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:

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Title</th>
<th>Description</th>
<th>Time</th>
<th>Venue</th>
<th>Presenter</th>
<th>Cost</th>
<th>Register</th>
</tr>
</thead>
<tbody>
<tr>
<td>27th</td>
<td>The Cannabis Check-Up</td>
<td>NCPI designed training for people using cannabis. Develop skills in utilising evidence based interventions.</td>
<td>9:00am – 4:30pm</td>
<td>Kingston Centre, Education Rooms, 400 Warrigal Rd, Cheltenham</td>
<td>Southern Dual Diagnosis</td>
<td>$50</td>
<td><a href="mailto:sdds@monashhealth.org">sdds@monashhealth.org</a></td>
</tr>
</tbody>
</table>

### July

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Title</th>
<th>Description</th>
<th>Time</th>
<th>Venue</th>
<th>Presenter</th>
<th>Cost</th>
<th>Register</th>
</tr>
</thead>
<tbody>
<tr>
<td>4th</td>
<td>Cultural Responsiveness: Introduction to Principles and Practices</td>
<td>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.</td>
<td>9:30am – 4:30pm</td>
<td>Nott ing Hill, Meeting Rm 3</td>
<td>Victorian Transcultural mental health</td>
<td></td>
<td><a href="http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1863">http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1863</a></td>
</tr>
<tr>
<td>5th</td>
<td>Advanced Supervision Training</td>
<td>Develop your existing skills and practice a range of strategies to improve as a clinical supervisor</td>
<td>9:00am – 4:30pm</td>
<td>Monash University, 270 Ferntree Gully Rd, Notting Hill</td>
<td>Southern Dual Diagnosis</td>
<td>$50</td>
<td><a href="mailto:sdds@monashhealth.org">sdds@monashhealth.org</a></td>
</tr>
</tbody>
</table>
## July

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>25th</td>
<td>Train the Facilitator – ReVitalise Group</td>
<td>Learn the skills &amp; obtain a copy of the 6 week manualised mindfulness based dual diagnosis program&lt;br&gt;Time: 9:00am – 4:30pm&lt;br&gt;Presenter: Southern Dual Diagnosis&lt;br&gt;Venue: Kingston Centre, Education Rooms&lt;br&gt;Register: <a href="mailto:sdds@monashhealth.org">sdds@monashhealth.org</a></td>
</tr>
<tr>
<td>27th</td>
<td>Psych Meds &amp; Substances</td>
<td>Time: 9:00am – 12:30pm&lt;br&gt;Venue: Kingston Centre, Education Rooms, 400 Warrigal Rd, Cheltenham&lt;br&gt;Presenter: Dual Diagnosis Addiction Psychiatrist.&lt;br&gt;Cost: $30&lt;br&gt;Register: <a href="mailto:sdds@monashhealth.org">sdds@monashhealth.org</a></td>
</tr>
</tbody>
</table>

## August

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd</td>
<td>Stress Management</td>
<td>Time: 10:00am – 4:30pm&lt;br&gt;Venue: Lvl 2, Trng Room, St Kilda Rd Clinic&lt;br&gt;Presenter: John Julian&lt;br&gt;Register: <a href="mailto:gapsycheducation@alfred.org.au">gapsycheducation@alfred.org.au</a></td>
</tr>
</tbody>
</table>
## August (Cont.)

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
</table>
| 3rd  | **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  
**Venue**: Kingston Centre, Education Rooms, 400 Warrigal Rd, Cheltenham  
**Presenter**: Southern Dual Diagnosis  
**Cost**: $50  
**Register**: sdds@monashhealth.org |
| 3rd  | **Foundational Counselling & Related skills for Experienced Mental Health Staff, with a focus on Trauma** | Time: 9:00am – 4:30pm  
**Venue**: Peninsula Health – Blue room  
**Presenter**: John Julian  
| 3rd  | **Advanced Psychopharmacology Training**                            | The dual diagnosis Addiction Psychiatrist will help you develop an advanced understanding of medications used.  
**Time**: 9:00am – 4:30pm  
**Presenter**: Southern Dual Diagnosis  
**Venue**: Monash Uni, Notting Hill, 270 Ferntree Gully Rd  
**Cost**: $50  
**Register**: sdds@monashhealth.org |
| 7th  | **Introduction to Clinical Supervision**                            | Time: 9:30am – 4:30pm  
**Presenter**: John Julian  
**Venue**: Latrobe Regional Hospital Rural Health, Tutorial Room 3  
### August (Cont.)

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
</table>
| 17th & 18th| **Allied Health – Day 7 – ASIST Suicide – 2 day workshop**           | Time: 9:00am – 4:30pm  
Venue: TBC  
Presenter: TBA  
| 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](mailto:sdds@monashhealth.org) |
| 24th       | **Clinical Supervision**                                              | Time: 9:00am – 4:30pm  
Venue: Peninsula Health, Blue Room  
Presenter: John Julian  
| 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  
### August (Cont.)

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Time</th>
<th>Venue</th>
<th>Presenter</th>
<th>Register Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>to 2nd Nov</td>
<td>Weekly Mindfulness Sessions</td>
<td>Every Wednesday</td>
<td>Sacred Place, Dandenong Hospital</td>
<td>Prof. Graham Meadows, Dr Fran Shawyer &amp; John Julian</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2:30pm – 3:00pm</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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: psychoanalytic/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.


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.


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:


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

- [Translational Research Symposium Speaker Spotlight: Professor Kathryn North](http://www.med.monash.edu.au/cecs/events/2017-tr-symposium.html)
- [Translational Research Symposium Speaker Spotlight: Dr C. Glenn Begley](http://www.med.monash.edu.au/cecs/events/2017-tr-symposium.html)
- [Translational Research Symposium Speaker Spotlight: Professor Paul Myles](http://www.med.monash.edu.au/cecs/events/2017-tr-symposium.html)

--

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.au/cecs](http://med.monash.edu.au/cecs) | [CCS Intranet](http://ccs.intranet)