

# Mental Health Victoria Professional Development

Semester 1, 2019

## -----Melbourne-----

### February

#### Recovering Function – BPD Workshop

Wednesday 20<sup>th</sup> February 2019  
Facilitator: Brett Bridges

Learn about the complexities of BPD and how to implement effective strategies for better outcomes.

EP

#### Mental Health Awareness

Thursday 28<sup>th</sup> February 2019  
Facilitator: Lorelle Zemunik

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

FS

### March

#### Introduction to Motivational Interviewing

Thursday 28<sup>th</sup> & Friday 29<sup>th</sup> March 2019  
Facilitator: Kaz Mitchell

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

FS

### Shepparton

#### Developing & Facilitating Groups

Thursday 14<sup>th</sup> March 2019  
Facilitator: Lorelle Zemunik

Explore practical tips, guidelines and processes related to the development, facilitation and evaluation of groups.

FS

### April

#### Communicating Your Lived Experience

Monday 1<sup>st</sup> & Tuesday 2<sup>nd</sup> April 2019  
Facilitator: Lorelle Zemunik

Create meaningful conversations using your lived experience of mental health in a safe, effective way.

FS

#### Project Management

Thursday 4<sup>th</sup> & Friday 5<sup>th</sup> April 2019  
Facilitator: Adam Le Good

Understand the unique nature of projects and implement effective strategies for structuring and managing them.

EP

#### Self-care Strategies to Prevent Vicarious Trauma & Burnout

Thursday 11<sup>th</sup> April 2019  
Facilitator: Kaz Mitchell

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

FS

### Shepparton

#### Introduction to Motivational Interviewing

Thursday 20<sup>th</sup> & Friday 21<sup>st</sup> June 2019  
Facilitator: Kaz Mitchell

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

FS

### May

#### Developing & Facilitating Groups

Monday 6<sup>th</sup> May 2019  
Facilitator: Lorelle Zemunik

Explore practical tips, guidelines and processes related to the development, facilitation and evaluation of groups.

FS

#### Applied Suicide Intervention Skills Training (ASIST)

Thursday 9<sup>th</sup> & Friday 10<sup>th</sup> May 2019  
Facilitator: Kerry Dawson

Enhance your skills and feel more comfortable and confident in helping a person at imminent risk of suicide.

FS

#### Behaviours of Concern ★ NEW

Monday 13<sup>th</sup> May 2019  
Facilitator: MHV Trainer

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

FS

### Horsham

#### Introduction to Motivational Interviewing

Thursday 27<sup>th</sup> & Friday 28<sup>th</sup> June 2019  
Facilitator: Kaz Mitchell

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

FS

#### Introduction to Trauma Informed Care

Tuesday 14<sup>th</sup> & Wednesday 15<sup>th</sup> May 2019  
Facilitator: Lorelle Zemunik

Become trauma informed and feel confident to respond to and support people who have experienced trauma.

FS

#### Developing Emotional Intelligence for Strong Leadership

Thursday 23<sup>rd</sup> & Friday 24<sup>th</sup> May 2019  
Facilitator: Kaz Mitchell

Learn how our emotions impact upon relationships and how we can "read" situations to manage good outcomes.

FS

### June

#### Basic Counselling Skills for Creating Solution Focused Conversations

Thursday 6<sup>th</sup> & Friday 7<sup>th</sup> June 2019  
Facilitator: Kaz Mitchell

Learn to develop solution-focused conversations aimed at change.

FS

#### Building Effective Supervision Practice ★ NEW

Thursday 13<sup>th</sup> & Friday 14<sup>th</sup> June 2019  
Facilitator: MHV Trainer

Understand the key roles of an effective supervisor and develop the skills and capabilities required to lead teams.

EP

#### Foundations in Peer Work

Wednesday 19<sup>th</sup>, Thursday 20<sup>th</sup>, Friday 21<sup>st</sup>,  
Monday 24<sup>th</sup> & Tuesday 25<sup>th</sup> June 2019  
Facilitator: Lorelle Zemunik

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

FS

Mental Health Victoria  
(03) 9519 7000  
learning@mhvic.org.au

## Customised Training

### We come to you!

We can deliver customised training in your workplace or region, at a time that suits you.

For more information please contact us:

[learning@mhvic.org.au](mailto:learning@mhvic.org.au)