

Welcome to LAMPS

Latrobe Regional Health, **A**lfred Health, **M**onash Health,
Peninsula Health, & **S**ynergy
Training News

(LAMPS represents the shining effect of training and education)

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To view the LAMPS Calendar:

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

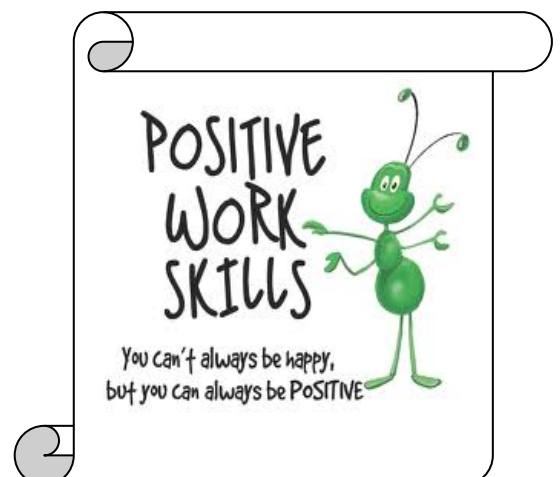
Look under the heading: *Training* – click on ‘LAMPS training calendar 2018’.

LAMPS FACEBOOK Page

Full of interesting links to recent relevant research!

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



L.A.M.P.S

**LATROBE REGIONAL HEALTH, ALFRED HEALTH,
MONASH HEALTH, PENINSULA HEALTH, & SOUTH EASTERN**

Local Training Workshops

<h3>April</h3>	
9 th Apr to 28 th May	<p>Mindfulness Self-Compassion – 8-week workshop Time: 2:30 – 4:00pm Venue: Monash Health, Suite 1A, 314-316 Thomas Street, Dandenong Presenter: John Julian Cost: Free to LAMPS Register: http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop_id=2203 See page 6 for details</p>
10 th & 11 th	<p>Mental Health First Aid (4th Ed.) – 2 day workshop How to provide initial support to adults who are developing a mental illness or experiencing a mental health crisis. The course curriculum is based on the MHFA Guidelines 4th Edition. Most professionals can claim attendance at a MHFA course for Continuing Professional Development (CPD) with their industry body Time: 9:00am – 4:30pm Presenter: SDDS Cost: \$100 Venue: Kingston Centre, Education Room A 400 Warrigal Rd, Cheltenham Registration: sdds@monashhealth.org</p>
11 th	<p>Stress Management Workshop Time: 10am – 4:15pm Presenter: John Julian Venue: St Kilda Rd Clinic, 607 St Kilda Rd, Melb. Training Rm. Registration: gapsycheducation@alfred.org.au</p>
12 th	<p>Allied Health – Mental State Exam/ Crisis / Risk Assessment & Management – Day 2 Mental Health Histories and MSE, Risk Assessment and Management, Risk and Protective Factors Time: 9:30 – 12:30pm Presenter: Dennis Anson, NEVIL Cost: Free Registration will be through NEVIL using the code SEE.</p>
12 th	<p>Allied Health – Assessment / Formulation – Day 2 Time: 1:00 – 5:00pm Presenter: Maria Haydock Cost: Free Registration will be through NEVIL using the code SEE.</p>

April (Cont.)

