

Training Guide for 2020

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Training

ICE/ Methamphetamine Training - Fully Funded

The Centre and YSAS have collaborated to deliver the Victorian Government funded training for practitioners to increase knowledge and confidence in identifying, discussing and responding to methamphetamine (ice) use.

7th April – Pakenham
21st April – Footscray
5th May – Mildura
12th May – Horsham
2nd June – Bendigo
16th June – CBD (final Session)

Working with Occupational Violence and Aggression

CBD - 23rd March

This training is relevant to any residential care, case managers, or outreach workers in the Youth Welfare, Family Support, or Homelessness sectors; as well as private or public healthcare staff.

The training is an interactive and strategy-rich training package relevant to participants' workplaces and Occupational Violence & Aggression issues (OVA)

Member \$250
Non-Member \$330
RCLDS Fully Funded

Case Notes & Record Keeping

CBD - 25th March

An overview of what the common mistakes are when keeping case notes and records and how to avoid making them; a suggested structure for case notes and records and; how to write case notes and keep records in a way that is respectful of the client and allows workers to discharge his or her professional responsibilities.

Member \$250
Non-Member \$330

Counselling skills for non-counsellors

CBD - 31st March
26th June

This one-day interactive workshop will provide participants with the skills and knowledge required to provide basic effective counselling skills in a direct practice setting to better support children, young people and families

Member \$250
Non-Member \$330
RCLDS Fully Funded

Identify Mental Health Crisis and how to respond

CBD - 2nd April

This one-day course will assist staff in identifying mental health crisis situations and how to respond in the workplace.

Member \$250
Non-Member \$330

Diploma of Leadership and Management

CBD - Commences 3rd April

The Diploma of Leadership and Management is for individuals who are already in leadership and management roles in the child, youth and family sector, and for individuals who are working towards a leadership position. The course is competency based and consists of 12 Units incorporating 4 core units and 8 elective units. Training will be carried out via classroom delivery and the student's workplace. Students will be able to apply newly acquired knowledge and skills during the course of normal workday.

The majority of assessments will be workplace-based utilising the work environment.

This course will be delivered over 17 full day classroom training sessions over a period of 9 months.

Member \$4,200
Non-Member \$5,100

Payment Plan - 3 instalments available *RCLDS funding Scholarship queries: 9094 3500*

Self-Care: preventing compassion fatigue and preventing vicarious trauma

CBD - 14th April

Supporting clients, whether they are adults, adolescents or young children, can be taxing both physically and mentally. It is understandable that at times workers will feel overburdened by their role assisting vulnerable clients with multiple issues. Being mindful of this is a necessary step in preventing 'burnout'.

Member \$250
Non-Member \$330

Conflict Management

CBD - 15th April

The fundamental aim of the current program is to ensure safety – safety for all. Through your participation in this program, you will learn the necessary skills to engage a diverse range of individuals in addition to the key micro-skills that underpin preventative conflict management strategies such as risk assessment, defusing and incident management.

Member \$250
Non-Member \$330
RCLDS Fully Funded

Advanced Case Management

CBD - 17th April 2020

This one-day workshop aims to assist practitioners understand and explore theoretical frameworks and models that underpin complex case management and how to assess and engage individuals and families who are experiencing complex and multiple issues in their case planning and goal setting.

This workshop will explore attachment theory, the effects of trauma and how this knowledge informs case management practice.

This workshop will examine issues that impact on circumstances that can impede the change processes for individuals and families in case planning and goal setting. And explore child-focused, family centered, strengths-based and a holistic approach when working with individuals and families.

Member \$250
Non-Member \$330

Training

Autism Support for Support Staff and Organisations

CBD - 21st April
18th June

The training will have a practical emphasis and be delivered as interactive workshops where participants learn new skills and practice them in collaborative learning activities.

The full day PD introduces key concepts in understanding the diagnosis, allied health responses that work to increase capacity building across the spectrum, and evidence-based approaches that provide effective interventions to support people with ASD.

Member \$250
Non-Member \$330

Suicide Assessment and Safety Planning

CBD - 23rd April

This workshop is designed to support practitioners, case workers and carers who work with vulnerable young people. Designed to support workers in identifying the signs of suicidal thinking, looking at assessment plans, implementation of the safety plan and managing the risks.

