



2023 SEMESTER 2

All training will be **IN-PERSON**, any changes will be notified accordingly.

Please refer to the workshop description which specifies if any event has pre / post course work requirements.

REGISTER ONLINE AT:
thermh.org.au/MHTDU



RMH MHTDU

The RMH Mental Health Training and Development Unit (MHTDU) provides consumer and carer outcomes by supporting the workforce's learning, skill development, engagement, resilience, health and wellbeing.

We offer a variety of learning programs designed for mental health practitioners of all disciplines.

We welcome enquiries for team based learning and development, team building and tailored training.

EXTERNAL TRAINING

We are able to deliver tailored training programs to external organisations. Please contact us for further information.



Providing a central coordinating function, overseeing treatment, training and research activities related to acceptance and commitment therapy and contextual behavioural science.



All dual diagnosis workshops delivered in partnership with SUMITT.

LEARNING DOMAINS

Core capabilities
Contains the skills, knowledge and attitudes required for practice across professional roles in public mental health services.

Treatment and support
Contains skills, knowledge and attitudes required to go beyond routine practice in public mental health services.

Learning domains colour coding

CORE CAPABILITIES

TREATMENT AND SUPPORT

FEES

ALL Mental Health staff working for Inner West, Northern, North West, Mid West and Orygen attend at no cost
1-day workshop: **\$250** (inc GST)
2-day workshop: **\$450** (inc GST)

VENUES

HEC
Hospital Education Centre
The RMH Royal Park Campus, Building 3
34-54 Poplar Road, Parkville Vic 3052

CTM
The Centre for Theology & Ministry
29 College Crescent
Parkville Victoria 3052

ORYGEN
35 Poplar Road, Parkville VIC 3053

MBS
Melbourne Business School
200 Leicester Street, Carlton VIC 3053

CONTACT

E: mhtdu@mh.org.au P: (03) 8387 2730

JULY

Dual diagnosis tool kit



Tuesday 11 July 2023

Working with consumers who use alcohol and other drugs is core business for public mental health. This introductory workshop aims to equip mental health clinicians with the relevant skills and knowledge to become dual diagnosis capable.

VENUE: CTM

Trauma informed care

Tuesday 18 July 2023

Trauma-informed care (TIC) is a framework aiming to ensure that individuals with a history of trauma have safe and positive experiences of service delivery. This workshop explores the nature of trauma and its psychological impacts as well as the key principles on which TIC is based. During this workshop participants will be exploring a range of strategies in working with consumers to maintain trauma aware and safe practice.

VENUE: HEC

Drive safe: supporting consumers' safe driving

Thursday 20 July 2023

For consumers, learning to drive or resuming and maintaining driving can be an important life goal. In this workshop you will learn how clinicians can support consumers to drive safely, hear from VicRoads about their role in licencing and monitoring those with an enduring health condition, and hear from carers and consumers about what they want and need to support safe driving. You will also develop skills to be the local champion of driving within your team or service.

VENUE: HEC

AUGUST

A taste of acceptance and commitment therapy (introduction)



Tuesday 15 August 2023

An opportunity to 'dip your toe' into the basics of acceptance and commitment therapy. This workshop provides an introduction to the core principles of ACT and their relevant application in clinical practice. In order to maximise learning, participants will complete some pre-workshop reading and practice their learning on the day through some simple experiential exercises.

VENUE: CTM

Mental health assessment

Tuesday 22 August 2023

Mental health assessment is the foundation of effective treatment and care in public mental health. This recently updated workshop will help mental health professionals to build their knowledge and skills in conducting a successful mental health assessment and drafting an integrated care formulation. Participants will learn and practice how to structure a clinical interview in order to gather a large amount of data in a sensitive fashion and in a short period of time in a safe learning environment.

VENUE: HEC

SEPTEMBER

Motivational interviewing



Monday & Tuesday **2 DAYS**
4 & 5 September 2023

In this two day workshop, participants will watch and practice many motivational interviewing (MI) skills. Activities will allow participants to experience the impact that an MI approach can have. Whether you are new to MI, or have some previous experience, this workshop promises to enhance your ability to do any clinical job in mental health and dual diagnosis settings.

This workshop requires pre-reading and a one hour post-workshop enhancement session.

VENUE: ORYGEN

Suicide risk: engaging, understanding and responding

Thursday 7 September 2023

This highly engaging program brings together concepts, themes and skills derived from the contemporary literature including the Chronological Assessment of Suicide Events (CASE) approach; a risk assessment and formulation model that emphasises prevention over prediction; and safety planning. Specific interviewing skills that promote engagement and best identify the suicidal intent of the individual are emphasised to inform a tailored collaborative safety plan. The program includes the opportunity for participants to examine local issues and current practice as well as consider potential improvements.

VENUE: HEC

Navigating the National Disability Insurance Scheme and psychosocial disability

Tuesday 12 September 2023

Psychosocial supports can bridge the gap between clinical and mainstream services. This interactive workshop will provide a foundational understanding of NDIS and how staff can support consumer access, planning and review of funding options, as well as plan implementation and work with NDIS providers, in order to get the most out of their NDIS plan.

