

## AW Workwise Mental Health Related Workshops Summary.

### Skills based training for Mental Health Workers.

AW Workwise are currently offering a range of psychological workshops aimed at those seeking to develop their skills in the health professions. Please contact us on 02 9687 7122 or

[parraadmin@awworkwise.com.au](mailto:parraadmin@awworkwise.com.au) to discuss the next available course session and costs.

Each workshop is conducted by a qualified and experienced professional, and is heavily weighted towards those participating in Registration programs for Psychologists in Australia.

Given sufficient numbers these workshops may be able to be delivered at a place of your choosing.

**Workshops currently on offer: (refer to the training calendar for dates or call AW Workwise).**

| Tick chosen course       | Workshop   | Length  | Costs incl GST |
|--------------------------|--|---------|----------------|
| <input type="checkbox"/> | Risk management when working in mental health settings   | 1/2 day | \$200          |
| <input type="checkbox"/> | Dealing with Difficult Behaviour   | 1/2 day | \$200          |
| <input type="checkbox"/> | Personality Disorders  | 1 day   | \$350          |
| <input type="checkbox"/> | Risk Assessment and Suicidal Ideation Vs Self Harm   | 1 day   | \$350          |
| <input type="checkbox"/> | Vicarious trauma and burnout prevention  | 1 day   | \$350          |
| <input type="checkbox"/> | Conflict Resolution: Mediation   | 1 day   | \$350          |
| <input type="checkbox"/> | Youth in Crisis  | 1 day   | \$350          |
| <input type="checkbox"/> | Behavioural Management Techniques  | 1 day   | \$350          |
| <input type="checkbox"/> | Pain Management Counselling Applications in Practice   | 1 day   | \$350          |
| <input type="checkbox"/> | Stress Management in Practice  | 1 day   | \$350          |
| <input type="checkbox"/> | Diagnosis: The DSM, ICD, V codes   | 1 day   | \$350          |
| <input type="checkbox"/> | Case management Principals and conflict of interest in practice                                  | 1 day   | \$350          |
| <input type="checkbox"/> | Greif, Loss and Adjustment   | 1 day   | \$350          |
| <input type="checkbox"/> | Assessment: Initial Assessments, Psychological Assessments and Needs Analysis                    | 1 day   | \$350          |
| <input type="checkbox"/> | How to structure counselling sessions  | 1 day   | \$350          |
| <input type="checkbox"/> | Applying Motivational Interviewing   | 1 day   | \$350          |
| <input type="checkbox"/> | Drug and alcohol issues and treatment implications   | 2 days  | \$600          |
| <input type="checkbox"/> | An Introduction to common therapeutic techniques and their initial applications in the workplace | 2 days  | \$600          |
| <input type="checkbox"/> | The Criminal Mind: An introduction to Forensics and Psychology                                   | 2 Days  | \$600          |
| <input type="checkbox"/> | Crisis Intervention and Mental Health First Aid  | 2 days  | \$600          |

For more information and register, visit <http://www.awworkwise.com.au> or call 02 96877122

**Newcastle**  
45 King Street  
Warners Bay NSW 2282  
PO Box 679  
Warners Bay NSW 2282  
Tel (02) 4948 5455  
Fax (02) 4948 5422

**Campbelltown**  
Suite 101, Level 1  
4 Hyde Parade  
Campbelltown NSW 2560  
PO Box 349  
Macarthur Square  
LPO NSW 2560  
Tel (02) 4629 5600  
Fax (02) 4629 5611

**Hunter Valley**  
3/14 Garnett Road  
Greenhills NSW 2323  
PO Box 2392  
Greenhills NSW 2323  
Tel (02) 4933 0144  
Fax (02) 4933 0155

**Parramatta**  
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111 Phillip Street  
Parramatta NSW 2150  
PO Box 953  
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Tel (02) 9687 7122  
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**Central Coast**  
Suite 3, 14 Pioneer Ave  
Tuggerah Business Park  
Tuggerah NSW 2259  
PO Box 3373  
Tuggerah NSW 2259  
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Fax (02) 4353 0605

**AW Workwise Pty Ltd**  
ABN 98 318 384 896  
[info@awworkwise.com.au](mailto:info@awworkwise.com.au)  
[www.awworkwise.com.au](http://www.awworkwise.com.au)

## AW Workwise Psychological based Workshops

### Parramatta and Campbelltown Registration Form

**Please complete and return this form by facsimile to 02 4948 5422.**

|               |  |        |  |
|---------------|--|--------|--|
| NAME:         |  |        |  |
| ORGANISATION: |  |        |  |
| ADDRESS:      |  |        |  |
| EMAIL:        |  |        |  |
| TELEPHONE:    |  | MOBILE |  |
| FAX:          |  |        |  |
| WORKSHOP NAME |  |        |  |
| COURSE DATES  |  |        |  |

Payments can be made by cheque, credit card or electronic funds transfer.