12 th Apr to 7 th June	<p>Mindfulness-based Stress Reduction(MBSR)/ Occupational Mindfulness – 8 week workshop</p> <p>Time: 1:00 – 2:30pm</p> <p>Venue: Monash Health, Cranbourne Integrated Centre. 140-154 Sladen St Cranbourne</p> <p>Presenter: John Julian Cost: Free</p> <p>Register: http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop_id=2223</p>
18 th	<p>Mental Sate Examination</p> <p>Explore an established standardised method for documenting presentations with an opportunity to practice assessment skills</p> <p>Time: 9:00am – 12:30pm</p> <p>Presenter: Southern Dual Diagnosis (SDDS) Cost: \$30</p> <p>Venue: SDDS, Suite 1A, 314-326 Thomas St, Dandenong</p> <p>Registration: sdds@monashhealth.org</p>
18 th	<p>New & Emerging Drug Trends</p> <p>These substances have created challenges with some being particularly toxic. This workshop will provide information to assist in the assessment and treatment of people using these drugs both intentionally and unintentionally</p> <p>Time: 1:00pm – 4:30pm</p> <p>Presenter: Southern Dual Diagnosis (SDDS) Cost: \$30</p> <p>Venue: SDDS, Suite 1A, 314-326 Thomas St, Dandenong</p> <p>Registration: sdds@monashhealth.org</p>
19 th	<p>Interactions Between Psych Meds and Substances</p> <p>There are challenges working with consumers who are taking both prescribed medications and other substances. Explore a range of information to assist providing information to consumers</p> <p>Time: 9:00am – 12:30pm</p> <p>Presenter: Southern Dual Diagnosis (SDDS) Cost: \$30</p> <p>Venue: SDDS, Suite 1A, 314-326 Thomas St, Dandenong</p> <p>Registration: sdds@monashhealth.org</p>

April (Cont.)

26 th April to 28 th June	Occupational Mindfulness – 8 week workshop Time: 9:30 – 11:00am Venue: Dandenong ART Building, Meeting Rms 1 & 2 Presenter: John Julian Cost: Free Register: http://spppm-cf.med.monash.edu.au/southernenergy/form.cfm?workshop_id=2185
27 th April & 4 th May	Intro to Mindfulness & Mindful Self-Compassion – 2-day workshop Time: 9:30 – 4:30pm Venue: Hospital Education Centre (HEC), Building 3, Royal Melbourne Hospital, Royal Park Campus, 34-54 Poplar Rd, Parkville Presenter: John Julian Cost: Free Register: http://www.nwmh.mh.org.au/western-cluster/w1/i1001231/

May

2 nd & 3 rd	Aged Mental Health Orientation – 2 day Conference Time: 9:00 – 4:30pm Venue: Punthill Apartments, 157 – 163 Lonsdale St, Dandenong Presenter: LAMPS Register: http://spppm-cf.med.monash.edu.au/southernenergy/form.cfm?workshop_id=2182
9 th	Social Work Leadership Conference Time: 9:00 – 4:30pm Venue: Punthill Apartments, 157 – 163 Lonsdale St, Dandenong Presenter: LAMPS Register: http://spppm-cf.med.monash.edu.au/southernenergy/form.cfm?workshop_id=2243
10 th	Foundational Clinical Supervision Time: 9:30 – 4:30pm Venue: LV CMHS 20 Washington St, Traralgon Presenter: John Julian, LAMPS Register: http://spppm-cf.med.monash.edu.au/southernenergy/form.cfm?workshop_id=2283

May (cont.)

10 th	<p>Allied Health – FaPMI – Day 3 Parenting Issues and Mental Health Care. Social Relationships – Working with Families Time: 9:30 – 12:30pm Presenter: Kirsty Jungwirth Belinda Gadsby, NEVIL Registration will be through NEVIL using the code SEE.</p>
10 th	<p>Allied Health – Carers – Day 3 Carer Participation, Carer Advocacy Time: 1:00 – 5:00pm Presenter: Tandem Carers Registration will be through NEVIL using the code SEE.</p>
10 th & 17 th	<p>Introduction to Motivational Interviewing – 2 Day Workshop Motivational Interviewing is a therapeutic approach to enhance a person’s motivation to change by working with how people change Time: 9:00am – 4:30pm Presenter: SDDS Cost: \$100 Venue: St Kilda Road Clinic, Level 2 607 St Kilda Rd, St Kilda Registration: sdds@monashhealth.org</p>
16 th & 17 th	<p>Single Session Family Consultation – 2 Day Workshop SSFC combines the principles of Family Consultation with those of Single Session. Work in a model that enables practitioners to make the most of each encounter with families. Time: 9:00am – 4:30pm Presenter: Sarah Jones, Bouverie Centre Venue: Punthill apartments</p>
30 th	<p>Recovery and Diversity: Approaches to cultural assessment & supporting personal recovery Time: 9:00 – 4:30pm Venue: Dandenong ART Building, Conference Room Presenter: Victorian Transcultural Mental Health (VMTH) Register: http://spppm-cf.med.monash.edu.au/southernenergy/form.cfm?workshop_id=2186</p>



Weekly Mindfulness Sessions

Every Wednesday

2:30pm – 3:00pm

Sacred Place, Dandenong Hospital

Instructors alternating:

Prof. Graham Meadows, Dr Fran Shawyer & John Julian

Mindfulness Self-Compassion – 8-week workshop

Commencing 9th April with weekly sessions through to 28th June, 2018

It is expected participants build up 30-minute personal daily practice to get maximum benefit.

