

Welcome to

Latrobe Regional Health, Alfred Health, Monash Health, Peninsula Health, & Synergy Training News

(LAMPS represents the shining effect of training and education)

Local Training Workshops	1
LAMPS Funding Round	6
2017 NEVIL Allied Health Development Program.....	8
LAMPS Facebook page	9
31 July Translational Research symposium at Monash University.....	11

Save the date

OT Study Day 2017 – 13th Sept, 2017

Venue: Sandhurst Club - TBC

To view the LAMPS Calendar:

<http://www.med.monash.edu.au/scs/psychiatry/southern-synergy/workforce/>

Look under the heading: *Training* – click on ‘LAMPS training calendar 2017’.

LAMPS FACEBOOK Page

Full of interesting links to recent relevant research!

“Like” it now at:

<https://www.facebook.com/LAMPS.Training>

LAMPS FUNDING ROUND

Focus on trauma

Due 7th July

See page 7

Contact John Julian for info.

Local Training Workshops

June

The Cannabis Check-Up

NCPIC designed training for people using cannabis. Develop skills in utilising evidence based interventions.

Time: 9:00am – 4:30pm

27th Venue: Kingston Centre, Education Rooms, 400 Warrigal Rd, Cheltenham

Presenter: Southern Dual Diagnosis

Cost: \$50

Register: sdds@monashhealth.org

July

Cultural Responsiveness: Introduction to Principles and Practices

This 1 day interactive workshop introduces participants to principles that inform culturally safe practice while encouraging the exploration of practical skills to enhance diversity responsive mental health practice.

4th Time: 9:30am – 4:30pm

Presenter: Victorian Transcultural mental health

Venue: Notting Hill, Meeting Rm 3

Register: http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop_id=1863

Advanced Supervision Training

Develop your existing skills and practice a range of strategies to improve as a clinical supervisor

Time: 9:00am – 4:30pm

5th Venue: Monash University, 270 Ferntree Gully Rd, Notting Hill

Presenter: Southern Dual Diagnosis

Cost: \$50

Register: sdds@monashhealth.org

July

17 th	<p>ICE Education for Mental Health Clinicians Time: 8:45am – 4:40pm Venue: Punthill Apartments, Dandenong. 157-163 Lonsdale St, Dandenong Presenter: Turning Point Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=2083</p>
20 th	<p>Allied Health – Day 6 – Recovery Time: 9:00am – 4:30pm Presenter: John Julian Register: http://www.nevil.org.au/</p>
25 th	<p>Train the Facilitator – ReVitalise Group Learn the skills & obtain a copy of the 6 week manualised mindfulness based dual diagnosis program Time: 9:00am – 4:30pm Presenter: Southern Dual Diagnosis Venue: Kingston Centre, Education Rooms Register: sdds@monashhealth.org</p>
27 th	<p>Psych Meds & Substances Time: 9:00am – 12:30pm Venue: Kingston Centre, Education Rooms, 400 Warrigal Rd, Cheltenham Presenter: Dual Diagnosis Addiction Psychiatrist. Cost: \$30 Register: sdds@monashhealth.org</p>



August

2 nd	<p>Stress Management Time: 10:00am – 4:30pm Venue: Lvl 2, Trng Room, St Kilda Rd Clinic Presenter: John Julian Register: gapsycheducation@alfred.org.au</p>
-----------------	--

August (Cont.)

Alcohol & Other Drug Withdrawal

Obtain an overview of the core principles of withdrawal and gain an understanding of the best current practice guidelines

Time: 9:00am – 4:30pm

3rd Venue: Kingston Centre, Education Rooms, 400 Warrigal Rd, Cheltenham

Presenter: Southern Dual Diagnosis

Cost: \$50

Register: sdds@monashhealth.org

Foundational Counselling & Related skills for Experienced Mental Health Staff, with a focus on Trauma

Time: 9:00am – 4:30pm

3rd Venue: Peninsula Health – Blue room

Presenter: John Julian

Register: http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop_id=2003

Advanced Psychopharmacology Training

The dual diagnosis Addiction Psychiatrist will help you develop an advanced understanding of medications used.

Time: 9:00am – 4:30pm

3rd Presenter: Southern Dual Diagnosis

Venue: Monash Uni, Nottig Hill, 270 Ferntree Gully Rd

Cost: \$50

Register: sdds@monashhealth.org

Introduction to Clinical Supervision

Time: 9:30am – 4:30pm

Presenter: John Julian

7th Venue: Latrobe Regional Hospital Rural Health, Tutorial Room 3

Register: http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop_id=1908

August (Cont.)