Our presenter is an ASSIST trained practitioner who also is also a Mental health First Aid for the Suicidal Person trainer

Member \$250
Non-Member \$330
RCLDS Fully Funded

Understanding and responding to challenging behaviours

CBD - 27th April

This session helps adults to understand the behaviours of concern that are often shown by young people, and is an evidence-based approach to supporting young people to manage these behaviours, focusing on challenging behaviours that can impact a young person's communication and learning needs

This session will be relevant for parents, grandparents, foster or kinship carers, and staff supporting young people in the community

Member \$250
Non-Member \$330

Leadership and Supervision Skills for New Managers

CBD - 29th April

This full day workshop focusing on some of the most challenging problems that confront new managers in the sector. Often the transition from staff to management brings unexpected challenges.

Designed to provide practical tools that can be used to support participants in their leadership and supervisory role. Participants will be able to demonstrate a solid understanding around the key areas of supervision and managing the supervisory relationship.

- How do you adjust to setting new boundaries, while maintaining your existing relationships?
- What happens when the buck stops with you?

Member \$250
Non-Member \$330

Through the Eyes of a Child

CBD - 1st May - (Presented by State-wide Children's Resource Program)

All practitioners have a responsibility to understand the experience of a child who has experienced family violence/homelessness/trauma, separate from the experience of their parent/carer.

This training is focused on hearing children's experiences of family violence and developing ways to assess and support children.

All tickets \$45.00

Working with adolescent family violence: Applying the evidence to family work

CBD - 5th May

This workshop explores the issue of adolescent family violence and concurrent adolescent/parent work and parent only work. It explores similarities and differences to adult family violence and how these differences influence practice.

Exploring the tension between family safety and taking steps to effect change through utilising motivational interviewing, family systems approaches, nonviolent resistance and restorative practice.

Member \$250
Non-Member \$330

Working with adolescents who use and abuse substances

CBD - 6th May

Understand the how best to support young people who use and abuse substances to effect change.

Member \$250
Non-Member \$330

Motivational Interviewing

CBD - 7th May

This workshop offers a goal-directed, practical approach to counselling and working with clients who have identified a need for change but are unable to begin the process. Motivational interviewing is one of the most advanced techniques to help clients work through the feelings which block their ability to make changes in their lives. This technique helps workers explore and resolve a client's unwillingness or inability to make decisions that will positively impact their situation.

Member \$250
Non-Member \$330

Difficult Conversations - How to talk to children and Young people

CBD - 11th May

This one-day workshop is for anyone who may have potentially difficult conversations with children and young people.

This could include case managers, team leaders or direct care staff working with children, young people and families, carers and workers in foster care or staff in residential care.

The difficult conversations may be about: helping the child or young person managing their own difficult feelings; engaging and motivating a young person; responding effectively to the difficult behaviour of a child or young person; answering questions as to why a child or young person is not living with their family; delivering difficult news; supporting a child following a difficult incident or; managing disclosures of abuse among many other possible topics.

Member \$250
Non-Member \$330

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Working with adolescents experiencing dual diagnosis CBD - 14th May

Understand the how best to support young people who use and abuse substances and experience co-occurring mental health issues.

Member	\$250
Non-Member	\$330
RCLDS	Fully Funded

Skilled at Looking After Children (LAC) CBD - 18th May

This one-day workshop aims to provide participants with an understanding of the Looking After Children (LAC) processes and frameworks and the role case managers, practitioners, residential workers, carers, various stakeholders, families, children and young people play in its implementation.

Member	\$250
Non-Member	\$330
RCLDS	Fully Funded

Defusing and Debriefing CBD - 22nd May

This workshop explains the processes of defusing and debriefing or Critical Incident Stress Management (CISM) following a critical incident. It highlights the difference between the two processes and the usefulness and applicability of each.

Building of the experience of participants, it will explore common practitioner responses to a critical incident, the impact of unresolved responses and the concept of practitioner 'resilience'.

It takes an ecological approach to recognize roles and responsibilities at an individual and workplace level. It also highlights the importance of additional post incident support and self-care.

Member	\$250
Non-Member	\$330

Intro to Working with Aboriginal Children, Families & Workers CBD - 28th May

This one-day workshop is an introduction to working respectfully with Aboriginal children, young people, families and workers in the child and family welfare sector.

