



The NSW Institute of Psychiatry Workshops: January-July 2010

Consumer, Carer & Community Worker Programs

Date	Workshop Title	Code	Full Fee	Early Bird	Unwaged	Early Bird closing	Coordinator	Administrator	
22 March	Drugs, Alcohol & Mental Illness: Introduction	COM009	\$85	\$65*	---	8-Mar-10	Cherie Carlton	Agnes D'Souza	DAMI
24 March	Self Advocacy Workshop	COM008	\$35	---	---	---	Sandy Watson	Agnes D'Souza	
30 March	Mental Health Literacy	COM005	\$85	\$65*	---	16-Mar-10	Cherie Carlton	Amelia Hatch	FMHW
20 April	Mental Health Assessment	COM015	\$85	\$65*	---	6-Apr-10	Cherie Carlton	Amelia Hatch	FMHW
23 April	Understanding Voices & Working Towards Recovery	RMAY01	\$85	\$65*	\$35 ^A	9-Apr-10	Cherie Carlton	Agnes D'Souza	Presenter: Rufus May
3 May	Drugs, Alcohol & Mental Illness: Assessment	COM010	\$85	\$65*	---	19-Apr-10	Cherie Carlton	Agnes D'Souza	DAMI
24 May	Recovery Workshop	COM012	\$65	---	\$35 ^A	10-May-10	Sandy Watson	Agnes D'Souza	
1 June	Risk Assessment and Crisis Management	COM016	\$85	\$65*	---	18-May-10	Cherie Carlton	Amelia Hatch	FMHW
7 June	Drugs, Alcohol & Mental Illness: Interventions	COM011	\$85	\$65*	---	24-May-10	Cherie Carlton	Agnes D'Souza	DAMI
15 June	Supporting Recovery from Mental Illness	COM007	\$85	\$65*	---	1-Jun-10	Cherie Carlton	Amelia Hatch	FMHW
18 June	Understanding Personality Disorders	COM017	\$85	\$65*	---	4-Jun-10	Cherie Carlton	Agnes D'Souza	
23 June	Consumer and Carer Rights	COM013	\$65	---	\$35 ^A	9-Jun-10	Sandy Watson	Agnes D'Souza	
5 July	Suicide, Drugs and Alcohol	COM019	\$85	\$65*	---	21-Jun-10	Cherie Carlton	Agnes D'Souza	DAMI
20-22 July	Consumer Advocacy Course	COM002	\$190	\$155*	---	6-Jul-10	Sandy Watson	Agnes D'Souza	

Continuing Professional Development (CPD)

Date	Workshop Title	Code	Full Fee	Early Bird	Early Bird closing	Coordinator	Administrator	
5 March	Practical Cognitive Assessment of Older People	CPD051	\$140	\$105*	19-Feb-10	Dr Diba Pourmand	Erica Khattar	Presenter: Carmelo Aquilina
8-9 March	Motivational Interviewing for Mental Health Workers	CPD019	APS \$555	\$460*	22-Feb-10	Alison Bell	Amanda Kiellor	
15-17 March	Mental Illness and Substance Abuse Workshop	CPD013	APS \$695	\$575*	1-Mar-10	Alison Bell	Amanda Kiellor	
19 March	Mindfulness as Therapy for Adolescents	CPD040	APS \$295	\$260*	5-Mar-10	Anthony Hillin	Agnes D'Souza	Presenter: Mal Huxter
22-23 March & 17 May	Introduction to Cognitive Behavioural Therapy	CPD033	APS \$695	\$575*	8-Mar-10	Chris Hardwick	Erica Khattar	
23-24 March	A Workshop for Case Managers	CPD016	APS \$555	\$460*	9-Mar-10	Michelle Everett	Amanda Kiellor	
19-21 April	Facilitating Recovery	CPD027	APS \$750	\$695*	6-Apr-10	Michelle Everett	Amanda Kiellor	Presenter: Rufus May
29 April	Psychopharmacology for Mental Health Professionals	CPD039	APS \$315	\$295*	15-Apr-10	Michelle Everett	Agnes D'Souza	Presenter: Iain McGregor
3 May	Supervision Skills for Health Workers	CPD007	APS \$280	\$210*	19-Apr-10	Christine Senediak	Agnes D'Souza	
5 May	Suicide Assessment & Management - Advanced Practitioners	CPD021	\$280	\$210*	21-Apr-10	Peter Bazzana	Amanda Kiellor	
6-7 May	Core Skills in Family Sensitive Practice	CPD015	\$555	\$460*	22-Apr-10	Glenn Lerner	Erica Khattar	
25 May	Challenging Situations: A Psychodynamic Approach	CPD050	\$280	\$210*	11-May-10	Dr Stephanie Winfield	Amanda Kiellor	
26-28 May	Assessment in Mental Health: Principles and Practice	CPD035	APS \$695	\$575*	12-May-10	Michelle Everett	Amanda Kiellor	
23 June	Cross Cultural Family Practice: Working with Diversity	CPD042	APS \$280	\$210*	9-Jun-10	Christine Senediak	Agnes D'Souza	

