

Mental Health Victoria Professional Development

Semester 2, Online 2021

July

The Role of Social Policy in Mental Health: *Addressing the Social Determinants of Mental Health & Wellbeing*

Wed 7th July
(10am – 11:30am)
Facilitator: Prevention United

Understand the social, economic risk and protective factors that influence mental wellbeing.

Mental Health Awareness

Tues 13th July
(9:30am – 1pm)
Facilitator: Carol Fountain

A half day course for anyone wanting to understand mental illness and learn how to respond to people who may be experiencing distress.

August

Behaviours of Concern

Mon 2nd & Tues 3rd August
(9:30am – 1pm)
Facilitator: Tamara Stillwell

Develop strategies and build skills to effectively respond to behaviours of concern.

Foundations of Peer Work

Wed: 11th, 18th, 25th August
& 1st & 8th September
(9:30am – 2pm)
Facilitator: Lorelle Zemunik

An essential introduction to peer work for consumers and carers who are, or who want to be peer workers.

September

Introduction to Motivational Interviewing

Wed 8th & Thurs 9th Sept
(9:30am – 1pm)
Facilitator: Nadine Hantke

Understand the basic practices and principles of motivational Interviewing in order to facilitate change with clients.

Self-care strategies to prevent vicarious trauma and burnout

Mon 20th & Tues 21st September
(9:30am – 1pm)
Facilitator: Tamara Stillwell

Learn to counteract & manage vicarious trauma & burnout through practical strategies & practices.

October

Mental Health First Aid

Tues 5th & Tues 12th October
(9:30am – 12:00pm)
Facilitator: Tamara Stillwell

Learn how to assist people who are developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis.

Customised Training

We come to you!

We can deliver customised training to you via an online platform at a time that suits you.

For more information please contact us:
learning@mhvic.org.au

November

Mental Health Awareness

Thurs 28th October
(9:30am – 1pm)
Facilitator: Carol Fountain

A half day course for anyone wanting to understand mental illness and learn how to respond to people who may be experiencing distress.

Introduction to Motivational Interviewing

Wed 17th & Thurs 18th Nov
(9:30am – 1pm)
Facilitator: Nadine Hantke

Understand the basic practices and principles of motivational Interviewing in order to facilitate change with clients.

Foundations of Peer Work

Wed: 17th & 24th November
& 1st, 8th & 15th December
(9:30am – 2pm)
Facilitator: Lorelle Zemunik

An essential introduction to peer work for consumers and carers who are, or who want to be peer workers.

Mental Health Victoria

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