**Postal Address:** AW Workwise Pty Ltd  
PO Box 679  
WARNERS BAY NSW 2282  
Facsimile: 02 4948 5422

- Or payment by EFT:

#### EFT Details:

**Account Name:** AW Workwise Pty Ltd  
**Account No:** 652208  
**BSB No:** 032 000

- Or by credit card:

Credit card: (Accepted Cards are Visa, Mastercard – we do not accept AMEX)

- Pay online – visit [www.awworkwise.com.au](http://www.awworkwise.com.au) and click on “Make a Payment”
- For manual transactions provide details below

Amount authorised: \_\_\_\_\_

Card No: \_\_\_\_\_

CSV: \_\_\_\_\_ Card Expiry Date: \_\_\_\_\_

Name on card: \_\_\_\_\_

Signature: \_\_\_\_\_

Email (for receipt) \_\_\_\_\_

#### Cancellations and Transfers:

- Cancellations received within 5 working days of the course commencing will incur a \$50.00 (inclusive of GST) registration service charge. Cancellations on the day are subject to the entire course fee.
- A substitute delegate can be made at anytime with no extra charge.
- Only one transfer to another session will be accepted for each booking and this must occur within 3 months from the time of the first course booking. Transfers made to another session received within 24 hours of the course commencing will incur a \$50.00 (inclusive of GST) transfer fee.

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www.awworkwise.com.au

*All invoices are payable within 7 days of the date of invoice. All debt recovery costs will be at your expense. Personal information which AW Workwise collects on this form is kept confidential. We may also use your personal information to keep you informed of the events, training courses and services which we consider may be of interest to you and to provide you with the promotional and marketing materials about AW Workwise services including workplace training and consulting. You may request access to personal information we hold about you by contacting the Internal Operations Manager at AW Workwise.*

*If you do not wish to receive this information please tick the privacy opt out box on this form*

**Privacy Opt Out**

*please do not send me further information in regards to AW Workwise services.*

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## AW Workwise Mental Health Related Workshops.

### Ongoing professional development with a focus on skill building.

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#### Workshops currently on offer:

##### Counselling skills

- [Behavioural Management Techniques](#)
- [Brief Solution Focused Therapy](#)
- [Cognitive Behavioural Therapy](#)
- [Conflict Resolution: Mediation](#)
- [Dialectical Behavioural Therapy](#)
- [How to structure counselling sessions](#)
- [Inter Personal Therapy](#)
- [Narrative therapy and Mindfulness](#)
- [Stress Management in Practice](#)

##### Interventions

- [Dealing with Difficult Behaviour](#)
- [Drug and alcohol issues and treatment implications](#)
- [Pain Management Counselling Applications in Practice](#)

##### Crisis

- [Conflict Resolution: Mediation](#)
- [Crisis Intervention and Mental Health First Aid](#)
- [Grief, Loss and Adjustment](#)
- [Risk Assessment and Suicidal Ideation Vs Self Harm](#)
- [Risk management when working in mental health settings](#)
- [Youth in Crisis](#)

##### Theory and practice

- [An Introduction to common therapeutic techniques and their initial applications in the workplace](#)
- [Applying Motivational Interviewing](#)
- [Assessment: Initial Assessments, Psychological Assessments and Needs Analysis](#)
- [Diagnosis: The DSM, ICD, V codes](#)
- [Personality Disorders](#)
- [The Criminal Mind: An introduction to Forensics and Psychology](#)

##### Working in mental health

- [Vicarious trauma and burnout prevention](#)
- [Dealing with Difficult Behaviour](#)
- [How to structure counselling sessions](#)