General Practitioners

Date	Workshop Title	Code	Full Fee	Early Bird	Early Bird closing	Coordinator	Contact Person	
12-13 March	Mental Health Assessment in General Practice	CPD036	\$555	\$460*	26-Feb-10	Natalie Healey	Natalie Healey	40 (Cat 1) RACGP QA&CPD Points
20 March	Mental Health Assessment of Children, Youth & Families	CPD038	\$280	\$210*	6-Mar-10	Dr Raphael Chan	Natalie Healey	40 (Cat 1) RACGP QA&CPD Points
28-29 May	Supportive Psychotherapy in General Practice	CPD031	\$555	\$460*	14-May-10	Dr Stephanie Winfield	Natalie Healey	40 (Cat 1) RACGP QA&CPD Points
5 June	Cross Cultural Mental Health Care in General Practice	CPD030	\$280	\$210*	21-May-10	Jenn Herron	Natalie Healey	40 (Cat 1) RACGP QA&CPD Points

FMHW Foundations of Mental Health Work Series - for Community Workers

DAMI Drugs, Alcohol and Mental Illness Series - for Community Workers

*Early Bird rate applies for payments received on or before the advertised Early Bird closing date

APS Attracts APS Professional Development Points

RACGP QA&CPD Approved - Accredited Provider

^A\$35 Unwaged Discount - available to recipients of Centrelink Benefits (proof required upon payment)

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www.nswiop.nsw.edu.au

Refer over for workshop descriptions and enrolment & payment information

Workshop Descriptions

COM002 Consumer Advocacy Course

This 3-day program is for consumers who have interests in consumer advocacy, human rights issues, committee representation and consumer participation. Suitable for beginners and people who are at an intermediate stage in their consumer work (including voluntary), or for consumers who are employed in public, private or community based mental health services, this course is an indispensable learning opportunity. Participants will develop a clearer understanding of the ethics of consumer advocacy, the social justice principles that underpin consumer advocacy practice, the knowledge needed to undertake consumer representation on committees, the fundamentals of human rights for consumers, and a lot more.

COM005 Mental Health Literacy

In this 1-day workshop, we will focus on exploring: What is mental health? What is mental ill-health? How can mental health be promoted? Can mental ill-health be prevented? What do we know about what contributes to mental ill-health? What protects people against mental health problems and promotes mental wellness and resilience? What is the evidence for the value of promotion, prevention and early intervention approaches to mental health? What is the role of diagnostic classification systems in relation to the range of human experiences of mental and emotional distress? What are the main types of mental health problems and how common are they? What is the impact of living with mental health problems?

