangs in Second Life at The Pond (see Photo of Edukator). Negotiations are currently underway for Edukator to get a virtual office and classroom. If you are in Second Life (SL) you may want to IM (instant message) Edukator about mental health training issues, or even just to say hello. If you want to talk to Edukator in real time, then try Second Life at 6.30pm to 7.00pm on a Tuesday evening – IM and Edukator will teleport you over to The Pond.



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!

Melbourne Futurist and Academic Peter Ellyard on the future

By the year 2020 a new post PostModern paradigm will dominate. Melbourne futurist and academic calls Peter Ellyard calls this Planetism. Planetism will shape the job categories, products and services and work organisations of the first quarter of 21st century. The values of Planetism will determine what is valuable. This will in turn determine early 21st century markets including labour markets.

Children entering school today will graduate from tertiary education in about the year 2015. They will spend their whole lives in this Planetist world. Educational planners will need to understand more deeply the nature of this world and the values and skills which will be needed for survival in this world.

Education and learning will also need to be dramatically changed: changes will need to be made to what people learn and how people learn. Seventy percent of the job categories, products and services of the year 2020 have yet to be invented. Many of these will develop to transform the Modernist and PostModernist world of the 20th century into a Planetist world of the 21st century.

If we are to seriously design learning for thriving in a Planetist world we will need to develop and foster learning and innovation cultures in individuals and organisations. These learning and innovation cultures will be outlined, along with the new industries and enterprises which are likely to emerge during the first quarter of the 21st Century. If we are to seriously design learning for thriving in a Planetist world we will need to develop and foster learning and innovation cultures in individuals and organisations. These learning and innovation cultures will be outlined, along with the new industries and enterprises which are likely to emerge during the first quarter of the 21st Century.

We will need to foster learning and innovation cultures.