**Dates and workshop aims:**

|  |   |  |
|--|---|--|
| <p>Parramatta Date:<br/>July 9<sup>th</sup> 2010</p> <p>Campbelltown Date:<br/>NA</p>  | <p><b>Case management<br/>Principals and conflict<br/>of interest in practice<br/>(1 day)</b></p> | <p>This workshop will direct an individual in the principals of managing cases in the mental health and related fields covering topics such as communication, report writing and conflict of interest as well as confidentiality when working in a system that may or may not allow the participant choice in their involvement.</p>   |
| <p>Parramatta Date:<br/>July 23<sup>rd</sup> 2010</p> <p>Campbelltown Date:<br/>July 28<sup>th</sup> 2010</p>  | <p><b>How to structure<br/>counselling sessions<br/>(1 day)</b></p>                               | <p>This workshop will equip those without previous experience on how to run sessions with clients on how to successfully manage time and structure activities within a therapeutic session timeframe.</p>  |
| <p>Parramatta Date:<br/>August 9<sup>th</sup> &amp; 11<sup>th</sup><br/>2010</p> <p>Campbelltown Date:<br/>August 2<sup>nd</sup> &amp; 4<sup>th</sup><br/>2010</p>       | <p><b>Drug and alcohol<br/>issues and treatment<br/>implications (2 days)</b></p>                 | <p>This workshop will equip you with an understanding of alcohol use and abuse issues, drug types and their general effects on the human body in a bio-psychosocial manner. Harm Minimisation, abstinence, motivational interviewing techniques and the interactions in a therapeutic context will be explored.</p>  |
| <p>Parramatta Date:<br/>August 23<sup>rd</sup> 2010</p> <p>Campbelltown Date:<br/>August 17<sup>th</sup> 2010</p>  | <p><b>Risk Assessment and<br/>Suicidal Ideation Vs<br/>Self Harm (1 day)</b></p>                  | <p>This workshop will allow a discussion and development of protocols for risk assessment, suicidal ideation and self harm. The implication of public safety confidentiality and legal responsibilities is included as well.</p>   |
| <p>Parramatta Date:<br/>August 30<sup>th</sup> 2010</p> <p>Campbelltown Date:<br/>August 24<sup>th</sup> 2010</p>  | <p><b>Behavioural<br/>Management<br/>Techniques (1 day)</b></p>                                   | <p>This workshop explores the fundamentals of dealing with basic behaviours that may need to be modified, and ways of doing this. This workshop also complements Dealing with Difficult Behaviour and Risk assessment Workshops well.</p>  |
| <p>Parramatta Date:<br/>September 3<sup>rd</sup> &amp; 6<sup>th</sup><br/>2010</p> <p>Campbelltown Date:<br/>December 14<sup>th</sup> &amp;<br/>15<sup>th</sup> 2010</p> | <p><b>The Criminal Mind: An<br/>introduction to<br/>Forensics and<br/>Psychology (2 Days)</b></p> | <p>This workshop will introduce participants to the principals of forensic psychology, assessment in a forensic setting, forensic autopsy and assessment techniques, and explore examples of diagnoses in the context of criminal activities. The impact of the corrective settings on individuals, social order and recidivism will be explored within this course, which is designed for the participant to gain a general understanding of working in and within corrective, and forensic related fields.</p> |
| <p>Parramatta Date:<br/>September 20<sup>th</sup> 2010</p> <p>Campbelltown Date:<br/>November 10<sup>th</sup> 2010</p>   | <p><b>Risk management<br/>when working in<br/>mental health settings<br/>(1/2 day)</b></p>        | <p>This workshop will assist the participant to develop protocols for managing personal, public and client safety when working with people experiencing mental illness. This workshop complements Behaviour Management Techniques and Dealing with Difficult Behaviour workshops as well.</p>  |

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|---|---|--|
| <p>Parramatta Date:<br/>September 21<sup>st</sup> &amp;<br/>22<sup>nd</sup> 2010</p> <p>Campbelltown Date:<br/>September 29<sup>th</sup> &amp;<br/>30<sup>th</sup> 2010</p> | <p><b>An Introduction to common therapeutic techniques and their initial applications in the workplace (2 days)</b></p> | <p>This workshop will review CBT, IPT, DBT, BSFT, Narrative therapy and Mindfulness and the application of these intervention styles in a therapeutic environment. Role Play work is expected as part of this workshop for practical skills development.</p>                 |
| <p>Parramatta Date:<br/>September 27<sup>th</sup> 2010</p> <p>Campbelltown Date:<br/>August 31<sup>st</sup> 2010</p>  | <p><b>Stress Management in Practice (1 day)</b></p>   | <p>This workshop discusses how to implement practical stress management counselling techniques with clients from initial reduction of symptoms to ongoing self management.</p>   |
| <p>Parramatta Date:<br/>October 1<sup>st</sup> 2010</p> <p>Campbelltown Date:<br/>September 13<sup>th</sup> 2010</p>  | <p><b>Conflict Resolution: Mediation (1 day)</b></p>  | <p>This workshop will equip the participant in being able to complete mediation activities to resolve conflict resolution in a workplace setting.</p>  |
| <p>Parramatta Date:<br/>October 6<sup>th</sup> 2010</p> <p>Campbelltown Date:<br/>October 7<sup>th</sup> 2010</p>   | <p><b>Diagnosis: The DSM, ICD, V codes (1 day)</b></p>  | <p>This workshop will explore principals of 'diagnostics' in psychology, and the differences and common factors of the DSM, the ICD, and look at the V codes in the design of practice, diagnosis and treatment.</p>   |
| <p>Parramatta Date:<br/>October 12<sup>th</sup> 2010<br/>1:00pm</p> <p>Campbelltown Date:<br/>November 9<sup>th</sup> 2010<br/>1:00pm</p>                                   | <p><b>Dealing with Difficult Behaviour (1/2 day)</b></p>  | <p>This workshop will look at what determines difficult behaviour, and how to manage difficult behaviour initially. This workshop complements behaviour Management Techniques and Risk assessment Workshops well.</p>  |
| <p>Parramatta Date:<br/>October 15<sup>th</sup> 2010</p> <p>Campbelltown Date:<br/>October 19<sup>th</sup> 2010</p>   | <p><b>Vicarious trauma and burnout prevention (1 day)</b></p>   | <p>This workshop will look at the concepts of vicarious trauma, burnout and protective factors as well as ways of preventing the risks of vicarious trauma and burnout in the mental health industry.</p>  |
| <p>Parramatta Date:<br/>October 29<sup>th</sup> 2010</p> <p>Campbelltown Date:<br/>October 28<sup>th</sup> 2010</p>   | <p><b>Applying Motivational Interviewing (1 day)</b></p>  | <p>This workshop provide an education on the principals of MI techniques in everyday counselling, with a focus on both addictions and non addictions contexts.</p>   |
| <p>Parramatta Date:<br/>November 1<sup>st</sup> 2010</p> <p>Campbelltown Date:<br/>November 3<sup>rd</sup> 2010</p>   | <p><b>Assessment: Initial Assessments, Psychological Assessments and Needs Analysis (1 day)</b></p>                     | <p>This workshop will outline the differences between structuring and interviewing for a purpose between initial, needs and Psychological Assessments, and equip the attendee to be able to conduct an interview in line with these approaches within common workplaces.</p> |