COM007 Supporting Recovery from Mental Illness

This 1-day workshop focuses on exploring: What is meant by "recovery" in the context of mental health problems? What is the difference between "recovery" and "rehabilitation"? What has "citizenship" got to do with recovery? What supports and interventions are available? Where do "symptom management" and medication fit within a recovery framework? How is recovery experienced by people with mental health problems? What helps and what hinders the process of recovery? What role do workers' values and attitudes play? What can workers/services do to facilitate a person's recovery?

COM008 Self Advocacy Workshop

Self advocacy is the process of speaking up on your own behalf and in your own interests. This practical 1-day workshop will provide consumers (people living with a diagnosis of mental illness) with the basic knowledge they need to be able to self advocate. The workshop aims to familiarise consumers with principles and strategies that are used in self-advocacy and how to be more confident in speaking up on their own behalf to pursue their rights and interests.

COM012 Recovery Workshop

This 1-day workshop for consumers covers key recovery concepts; the research evidence for recovery; what recovery means in terms of how participants live their daily lives, (e.g. working with mental health workers, consumer workers and carers using recovery principles); issues in decision making; recovery in policy etc. The workshop is interactive and includes small group and individual exercises to encourage self reflection and discussion on issues in recovery.

COM013 Consumer and Carer Rights

This 1-day workshop for consumers and carers explores rights concepts, including universal human rights, citizenship rights, and individual rights. It will specifically cover legal rights for consumers and carers under mental health and disability discrimination laws. Consumers and carers will gain a clearer picture of rights and mental health, and feel confident to locate an appropriate service or organisation if they feel their rights are being infringed, or they are in need of professional advice.

COM015 Mental Health and Assessment

In this 1-day workshop, we will focus on exploring: What do we mean by "assessment"? What is the purpose of "assessment"? What are the types of assessment used in mental health work? What are the interpersonal skills required to make an effective assessment? What helps and what hinders the assessment process? How can we make an assessment using recovery orientated practice?

COM016 Risk Assessment and Crisis Management

In this 1-day workshop, we will focus on exploring: What do we mean by "risk" and why has risk become such a focus in mental health work? How valid is a risk focus and what are the implications for practice? What is the purpose of a "risk assessment"? How can we constructively approach situations perceived as potentially involving risk? What do we mean by "crisis management"? How can we best support someone who is experiencing a mental health crisis? How can we use crises as opportunities for growth?

COM017 Understanding Personality Disorders

This 1-day workshop explores the concept of personality and personality disorder. What are personality disorders? What are the different types of personality disorder? What causes personality disorder? What treatments are available? How can we best support someone who has a diagnosis of a personality disorder?

COM019 Suicide, Drugs and Alcohol

In this 1-day workshop, we will explore: the relationship between the use of drugs, alcohol and suicidality. The key questions for this workshop are: What makes a person suicidal? What do we need to consider when working with a person with a drug and alcohol problem who becomes suicidal? What is the role of intoxication in suicidality? What is the best practice when helping someone who is suicidal and using drugs and/or alcohol?

RMAY01 Understanding Voices and Working Towards Recovery

Presented by Rufus May

This 1-day workshop will explore: How do challenging voices behave?; Hearing voices research, coping strategies; Forming a construct/understanding of the voice hearing experience; Ways to negotiate and live with voices; Ways of working with underlying emotions; and Recovery stories. Rufus May is a clinical psychologist working in adult mental health services in the UK. He has written articles and teaches widely on psychotic experiences and recovery processes. His approach is also influenced by his experience of psychosis at the age of 18 and recovery.

CPD007 Supervision Skills for Health Workers

This 1-day workshop provides an introduction on how to establish, maintain and evaluate supervision sessions for mental health professionals. The workshop provides a framework for understanding how to conduct and evaluate clinical supervision sessions. Topics include: theories of supervision, process of clinical supervision, roles and responsibilities, contract setting, process evaluation and providing feedback and ethical dilemmas. Participants will develop knowledge, skills and confidence in providing individual and group clinical supervision using a reflective practice framework. Suitable for: health professionals wanting to gain skills and confidence with clinical supervising.