This 8-week workshop, if all sessions are attended, is worth between 12 and 16 PD points.

Venue: Monash Health, Southern Dual Diagnosis Service, Suite 1A 314-316 Thomas St, Dandenong.

Participants of this 8-week workshop will learn the core skills of Mindful Self-Compassion (MSC) training, an empirically-supported program designed to cultivate self-compassion using meditation, daily life practices, lecture, group exercises and discussion. Self-compassion is an emotional skill that can be learned by anyone. Recent research has shown that self-compassion greatly enhances emotional wellbeing, reduces anxiety and depression, and can even help you stick to your diet and exercise routine. This workshop will provide essential tools for treating yourself in a respectful, compassionate way whenever you feel as though you having a difficult time, suffering, or feel inadequate.

Personal Practice (PP): A new model linking supervision, training and personal practice

In each edition of 'The News' you will have noticed boxes advertising weekly mindfulness sessions. As you will also be aware we search for newer or better ways to ensure training is more effective. In monitoring and considering the literature about training and supervision recently a new model around personal practice (PP) and its potential relevance was published very recently (James Bennett-Levy, 2018) on a model for using personal practice as a training/ reflective supervision tool. As noted by Bennett-Levy as series of questions occur:

"The challenge now for practitioners and researchers is to refocus on the role of PPs in training and professional development. Are PPs of value - or not? Do they have a role in therapist development? How might PPs enhance therapist skilfulness? Do different PPs act in similar or different ways?"

Many people trained in psycho-dynamic or psycho-analytical therapy were often expected to undertake a form of personal practice (PP) in terms of having personal therapy. With the advent of DBT in the 1990's and the growing influence of mindfulness in the early 2000's in counselling and psychological practices, the meaning of the term expanded to include such practices. However, there has been little in the way of theoretical constructs and evidence supporting this field of endeavour. Within the article discussed here Bennet-Levy uses the term "experiential learning", he notes that while it "is often used in the therapist training literature to describe "learning by doing" (Beck J. G.-T., 2014) (Kolb, 2014)), the term "self-experiential learning" is used here specifically to refer to learning about the personal self." Personal practice is also supported in the emphasis some CBT writers place on the importance of CBT self-practice (Beck, 1995) (Padesky, 1996). Support was also provided to the concept by a grounded theory analysis of four self-practice/self-reflection (SP/SR) training courses (Bennett-Levy, 2012). As to whether personal practice is relevant as a form of reflection on one's therapist self, or therapist's skills, may come down to whether one's intention or primary motivation for PP is to enhance their therapist skills (James Bennett-Levy, 2018). Since the 2000's we also have both compassion practices and yoga, both also requiring personal practice, entering into the early evidence base stage of supporting relevance to improving the skill of therapists and as such further work on the veracity of PP may be useful.

One of these newer therapies, Compassion-focused therapy (CFT), supports PP as seen from the section below from Gilberts book on the matter.

An example: The importance of personal practice and compassionate thinking

The following comes from Paul Gilbert's book, Compassion-Focussed Therapy (Gilbert, 2010). It assumes you are aware of a soothing breathing pattern that works for you.

"It is increasingly recognised that therapists would benefit from some kind of personal practice of the therapy they practise (Bennett-Levy & Thwaites, 2007). CFT strongly

endorses this and advises CF therapists to practise mindful and compassionate self-focusing and meditations as often as possible. We also advise utilizing this in regard to one's own difficulties. So, here is an example that illuminates compassionate thinking, but used on yourself. Suppose you are having difficulties with clients and feeling anxious or self-critical, try the following. Assume that you can generate some alternative thoughts of:

- It is understandable to struggle with some clients because we are dealing with complex suffering and tragedies (validation).
- Many therapists have difficulties with some clients (common humanity).
- I can remember clients who have done well with me (brining to mind the specific memories; refocusing attention).
- Learning to tolerate these anxieties and concerns is important for me (thinking of what is the developmental task).
- Turning to others for supervision, advice and help when I'm struggling is important for me (opening oneself to be helped, avoiding feeling ashamed of difficulties, and engaging in the compassionate behaviour of help seeking).