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|--|--|---|
| <p>Parramatta Date:<br/>November 12<sup>th</sup> 2010</p> <p>Campbelltown Date:<br/>December 7<sup>th</sup> 2010</p>   | <p><b>Greif, Loss and Adjustment (1 day)</b></p>                           | <p>This workshop will revisit the subjects of grief, loss, adjustment issues, needs assessments, treatment considerations and practice methods for approaches in counselling clients with these concerns.</p>   |
| <p>Parramatta Date:<br/>November 26<sup>th</sup> 2010</p> <p>Campbelltown Date:<br/>November 29<sup>th</sup> 2010</p>  | <p><b>Personality Disorders (1 day)</b></p>                                | <p>This workshop aims to educate professionals on the specifics of personality disorders by DSM category, current treatment applications and assisting in ongoing maintenance of 'symptoms' for functioning clients and those in a clinical setting.</p>  |
| <p>Parramatta Date:<br/>December 6<sup>th</sup> &amp; 13<sup>th</sup> 2010</p> <p>Campbelltown Date:<br/>November 22<sup>nd</sup> &amp; 25<sup>th</sup> 2010</p> | <p><b>Crisis Intervention and Mental Health First Aid (2 days)</b></p>     | <p>This workshop looks at aspects of managing trauma from a practical as well as theoretical perspective including initial crisis management, the debriefing process, follow up activities after the crisis event and markers of ongoing concerns. This course equips the participant to be able to attend to a crisis event and follow through on the process until either ongoing assistance is engaged for the person in crisis, or services are no longer required.</p> |
| <p>Parramatta Date:<br/>December 10<sup>th</sup> 2010</p> <p>Campbelltown Date:<br/>December 23<sup>rd</sup> 2010</p>  | <p><b>Pain Management Counselling Applications in Practice (1 day)</b></p> | <p>This workshop covers pain management principals and practical ways of assisting clients in learning to live with pain, and improve their function.</p>   |
| <p>Parramatta Date:<br/>December 17<sup>th</sup> 2010</p> <p>Campbelltown Date:<br/>December 21<sup>st</sup> 2010</p>  | <p><b>Youth in Crisis (1 day)</b></p>                                      | <p>This workshop is aimed at understanding how to assist youth in crisis. Crisis topics range from perspective crisis events through to drug and alcohol issues, crime, domestic violence and the juvenile justice system.</p>  |

### About AW Workwise

AW Workwise is a Registered Training Organisation and has been in operation for over 13 years as a NSW WorkCover accredited rehabilitation provider, psychological and safety consultancy business. AW Workwise provides a range of services including Employee Assistance Programs, Medico-legal functional and psychological assessments, OHS consultancy and disability services.

Recently AW Workwise has commenced providing national based assessments for DEEWR Government Departments, and is expanding its Workers Compensation Provider Services, to Victoria.

All mental health workshops are lead by a qualified and experienced registered Psychologist.

### How to book:

Payments can be made by cheque, credit card or electronic funds transfer.

**By phone:** 02 9687 7122 or 1800 249 579

**By fax:** Fax booking form to 02 9687 7833 or 02 4948 5422

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