Member	\$250
Non-Member	\$330
RCLDS	Fully Funded

Understanding and working with adolescent mental health issues CBD - 2nd June

In this full day workshop, participants will:

- Learn evidence-based techniques for dealing with disruptive behaviours
- Learn evidence-based techniques for dealing with self-harming behaviours
- Understand the causes and nature of eating disorders
- Learn evidence-based techniques for dealing with depression and anxiety
- Learn about the 11 types of personality disorders which can present in young people

Member	\$250
Non-Member	\$330

Working with traumatised families CBD - 4th June (New to the Centre)

This training explores the concept of intergenerational trauma and shame and how shame can be a powerful adversity in making change. It explores the role of attachment on parenting and parent/child relationships and strategies that promote attachment and positive parenting. It provides practice in talking to and working with parents that assist parents to consider how to move away from trauma informed parenting to parenting from self-efficacy and positive attachment.

Member	\$250
Non-Member	\$330

Positive Behaviour Support Restrictive Practice - Training for practitioners who work with families in the NDIS CBD - 9th June

Positive Behaviour Support (PBS) is an evidence-based approach designed to reduce the frequency and intensity of behaviours of concern. This approach incorporates detailed observation and analysis of a person's environment and behaviour, followed with strategies to teach and reinforce alternative behaviours.

PBS is now recognised worldwide as the best practice for responding to behaviours of concern.

These plans may also be funded in NDIS plans, which means that child and family systems practitioners will increasingly work with families who have these programs.

Member	\$250
Non-Member	\$330

Training

Family violence workshop - Young Women, Drugs, and Intimate Partner Violence

Delivered by YSAS
CBD - 12th June

This 1-day training will introduce the theories and frameworks to provide a deeper understanding of the complexities, risks and strengths of working with young women who experience substance use issues and intimate partner violence.

Member	\$250
Non-Member	\$330

Case work approach to vulnerable families

CBD - 16th June

This one-day workshop aims to provide a theoretical foundation of knowledge & skills within a casework approach when working with vulnerable families.

It covers theoretical frameworks in family work, provides practical guidance and skills on how to establish effective working relationships, engage and support active family participation in case planning and goal setting including working collaboratively to achieve positive meaningful change.

Member	\$250
Non-Member	\$330

Communicating Effectively with Confidence

CBD - 5th March

if you want to learn how to speak confidently in any setting this course is for you.

It will help you:

- learn how to capture the attention of the listener (or listeners) immediately
- how to simply and effectively convey what you want to say in a respectful way
- to use language in an engaging and interesting way; to use your voice in a confident and strong manner
- participate effectively in meetings and to make your points confidently in meetings
- to structure presentations to make them interesting and persuasive

Member	\$250
Non-Member	\$330
RCLDS	Fully Funded

Working with Trauma Induced Shame: a workshop to support parents influenced by shame.

CBD - 29th June

This workshop explores the issue of shame, frequently a product of the impact of trauma in working with adults including women who experience family violence and parents. It explores how shame manifests and how it negatively impacts on client engagement and achieving positive client outcomes. It explores strategies to support clients to identify and banish shame, which in turn leads to increased self-efficacy, personal agency and responsibility.

Member	\$250
Non-Member	\$330

RCLDS - Working Well with LGBTIQ Young People in Residential Care For Residential Care Workers only CBD - 1st July

This professional development session includes a mix of information delivery, discussion and activities leading to transformative learning. Current, Australian evidence-based research that informs best practice when working with LGBTIQ youth will be used as part of the overall teaching, as well as a basic introduction to what the letters stand for, and what is known about the health status and risks of this cohort. A resource list will be provided.

This training is only available to residential care workers in Victoria. Intended outcomes of the session are:

- Understanding what the letters in LGBTIQ mean;
- Access to research and information about the health status and risks of LGBTIQ youth;
- Increased empathy and understanding about living as LGBTIQ in a heteronormative world;
- Strategies for working well with LGBTIQ youth and the best ways to support their wellbeing.

RCLDS Fully Funded

Brief Interventions Toolkit Delivered by Orygen (New to the Centre)

CBD - 7th July

- Understand evidence-based 'tools' suitable for supporting young people with common mental health problems
- Learn strategies to help young people manage and build their skills managing challenging emotions
- Learn strategies to support young people to problem solve issues that impact upon their wellbeing

Member	\$250
Non-Member	\$330

Introduction to understanding Youth Mental Health CBD - 14th July

Recognising the increasing need for all adults working with young people to better understand how to recognise and assist with mental health problems. This course has been developed to provide participants with a beginning understanding and overview of mental illness in young people.

Bookings: <https://www.cfecfw.asn.au/calendar/>

Please check website for all bookings and updates to training workshops as dates may be changed due to unforeseen circumstances and new events added as they become available.