**17th
&
18th** **Allied Health – Day 7 – ASIST Suicide – 2 day workshop**
Time: 9:00am – 4:30pm
Venue: TBC
Presenter: TBA
Register: <http://www.nevil.org.au/>

**24th
&
31st** **Advanced Dual Diagnosis**
Come and hear about the best current practice approaches from the dual diagnosis Doctors and Clinicians
Time: 9:00am – 4:30pm
Venue: Kingston Centre, Education Rooms
Presenter: Southern Dual Diagnosis
Cost: \$75
Register: sdds@monashhealth.org

24th **Clinical Supervision**
Time: 9:00am – 4:30pm
Venue: Peninsula Health, Blue Room
Presenter: John Julian
Register: http://spppm-cf.med.monash.edu.au/southernenergy/form.cfm?workshop_id=1961

24th **CBDATS ABI & Mental Illness training**
Presenters: The trainers are from the specialist Statewide Community Brain Disorders Assessment and Treatment Service (CBDATS).
The team's focus is primarily on clients who suffer severe cognitive and psychiatric disability and associated clinical and systemic complexity. Its primary objective is to improve client outcomes by working with local services to achieve best possible treatment of psychiatric illness as well as optimization of services and supports for the client.
Time: 9:30am – 4:30pm
Venue: TBC – possibly venue in Warragul
Register: http://spppm-cf.med.monash.edu.au/southernenergy/form.cfm?workshop_id=2024

August (Cont.)

31st
Aug
to 2nd
Nov

Occupational Mindfulness – 8 weeks

Time: 1:30pm – 3:00pm

Venue: Monash Health, Clayton Gym

Presenter: John Julian

Register: <http://spppm->

[cf.med.monash.edu.au/southernenergy/form.cfm?workshop_id=1981](http://spppm-cf.med.monash.edu.au/southernenergy/form.cfm?workshop_id=1981)

Weekly Mindfulness Sessions

Every Wednesday

2:30pm – 3:00pm

Sacred Place, Dandenong Hospital

Instructors alternating:

Prof. Graham Meadows, Dr Fran Shawyer & John Julian

LAMPS Funding Round

The Advisory Committee of LAMPS has called for expressions of interest and ideas regarding projects or training activities that would add to the knowledge and skill of the mental health workforce regarding trauma. Please advise appropriate staff of this opportunity.

The Ten Year Plan notes that as “a community we must grapple with a decisive response to family violence and child sexual assault, and we must recognise that people suffering from these experiences of trauma need integrated responses that respect and understand the challenges they are facing.” The Ten Year Plan also states that “people receiving public mental health treatment and other services are supported to define and realise personal well-being through recovery-oriented, trauma-informed, family-inclusive services that build optimism and hope.” Additionally, people from refugee backgrounds almost universally have a history of exposure to highly traumatic events that impact mental health.

Finally, it is noted that a “capable, responsive, diverse and supported workforce is necessary to create services that are recovery oriented, trauma informed, evidence based, outcomes focused, culturally safe, inclusive and accessible, and that adapt to the diverse needs of service users and their carers and families.”

LAMPS has agreed that a major focus on trauma informed care will occur in 2017 and 2018.

Therefore, LAMPS is calling for expressions of interest and ideas regarding Trauma. Two types of applications are available:

- Small grants for a direct training activity (You, or your service unit, may be willing to run a training activity open to all other staff in the LAMPS cluster. You may be the trainer/educator or you may have a person who is an external expert to the practice and who will need to be paid)
- Large Training Project (more than \$10,000)

Previous applicants will need to re-apply using standardised forms and I will write to advise them of this.

Applicants should return application to John Julian, Manager, LAMPS by COB 7th July, 2017. John is available to discuss any issues regarding applications.

Please contact John on john.julian@monash.edu to receive an application form.

2017 NEVIL Allied Health Development Program

Workshop **Allied Health Development Program - Psychotherapies**

Details There is a wide range of psychological therapeutic interventions that clinicians in mental health can learn and specialize in. This seminar will introduce participants to many of them. Aspects of each therapeutic approach will be addressed, including history and origins, theoretical underpinnings, primary inventors and advocates. The “how”s and particular nuances of each approach will be emphasised, and video clips will be used to illustrate how each looks in practice.

Psychotherapies that will be addressed include: psycho-analytic/psychodynamic therapy, cognitive therapy, behaviour therapy gestalt therapy, humanistic therapy, client centred therapy, existential therapy; and Mindfulness informed interventions including Dialectic Behaviour Therapy and Acceptance and Commitment Therapy.

