

Mental Health Victoria Professional Development

Semester 2, Online 2020

September

Self-care Strategies for Preventing Vicarious Trauma

POSTPONED - TBA
(9:30am – 1pm)

Facilitator: Tamara Stillwell

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

Introduction to Motivational Interviewing

Tues 13th & Wed 14th October
(9:30am – 1pm)

Facilitator: Nadine Hantke

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

Oct

LivingWorks Start & Debrief

Thurs 15th October
(9:30am – 11am)



Facilitator: Lorelle Zemunik

This interactive training program will give you the skills and knowledge to keep family, friends, co-workers, and others safe from suicide. Complemented with a debrief session.

November

Behaviours of Concern

Wed 28th & Thurs 29th October
(9:30am – 1pm)

Facilitator: Tamara Stillwell

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

Foundations in Peer Work

Tuesday: 10th, 17th & 24th Nov
Tuesday: 1st & 8th Dec
(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 1st Aid

Wed 11th & Thurs 12th Nov
(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.

Mental Health Awareness

Thurs 19th Nov
(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.

Working with men who use family violence



Wed 25th & Thurs 26th Nov
(9:30am – 1pm)

Facilitator: No To Violence

Explore the context of men's use of family violence to understand how clients present and talk about their behaviour.

December

Introduction to Motivational Interviewing

Tues 8th & Wed 9th Dec
(9:30am – 1pm)

Facilitator: Nadine Hantke

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