



Carla Krijt
Untitled, 1999
acrylic on paper
370 x 265 mm
The Cunningham Dax Collection

2024 SEMESTER 1

All training will be IN-PERSON unless otherwise specified, any changes will be notified accordingly.

You will be contacted prior to workshop with any pre / post course work requirements.

FIND OUT MORE & REGISTER ONLINE: thermh.org.au/MHTDU



RMH MHTDU

The RMH Mental Health Training and Development Unit (MHTDU) provides consumer and family, carer and supporter outcomes by building 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 & research activities related to acceptance and commitment therapy and contextual behavioural science.

CAPABILITY FRAMEWORK

MHTDU training is aligned with The Victorian Mental Health and Wellbeing Workforce Capability Framework. **Please see our website for more information.**

FEES

All RMH & Specialist Program (OSP) staff attend at no cost.

1-day workshop: \$150 (inc GST)

2-day workshop: \$250 (inc GST)

CONTACT

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

February/March

Clinical supervision for nurses: foundation (train the trainer) [2-day]

Thursday 29 February & Friday 1 March Venue: **HEC**

March

A taste of ACT (introduction)

Thursday 7 March Venue: **HEC** 

Motivational interviewing [2-day]

Thursday 7 & Friday 8 March Venue: **CTM**

ACT in the workplace: train the trainer (well-being) #1

Tuesday 26 March Venue: **HEC** 

April

Clinical supervision for nurses: refresher

Tuesday 16 April Venue: **ONLINE**

Suicide: engaging, understanding and responding #1

Thursday 18 April Venue: **CTM**

Clinical supervision for nurses: foundation [2-day]

Thursday 18 & Friday 19 April Venue: **HEC**

ACT in Public Mental Health forum

Tuesday 23 April Venue: **CTM** 

Trauma informed care

Tuesday 30 April Venue: **HEC**

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 VIC 3052

KTH Kensington Town Hall, 30-34 Bellair St, Kensington VIC 3031



May

Dual diagnosis tool kit

Wednesday 1 May Venue: **HEC**

Navigating the National Disability Insurance Scheme and psychosocial disability

Tuesday 7 May Venue: **CTM**

ACT in ACTION (intermediate): Process-based therapy: a shift towards functional behavioural analysis

Thursday 9 May Venue: **HEC** 

Understanding and managing vicarious trauma

Tuesday 14 May Venue: **HEC**

Psychological therapies for psychosis

Wednesday 15 May Venue: **KTH** 

Brainfreeze: mental health on ICE

Thursday 16 May Venue: **HEC**

Suicide: engaging, understanding and responding #2

Thursday 23 May Venue: **HEC**

Gift of self compassion (well-being)

Monday 27 May Venue: **HEC** 

Introduction to Mental Health & Wellbeing Act 2022 (MHWA) #1

Tuesday 28 May Venue: **HEC**

June

Mental health assessment

Wednesday 5 June Venue: **CTM**

Diving deeper into ACT (advanced)

Thursday 6 June Venue: **HEC** 

Clinical supervision for nurses: groups

Tuesday 18 June Venue: **HEC**

ACT in the workplace: train the trainer (well-being) #2

Thursday 20 June Venue: **HEC** 