Please note: While it is acknowledged that the content of Allied Health Development Program study days is attractive and helpful to other disciplines, only Allied Health qualified staff (Social Work, Psychology and Occupational Therapy) are welcome to attend.

Date Thu 20-July-2017

Location Fitzroy

Presenter Dr Greg Coman and John Julian

Contact Dr Greg Coman on 9231 3186 or greg.coman@svha.org.au

Workshop **Allied Health Development Program - Recovery**

Details Much has been noted recently about recovery. The background documents to the most recent Mental Health Act promote ‘personal recovery’ as distinct from clinical recovery. However, little discussion about the differences has occurred, and the new Act does not define ‘recovery’ and training about ‘personal recovery’ has not been significant. This training session will provide new graduates and staff the opportunity to discuss these issues with an experienced clinician, John Julian.

John will also introduce experientially a variety of conceptual acronyms to help remember our work alongside practical tools that staff can use to assist people within a personal recovery framework. The work he will use on personal recovery will come from the Slade model of personal recovery created through the Refocus research program in London.

Please note: While it is acknowledged that the content of Allied Health Development Program study days is attractive and helpful to other disciplines, only Allied Health qualified staff (Social Work, Psychology and Occupational Therapy) are welcome to attend.

Date Thu 17-August-2017

Location Box Hill

Presenter John Julian, LAMPS cluster

Contact Dr Greg Coman on 9231 3186 or greg.coman@svha.org.au

LAMPS Facebook page

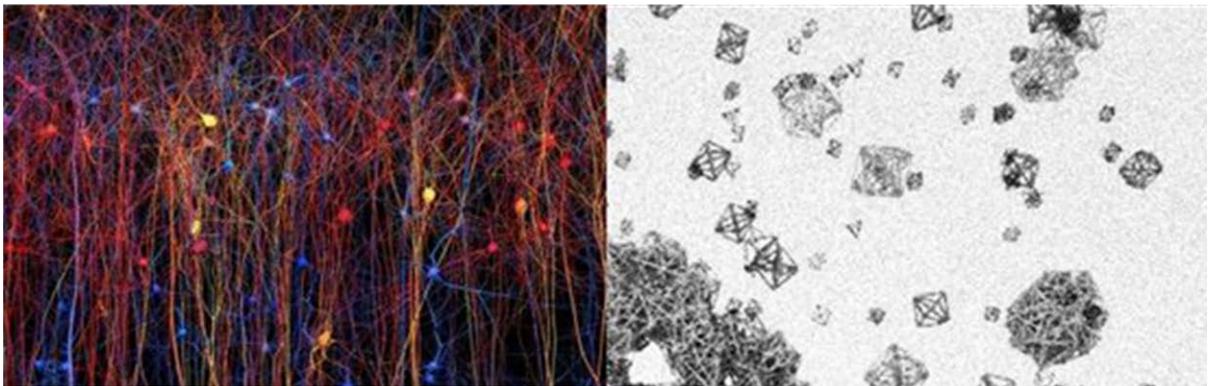
While we are focusing mostly on trauma and related issues on the Facebook page in the next year this article stood out as an interesting new development in the complexity of brains and neuron networks.

Medical express recently reported on the following research and we added this article the LAMPS FACEBOOK page at

<http://journal.frontiersin.org/article/10.3389/fncom.2017.00048/full>

Blue Brain team discovers a multi-dimensional universe in brain networks

June 12, 2017.



the left is a digital copy of a part of the neocortex, the most evolved part of the brain. On the right are shapes of different sizes and geometries in an attempt to represent structures ranging from 1 dimension to 7 dimensions and beyond. The "black-hole" in the middle is used to symbolize a complex of multi-dimensional spaces, or cavities. Researchers at Blue Brain Project report groups of neurons bound into such cavities provide the missing link between neural structure and function, in their new study published in *Frontiers in Computational Neuroscience*. Credit: Blue Brain Project

Read more at: <https://medicalxpress.com/news/2017-06-blue-brain-team-multi-dimensional-universe.html#jCp>

For most people, it is a stretch of the imagination to understand the world in four dimensions but a new study has discovered structures in the brain with up to eleven dimensions - ground-breaking work that is beginning to reveal the brain's deepest architectural secrets.

Using algebraic topology in a way that it has never been used before in neuroscience, a team from the Blue Brain Project has uncovered a universe of multi-dimensional geometrical structures and spaces within the networks of the [brain](#).

