

The NEWS!

South East Education & Training News

Date: 21 May 2008

Welcome to 'The NEWS!'

You can also usually 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>

and check newsletters at the bottom of the page.

The News in this edition highlights:

- Local Training News pages 2 -4
- Other training opportunities 5& 6
- Other news: 7 & 8

Full year training calendar:

The full year training calendar for the South East E&T cluster is now available on the web page

Fee for service workshops:

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AUSTRALIAN RESEARCH INTO SUICIDE

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Applications for the:

**Psych triage &
brief solution
focused
intervention
training day**

(on 1 June)

Close on 22 May 2009

S.Mackenna@alfred.org.au

"Only those who will risk going too far can possibly find out how far they can go."

– T.S. Eliot

Training News: *Local Training*

May

25th *Treatment for Eating Disorder*
Presenters: CEEDS
Venue: Frankston
Register: jjenkins@lrh.com.au

June

1st & Preceptorship (Materials Cost)
2nd **Venue:** Latrobe Regional Hospital - Traralgon
Register: jjenkins@lrh.com.au

1st Psych triage & brief solution focused intervention training

This new seminar will provide an overview of telephone triage and resource allocation. The second part of the day will consider Brief Solution Focused interventions for people with mental illness. Who should attend? Medical, Allied Health and Nursing staff who are currently being required to make triage decisions or have interest in developing these skills. Case studies using a Brief Solution Focused Intervention Model will be considered.

Presenters: Associate Professor Phil Maude (RMIT University / Alfred),
Ms Derith Harris (Southern Health) & Mr Alistair Ross (ECATT)

Venue: Alfred AMREP Seminar Room

Register: S.Mackennal@alfred.org.au

2nd Leadership Training Program
Venue: Monash Medical Centre, Lecture Theatre
Register: Debbie.Lang@med.monash.edu.au

2nd Autism Spectrum Disorders

*Autism spectrum disorders are lifelong developmental disabilities that affect the way a person communicates and relates to people around them. Problems with social interaction, odd and unusual behaviours and high rates of co-morbid mental health problems mean that people with autism spectrum disorders are likely to be seen by mental health services. The workshop will provide an overview of the current evidence on causes, signs and symptoms, screening and diagnosis. It also describes treatment and management approaches and service provision for people with autism spectrum disorders. **Presenters:** VDDU*

Venue: Latrobe Regional Hospital

Register: Southern Synergy Cluster: Debbie.Lang@med.monash.edu.au

17th ASIST – Half Day Tune Up (Materials Cost)

Venue: Latrobe Regional Hospital - Traralgon

Register: jjenkins@lrh.com.au

22nd & ASIST – Two Day Workshop (Materials Cost)

23rd **Venue:** Latrobe Regional Hospital - Traralgon

Register: jjenkins@lrh.com.au

23rd Treatment for Eating Disorder

Presenters: CEEDS

Venue: Dandenong Seminar Rm 1

Register: Shane.Price@southernhealth.org.au

25th Allied Health Graduate Program - for details see program at:

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

30th Challenging behaviour in intellectual disability

Challenging behaviour is a term used to refer to the problem behaviour which may be shown by some people with ID. The aim of intervention is to find out as much as possible about the circumstances in which the behaviour occurs and to suggest ways of preventing the behaviour or ways of responding to it which reduce its frequency. The workshop will describe treatment and management approaches and a review of the current evidence on use of medication.