Read these thoughts through and rate them (say 1 – 10) for how helpful they are to you. Now spend one minute in soothing breathing rhythm and one minutes on becoming your compassionate self; feel yourself row into it. Really focus on a sense of inner calmness, wisdom, motivation to help, kindness, the warmth and tone of your voice. When you feel you are in contact with "that self", read the thoughts in italics again but this time slowly and focus on as much kindness and warmth as you can and less on the content or logic of the alternatives. Now rate how helpful they seem to you. See if you can spot the difference between the two ways of working on your anxieties. In our second read through, I have tried to help you activate an affect system and then engage with your alternatives. If it has worked (and you followed through on the suggestions) you may have noticed a slightly different feeling arising from reading the alternatives compassionately.

So, this helps us to recognise the importance of personal practice; with each day we try to become more of a compassionate self. Try the practice before seeing clients. Try it too, the next time you have a conflict with someone – take a few minutes (or more) for soothing breathing rhythm and then on becoming the compassionate self and then really focus on what a compassionate position, way of thinking and behaving, would be. Notice how this might break up more negative ruminations. Indeed, all the exercises here can be used for personal practice."

Personally practicing assists in a therapist knowing what to do, and ow to do it. It has been found that a key component of effective CBT training and supervision is "active" or experiential techniques ((Bennett-Levy J. M., 2009); (Sarah G. Rakovshik, 2010). Such techniques appear to provide or assist in developing, using Bloom's criteria, the necessary confirmation of knowledge, practising of the behaviour or component and being able to remember, understand, articulate and demonstrate applications of the component, all of

which would appear to be important processes in what Bennett-Levy and colleagues describe as translating, or moving, declarative knowledge (i.e. what to do) into procedural skills (i.e. how to do it), (Bennett-Levy J. , 2006).

A diagrammatic summary of the model

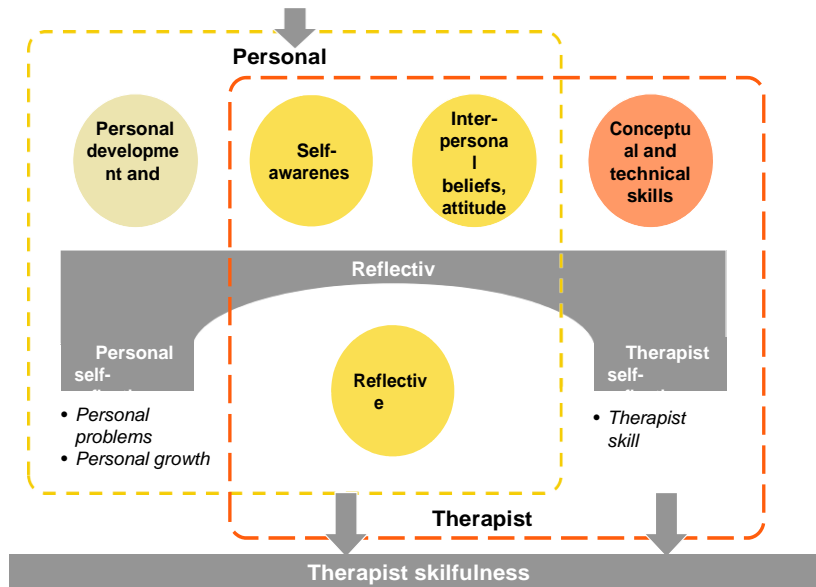


Figure 1. the personal practice (pp) model. Key elements are: 2 “selves” (large overlapping rectangles) - personal self and therapist self; 4 pp motivations (in italics) - personal problems, personal growth, self-care, therapist skill development; 5 outcomes of pps (circles) - personal development and wellbeing, self-awareness, interpersonal beliefs/attitudes/skills, reflective skills and conceptual/technical skills; and the 3 elements of the reflective process (personal self-reflection, therapist self-reflection, reflective bridge).