CPD013 Mental Illness and Substance Abuse

This 3-day workshop addresses understanding and working with clients who experience both drug and alcohol problems plus mental health issues. Content includes: relationship between mental illness and substance abuse, key issues in assessment, models of care for this client group, understanding the process of change in the dual diagnosis context, motivational interviewing and relapse prevention strategies, the role of psychostimulants in drug related mental illness, review of harm minimisation in dual diagnosis area. Suitable for postgraduate level within the mental health or drug and alcohol fields.

CPD015 Core Skills in Family Sensitive Practice

This 2-day workshop introduces the fundamentals of family therapy, providing an introduction to the major models of interactional family therapy such as structural, systemic, solution-focused and narrative therapies. Key concepts will be highlighted and demonstrated on Day 2, where the emphasis will be on the application of theory to practice. This workshop will suit clinicians wanting to investigate family therapy with a view to further study in the future.

CPD016 A Workshop for Case Managers

This 2-day workshop is designed for those workers who are new to providing case management services as well as those who are more experienced but who would like to refresh their knowledge and skills. The workshop aims to examine local and international influences on mental health case management and provide a framework for working collaboratively with consumers to support and facilitate recovery. Topics include context for care (philosophy, principles, partnership), engagement, determining strengths and needs, identifying and achieving goals, and the case manager's toolkit.

CPD019 Motivational Interviewing for Mental Health Workers

Motivational interviewing is an evidence-based approach for supporting people through changing complex behaviours, and is increasingly being applied to the mental health context. This 1-day workshop provides an introduction to theory and practice of motivational interviewing including understanding ambivalence, responding to resistance and strategies for supporting the change process.

CPD021 Suicide Assessment & Management

What do advanced practitioners need to know?

This 1-day workshop is designed for practitioners who have attended previous "gatekeeper" training, and who are willing to bring their experiences along to a discussion-based forum. It will have special relevance for staff who are regularly assessing persons with possible suicidal behaviour, and who are involved in the ongoing education, supervision or mentoring of less experienced staff.

CPD027 Facilitating Recovery

Presented by Rufus May

This 3-day workshop designed for workers in mental health and related fields, aims to examine the notion of recovery and what constitutes practice that recognises, promotes and facilitates recovery. The workshop aims to promote authentic discussion and critique with regards to dominant themes in health care practices that validate, challenge to recovery-oriented practice and implications for services.

CPD030 Cross Cultural Mental Health Care in General Practice

This skills-based 1-day workshop aims to enable GPs to develop practical skills in cross-cultural mental health assessment; working with refugees and asylum seekers; psychopharmacology; and consumer and carer perspectives. Accredited with GPMSC as a MHST program. 40(Cat 1) RACGP QA&CPD points.

CPD031 Supportive Psychotherapy in General Practice

This 2-day workshop provides GPs with an overview of the core skills required for incorporating supportive psychotherapy into clinical practice. Topics include the psychotherapeutic framework; interventions; the therapeutic relationship & transference issues; bereavement and life crises. Accredited with GPMSC as a MHST program. 40(Cat 1) RACGP QA&CPD points.

CPD033 Introduction to Cognitive Behavioural Therapy

This 3-day workshop introduces the fundamentals of Cognitive Behaviour Therapy (CBT) with an emphasis on the application of theory to practice and provides an opportunity for skill development. Participants will be taught techniques such as thought monitoring, cognitive re-structuring, problem solving, relaxation training, thought stopping, and activity scheduling. Day 3 is dedicated to Clinical Supervision.

CPD035 Assessment in Mental Health: Principles and Practice

This is a 3-day workshop for mental health professionals looking to develop or update their skills in conducting mental health assessments including Mental State Exams (MSE), Risk Assessment, and Biopsychosocial Assessment. Topics include: principles and practice of assessment, counselling micro skills, documentation, team and intersectorial approaches. Multi-modal workshop emphasises practical skills and clinical experience.