Presenters: VDDU

Venue: St Vincent's Hospital

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

June June

7th Leadership Training Program

Venue: Monash University, Caulfield Campus Room H2.20

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

14th An Introduction Mindfulness-based Therapies

In this workshop a background to mindfulness-based therapies will be given and an overview both the group focused and one to one focused therapies currently in general use. This will include an overview of Mindfulness-based Stress Reduction (MBSR) and the related Mindfulness-based Cognitive Therapy (MBCT) group programs, Acceptance and Commitment Therapy and MiCBT. An examination of how CBT works and how mindfulness adds to these techniques will be discussed

Presenter: John Julian

Venue: Alfred

Register: S.Mackennal@alfred.org.au

21st

Intellectual disability and mental health

This workshop will provide a comprehensive review of some current and historical issues in intellectual disability and mental health. Taking a clinical focus, the workshop will review the assessment, diagnosis and prevalence of intellectual disability. It will also describe and examine specific syndromes associated with intellectual disability and examine the implications of behavioural phenotypes.

Presenter: VDDS

Venue: Sandown Regency, 477 Princes Highway Noble Park

Register: debbie.lang@med.monash.edu.au

28th

ASIST – Half Day Tune Up (Materials Cost)

Venue: Latrobe Regional Hospital - Traralgon

Register: jjenkins@lrh.com.au

29th

Screening & Assessment of substance use

Mental health services are working with increasing numbers of people who are experiencing both mental health and substance use disorders. This one-day workshop will introduce mental health workers to the issue of screening for substance use disorders within the Victorian context and aligns with the expectations for dual diagnosis service development from DHS. Outcomes of the day include: Explain the rationale for universal screening of clients for substance use; appraise the various screening tools available; implement a screening tool and interpret the outcome; develop clinical pathways for clients and provide brief interventions for clients.

Presenter: State-wide Dual Diagnosis Training Unit

Venue: Frankston / Peninsula Health

Register: MLudlow@phcn.vic.gov.au

30th

Allied Health Graduate Program - for details see program at:

<http://www.med.monash.edu.au/snppm/research/southern synergy/alliedhealth.html>

Mindfulness-Based Cognitive Therapy (MBCT) Practitioner Training 2009

Southern Synergy at Monash University is now accepting applications for its MBCT practitioner training program commencing Monday 17 August 2009. The course is convened on a weekly basis for eight weeks followed by an intensive training retreat (total 44 hours).

Course details

8 week program: Mondays 7 – 9 pm, 17 August – 5 October at the Terry Norris Centre, Dandenong Hospital, 93 David St Dandenong.

Tuesdays 5 – 7 pm, 28 July – 15 September

Nada, 1 Mary St, Hindmarsh, Adelaide

Subject to demand, additional 8 week programs may be run in Melbourne and Adelaide.

To register your interest please contact Bernadette O'Grady on 9554 1847 (Melbourne) or Dr Maura Kenny, maurak@adam.com.au (Adelaide).

Retreat: Thursday evening 12 November to lunchtime Sunday 15 November at the Underbank Stud Bacchus Marsh, Victoria.

For further information, including cost and selection criteria, see:

www.med.monash.edu.au/spppm/research/southern synergy/mbcttraining.html

To apply, please send an expression of interest which clearly addresses the selection criteria and a 1-2 page CV to:

Bernadette.O'Grady@med.monash.edu.au

Application closing date: Friday 24 July 2009

CBT and the angry client: Engagement, Assessment and Treatment - 2 day workshop

Presented by Dr Raymond Chip Tafrate & Dr Monica O'Kelly

Anger is a misunderstood emotion. This workshop is directed toward developing an understanding of the issues associated with anger and developing effective interventions across the treatment process. This workshop would be of interest to those working with adolescents and adults in educational counselling, domestic violence, relationship counselling, human relations, psychiatry, criminology and anyone working with anger problems.

This workshop is being presented in:

- **Brisbane** 24 & 25 July O'Shea Inservice Centre, 19 Lovedale Street, Wilston 4051
- **Melbourne** 28 & 29 July Holmesglen Conference Centre, Cnr Warrigal & Batesford Roads, Holmesglen 3148
- **Sydney** 30 & 31 July Sancta Sophia College, 8 Missenden Road, Camperdown 2050
- **Darwin** 13 & 14 August Charles Darwin University, Casuarina NT

Cost: \$550 (GST inclusive)

Presenters:

Raymond Chip Tafrate PhD

Dr Tafrate is a Professor and the Chairperson of the Criminology and Criminal Justice Department at Central Connecticut State University where he teaches courses on anger and aggression management, correctional counselling, and research methods.