VENUE: CTM

OCTOBER

Understanding and managing vicarious trauma



Tuesday 3 October 2023

Experiencing indirect exposure to other people's trauma can have harmful effects on mental health and every aspect of our lives. This is referred to as vicarious trauma. Although it can occur in all sorts of occupations, mental health professionals by the nature of their jobs are at increased risk. This workshop will provide an understanding of vicarious trauma and will explore a range of practical strategies to build resilience and mitigate the risk.

VENUE: HEC

ACTivating Recovery Program special event with Dr Louise Hayes



Tuesday 10 October 2023

The ACTivating Recovery Program is hosting its first low cost event, featuring the renowned Dr. Louise Hayes! Expand your therapeutic skills and make a meaningful impact on the lives of both young people and adults. Dr. Hayes, an expert in process-based therapies like ACT and DNA-V, will guide you through the training, equipping you with invaluable knowledge on acceptance, mindfulness, positive psychology, and their application in clinical settings. This event will offer opportunities to gain the tools and knowledge to build your confidence and elevate your therapeutic skills.

Further information about ticket pricing and how to book your spot can be found via the registration portal.

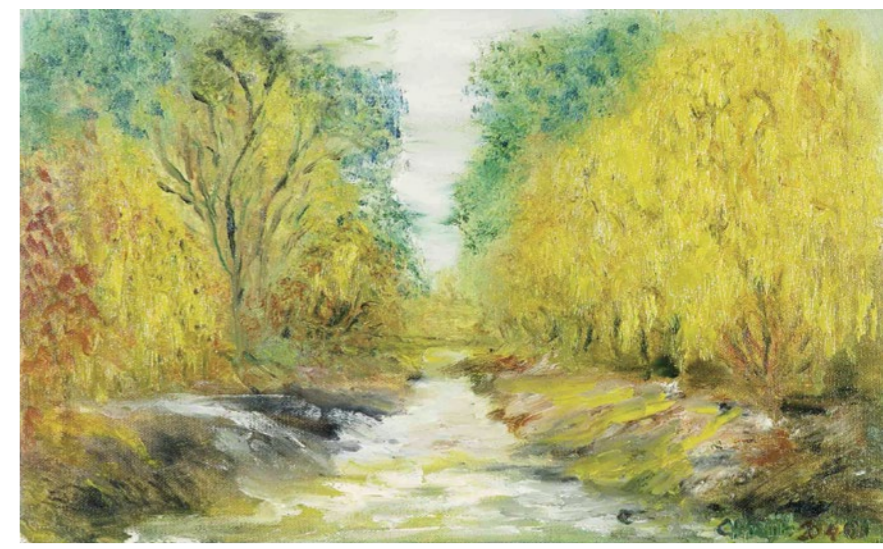
VENUE: MBS

Suicide risk: engaging, understanding and responding

Tuesday 24 October 2023

See September workshop for full description.

VENUE: HEC



Carla Krijt
Autumn scene, 2001
oil on canvas
25cm x 40cm
The Cunningham Dax Collection
Reproduced with the permission of The Dax Centre

Brainfreeze: mental health on ICE



Thursday 26 October 2023

People with co-occurring substance use and mental health disorders generally experience poorer overall health and wellbeing compared to those experiencing single disorders (Cracks in the Ice, 2020). This learning will explore current treatment approaches and attitudes for people who use crystal methamphetamine with a co-occurring mental health challenge. With the added dimension of a shared lived-experience perspective, participants will unpack some of the common challenges, myths and truths which influence best practice in dual diagnosis treatment.

VENUE: HEC

NOVEMBER

Acceptance and commitment therapy in ACTION (intermediate)



Tuesday 14 November 2023

This 1-day workshop aims to further enhance participants' skills in the conceptualisation and delivery of ACT-consistent interventions in their practice. This workshop requires participants to have a sound understanding of the theory and core principles of ACT, and have used ACT in their practice for at least 6 months. Predominantly experiential in nature focusing on skills acquisition, with opportunities to reflect on ACT-based service developments.

VENUE: CTM

Dual diagnosis advanced clinician training



Tues & Wed **2 DAYS**
21 & 22 November 2023

Registrations for this workshop come from nominations from Program Managers.
Please email MHTDU or speak to your manager if you are interested in this training. This workshop requires pre-reading, activities and a one hour Post-workshop Enhancement session.

VENUE: HEC

Ethics in mental health

Tuesday 28 November 2023

This introductory learning draws on the foundational concepts of ethics that inform every day clinical practice. It also introduces a framework for approaching clinical dilemmas that focuses on different challenges for the mental health workforce within the context of recovery oriented practice.

This workshop requires pre-reading, activities and a one hour post-workshop enhancement session.

VENUE: CTM

DECEMBER

Introduction to the Mental Health & Wellbeing Act 2022

Wednesday 13 December 2023

The new Mental Health and Wellbeing Act 2022 puts people with mental illness, and their supporters, at the centre of service provision. This course provides a framework for practitioners to understand and apply the Act to their specific practice settings within public mental health services and introduces the importance of supported decision making.

This workshop requires pre-reading and a one hour post-workshop enhancement session.

VENUE: HEC

2023 MHTDU LEARNING CALENDAR 2ND SEMESTER JULY-DECEMBER