CPD036 Mental Health Assessment in General Practice

This 2-day skills based workshop aims to enable students to develop practical skills in mental health assessment. The workshop will cover: the B0iMHC initiatives and Medicare items numbers; conducting and documenting a mental health assessment and formulation using a biopsychosocial framework; mental state examination; and interviewing skills. Accredited with GPMSC as a MHST program. 40(Cat 1) RACGP QA&CPD points.

CPD038 Mental Health Assessment of Children, Youth and Families

This 1-day skills based workshop aims to enable students to develop practical skills in the mental health assessment of children and young people. The workshop will cover interviewing skills, conducting family interviews, interviewing a child using age-appropriate techniques and tools, creating a child friendly atmosphere, techniques for engaging a challenging teenager and principles of parent management and behaviour management. Accredited with GPMSC as a MHST program. 40(Cat 1) RACGP QA&CPD points.

CPD039 Psychopharmacology for Mental Health Professionals

Presented by Professor Iain MacGregor

This popular 1-day workshop will assist non-medical mental health providers to better understand the current range of medications being used in Australia today for the treatment of anxiety disorders, depression, bipolar disorder, schizophrenia, ADHD and substance abuse. As the number of individuals being prescribed psychiatric medications grows, it becomes increasingly important for professionals to understand the positive and negative effects of these drugs and the context in which they are prescribed. Workshop participants will learn about the various classes of psychiatric medications, their influence on brain function, their effectiveness, and their impact on a person's wellbeing. The effects of drugs of abuse (e.g. cannabis, ecstasy, methamphetamine, alcohol and nicotine) and their role in predisposing to mental illness will also be considered.

CPD040 Mindfulness as Therapy for Adolescents:

A path of kindness, wisdom and happiness

Presented by Mal Huxter.

Mindfulness is emerging as a focused psychological strategy that can have a role in treating depression, personality disorders, substance abuse, generalised anxiety and stress management. This 1-day workshop will enhance the skills and understanding of those who already use mindfulness as a part of their practice, and introduce those who are interested in its emerging role in therapy.

CPD042 Cross-Cultural Family Practice: Working with Diversity

This 1-day workshop aims to provide participants with core assessment and intervention skills for working with families of non-English speaking backgrounds. The workshop will provide participants with a structured framework that can be adapted and applied in a variety of settings with individuals and families, considering issues of culture and diversity. The workshop will introduce models of family sensitive practice and provide a cultural genogram template that can be used as a semi-structured interview for developing treatment planning within the clients' specific cultural context. Practical case examples using this template will be given.

CPD050 Challenging Situations: A Psychodynamic Approach

A 1-day workshop suggesting ways in which ideas from psychodynamic psychotherapy can assist the mental health clinician in understanding difficult clients, managing your emotional reactions, and understanding behaviour in organisations. This will be a small group workshop and participants will be sent some pre-reading. Limited to 15 participants

CPD051 Practical Cognitive Assessment of Older People

Presented by Carmelo Aquilina

This 1-day workshop focuses on the principles of cognitive testing, how to test cognition in patients and how to apply cognitive tests in specific situations. Participants will learn how to use and interpret the commonest cognitive test used, the Mini Mental State Examination and then go beyond that to use Clock Drawing, the 3MS and the ACE-R tests which allow for more sensitive testing of a wider range of cognitive domains.

Registration and Payment

To register, complete and forward an Application Form, available on the NSWIOIP website at www.nswiop.nsw.edu.au or by calling (02) 9840 3833.

If applying through your employer/organisation, please ensure that a copy of the application form is forwarded to the Institute in order to register your place in the workshop. Group discounts may apply for 5 or more employees from the same organisation – contact the Institute for further information. To receive the Early Bird rate, payment must be received on or before the Early Bird closing date (14 days prior to the start of the workshop). Full fee applications are accepted until a workshop is full, but early application is recommended.

All course fees are GST inclusive. Please note that all courses are subject to change.

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