A licensed Psychologist in Connecticut and New York, Dr Tafrate frequently consults with State Criminal Justice agencies and trains practitioners in client engagement skills and the application of cognitive-behavioural interventions.

His research on the nature and treatment of anger has been published in scientific journals, books for practitioners, and been presented at conferences throughout the United States and abroad.



Monica O'Kelly B Sc (Hons), Dip Ed, MB Sc, Ph D, MAPS

Dr Monica O'Kelly is Director of Cognitive Behaviour Therapy Australia and an honorary lecturer at Monash University. She is an Associate Fellow of the Albert Ellis Institute and a member of the Training and Policy Review Committee of the Albert Ellis Institute. She has also completed the Extra Mural Program at the Beck Institute and is a Fellow of the Academy of Cognitive Therapy.

She has written many journal articles and reported on her research at international and national conferences. She has had considerable experience teaching cognitive behaviour therapy and believes that to teach therapy well, the participants must be given the opportunity to practice and be given constructive feedback.

For further information and registration form, go to: www.cbtaustralia.com.au
or phone 03 9796 9300

AUSTRALIAN RESEARCH INTO SUICIDE

[The Decline in Australian Young Male Suicide](#)

Authors present analysis of young male suicide rate with reference to the National Youth Suicide Prevention Strategy (NYSPS). The analysis explores potential explanations for a significant reduction in the population and suggests that the NYSPS may have had some effect in this reduction.

Read a discussion of this analysis at:

<http://www.aifs.gov.au/afrc/pubs/newsletter/n5pdf/n5e.pdf>

[The Cultural Context of Youth Suicide in Australia: Unemployment, Identity and Gender](#)

In order to explore community perceptions of suicide, a sample of parents, service workers and young people were asked to identify possible reasons why the young characters in a variety of vignettes went on to attempt or complete suicide.

This article considers the impact, in terms of life and death choices, of the economic exclusion of young people in Australia, where suicide is the leading cause of death by injury. In the two decades from 1980 there was a dramatic increase in suicide rates for young males. Research demonstrates a correlation between youth suicide and unemployment but the complex relationship between the two has not been fully investigated. This article explores the perceptions of young people, parents and service providers of the cultural context of suicide and how it comes to be constructed as an option for young people experiencing economic marginalisation.

See <http://www.livingisforeveryone.com.au/Library.aspx?PageID=55&ItemID=1188>



FREE Mental Health Resource Kit

Consumer and Carer Education

Consumers and carers can get a free Mental Health Resource Kit from MIND

If you would like more information on the mental health system in Victoria and South Australia and a list of other support resources including carer support, education and information, support groups, drug and alcohol support and legal advice.

See web link: <http://www.mindaustralia.org.au/free-mental-health-resource-kit.htm>

The Cunningham Dax Collection

Current Exhibitions

9 Lives: on subject and subjectivity

Joan Rodriquez *Wounded Man and his Music* 1991,
mixed media on paper
83.9x59.9cm

Dates: 22 April - 16 October 2009

Venue: The Cunningham Dax Collection

35 Poplar Road, Parkville Victoria 3052

9 Lives is an exhibition of selected works from the Cunningham Dax Collection exploring the experiences of nine individuals through their creative works.

The focus of *9 Lives* is not the creative objects made by nine individuals so much as it is about their experience as seen through the lens of their creative efforts. It is not about the objective conclusions made by the viewer or curator, but rather, the subjective, inner personal experience of nine subjects.

From works made in hospitals in the early 1960s through to works created more recently in private studios and community settings, by both untrained and professional artists, *9 Lives* brings together a rich variety of lived experience and creative expression.