The research, published today in *Frontiers in Computational Neuroscience*, shows that these structures arise when a group of neurons forms a clique: each neuron connects to every other neuron in the group in a very specific way that generates a precise geometric object. The more neurons there are in a clique, the higher the [dimension](#) of the geometric object.

"We found a world that we had never imagined," says neuroscientist Henry Markram, director of Blue Brain Project and professor at the EPFL in Lausanne, Switzerland, "there are tens of millions of

these objects even in a small speck of the brain, up through seven dimensions. In some networks, we even found structures with up to eleven dimensions."

Markram suggests this may explain why it has been so hard to understand the brain. "The mathematics usually applied to study networks cannot detect the high-dimensional structures and spaces that we now see clearly."

If 4D worlds stretch our imagination, worlds with 5, 6 or more dimensions are too complex for most of us to comprehend. This is where algebraic topology comes in: a branch of mathematics that can describe systems with any number of dimensions. The mathematicians who brought algebraic topology to the study of brain networks in the Blue Brain Project were Kathryn Hess from EPFL and Ran Levi from Aberdeen University.

"Algebraic topology is like a telescope and microscope at the same time. It can zoom into networks to find hidden structures - the trees in the forest - and see the empty spaces - the clearings - all at the same time," explains Hess.

In 2015, Blue Brain published the first digital copy of a piece of the neocortex - the most evolved part of the brain and the seat of our sensations, actions, and consciousness. In this latest research, using algebraic topology, multiple tests were performed on the virtual brain tissue to show that the multi-dimensional brain structures discovered could never be produced by chance. Experiments were then performed on real brain tissue in the Blue Brain's wet lab in Lausanne confirming that the earlier discoveries in the virtual tissue are biologically relevant and also suggesting that the brain constantly rewires during development to build a [network](#) with as many high-dimensional structures as possible.

When the researchers presented the virtual brain tissue with a stimulus, cliques of progressively higher dimensions assembled momentarily to enclose high-dimensional holes, that the researchers refer to as cavities. "The appearance of high-dimensional cavities when the brain is processing information means that the neurons in the network react to stimuli in an extremely organized manner," says Levi. "It is as if the brain reacts to a stimulus by building then razing a tower of multi-dimensional blocks, starting with rods (1D), then planks (2D), then cubes (3D), and then more complex geometries with 4D, 5D, etc. The progression of activity through the brain resembles a multi-dimensional sandcastle that materializes out of the sand and then disintegrates."

The big question these researchers are asking now is whether the intricacy of tasks we can perform depends on the complexity of the multi-dimensional "sandcastles" the brain can build. Neuroscience has also been struggling to find where the brain stores its memories. "They may be 'hiding' in high-dimensional cavities," Markram speculates.

Read more at: <https://medicalxpress.com/news/2017-06-blue-brain-team-multi-dimensional-universe.html#jCp>

The paper is a free download at

<http://journal.frontiersin.org/article/10.3389/fncom.2017.00048/full>

31 July Translational Research symposium at Monash University

NOTE: While the following workshop is medically-based, it may be of interest to some staff with medical, research or translational research issues.

Monash University's three heads of its metropolitan based clinical schools, Prof. Eric Morand, Prof. Stephen Jane and Prof. Ian Davis, discuss translational medical research and the opportunities it offers for graduate students. [Video: 4:31m](#)

Translational Research skills have become an important part of life at Monash's three metropolitan clinical schools. Significant findings and discoveries made in the lab can often get lost in their conversion to clinical practice and everyday medical treatments.

Central Clinical School is hosting a Translational Research symposium on 31 July 2017. All welcome to hear from top Melbourne-based researchers with national and international collaborations in clinical areas. See speaker program and [RSVP](#) at:

- www.med.monash.edu.au/cccs/events/2017-tr-symposium.html

Each week we profile one of our speakers leading up to the event. So far:

- [Translational Research Symposium Speaker Spotlight: Professor Kathryn North](#)
- [Translational Research Symposium Speaker Spotlight: Dr C. Glenn Begley](#)
- [Translational Research Symposium Speaker Spotlight: Professor Paul Myles](#)

--

JULIA VEITCH
Communications Manager, Central Clinical School
Medicine, Nursing & Health Sciences
Monash University
Level 6, Alfred Centre
99 Commercial Road
Melbourne VIC 3004

T: +61 3 9903 0026
M: 0438 856 481
E: julia.veitch@monash.edu
W: med.monash.edu/cccs | [CCS Intranet](#)