Phone [+61] 3 9342 2394

Fax [+61] 3 9342 2394

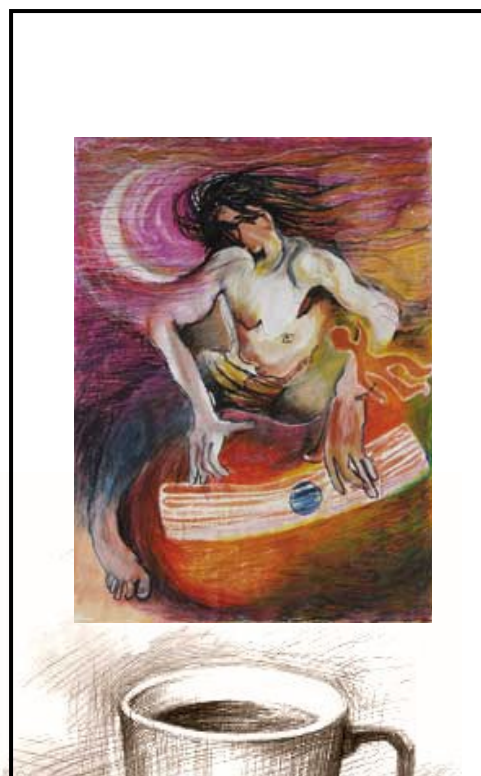
Email info@daxcollection.org.au

Opening Hours

Wednesday to Friday 10am to 4pm

Saturday 1pm to 5pm

Free admission and off street parking



Measuring the recovery journey of clients

From the email newsletter 'Open Mind' from Mind Australia

In mid-2008 Mind conducted a pilot study to trial a survey designed to measure the recovery journey of its clients. It is not an easy thing to measure such a personal and unique experience, however it is important that Mind builds up its evidence-base for the work that it does, ensuring the work reflects what is important to clients.

The Recovery Enhancing Environment Measure (REE) was developed by clients in the U.S., and stood out because it measured not only what clients deemed to be important factors in their recovery, but also how well they feel the organisation supports those factors.

The REE was piloted across eight different program types, administered by Mind clients or consumer consultants, to encourage clients to answer freely and honestly, and to involve clients in the work of the organisation.

The pilot provided rich data that confirmed how useful it would be for Mind to use the REE on an ongoing basis. Not only was the client feedback positive about the survey itself, but the answers clients gave to the survey questions pointed directly to the areas of importance for clients. It identified the areas into which Mind needs to place more focus, as well as highlighting where Mind is meeting client expectations.

For example, only 61.1% of respondents in the pilot thought there was a clear grievance policy at Mind. All clients are given information about how to make a complaint when they join a program, yet almost 40% still don't think there is a clear process. Therefore Mind may need to give clients the information again when they are more settled, or to provide it repeatedly through their time in the program.

Some examples of what the REE data has told us are:

- Mind staff show and provide support to people in their recovery but don't necessarily name what they're doing as "Recovery".
- Respondents felt supported on an emotional level more than a practical one.
- Clients felt staff treat them well.
- Clients felt well supported as an individual in the program, but still need assistance being linked into the community.

The REE data has shown Mind where its strengths lie, and provides food for thought about areas where clients would like more support. In those areas, it is important to ask why this area might be a gap and whether it should in fact remain a gap or be filled in some way. The final question, in which 75% of clients say that staff encourage, motivate and support them to move toward recovery shows that whilst there is always room for improvement, Mind is doing well in the ultimate goal of supporting recovery.

In 2009 the REE is being administered to all clients of Mind, and this will be continued every year as a way of tracking their recovery journey and identifying areas they would like more support.

Ultimately the REE will become an important way for the client voice to be heard and responded to at all levels of the organisation.

For more information on the REE contact Emma Levy on 03 9455 7900 at MIND.