There are some drawbacks with personal practice. It can be demanding and as noted that engagement with SP/SR was dependent on the “amount of personal resources or energy available to them. SP/SR is personally demanding in a different way from “usual” training. It makes emotional demands that trainees can experience as exhausting and draining if facing concurrent stressors from external factors (e.g. relationship difficulties, bereavements, work, and other hassles) (Bennett-Levy J. L., 2012).

Obviously, further research is needed, however the articles surrounding PP as a valuable tool for therapists and clinicians is mounting and appears logical when compared to some of Bloom’s techniques. Training with linking to clinical supervision, guided reflective practice and/or PP, or any mixture of these, may provide ways forward to maximise training programs, and clinical supervision, at any level by offering a broader array of flexible learning styles. This idea was supported by a review of CBT training (Sarah G. Rakovshik, 2010) that noted the “existing literature suggests that more extensive training variably leads to increased therapist competence, which is positively related to better patient outcome.”

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- Bennett-Levy, J. L. (2012). Self-Practice and Self-Reflection in Cognitive Behaviour Therapy Training: What Factors Influence Trainees' Engagement and Experience of Benefit? *Behavioural and Cognitive Psychotherapy*, 42(1), 48-64. doi:10.1017/S13524, 42(1), 48-64.
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- Sarah G. Rakovshik, S. M. (2010). Establishing evidence-based training in cognitive behavioral therapy: A review of current empirical findings and theoretical guidance. *Clinical Psychology Review Pages*, 30(5), 496-516.

Blue Knot Foundation – National Centre of Excellence for Complex Trauma

The Blue Knot Foundation announced at the Summer TheMHS Conference in February that is restructuring to become a national centre of excellence for Complex Trauma.

<https://www.blueknot.org.au/>

The Blue Knot Foundation aims to:

- Empower recovery and build resilience for the 1 in 4 Australian adults who experience the impacts childhood trauma
- Provide support, education and resources for the families and communities of adult survivors of childhood trauma
- Develop and disseminate best practice and research evidence around complex trauma
- Build national workforce capacity around complex trauma treatment, trauma-informed practice and managing vicarious trauma
- Drive innovation in complex trauma policy, practice and service delivery
- Embed trauma-informed policy, practice and systems change within organisations and the community

The Blue Knot Foundation is already well regarded for its training in trauma and will be also providing LAMPS funded training in vicarious trauma for staff at each of the four health services that LAMPS serves.

Research and publications – free to download including the Trauma Practice Guidelines

Research is a strong component of the work of the Blue Knot Foundation’s publications. Their well-regarded research influences policy, guides best practice as well as supporting changing attitudes and trauma-informed cultural change.

- 2018 - [The Truth of Memory and the Memory of Truth – Different Types of Memory and Significance of Trauma](#)

This paper presents current research around the nature of memory, promoting understanding of memory, understanding of traumatic memory, with insights into the phenomenon of recovered memory

- 2017 - [Talking About Trauma - Guide to Everyday Conversations for the General Public](#) (Register and free download here)

Blue Knot Foundation's Talking about Trauma series responds to growing awareness around the prevalence of past and present trauma. It provides knowledge, tools and strategies needed for safe trauma conversations across different populations.

The first in the series guides members of the public to initiate or respond to trauma conversations with family, friends, colleagues and/or people they don't know so well.

- 2016 - [Trauma and the Law: Applying trauma informed practice to legal and judicial contexts](#) (Register and free download here)

With this publication Blue Knot Foundation spearheaded trauma-informed change within and across the legal and judiciary system. Our specialised professional development training and supervision/debriefing supports legal practitioners, other personnel and firms to implement this research into their daily practice. To optimise client and practitioner safety, well-being and outcomes.

- 2015 - [The Cost of Unresolved Childhood Trauma and Abuse in Adults in Australia](#) (Free download here)

Blue Knot Foundation and Pegasus Economics came together to develop a report on the economic impact of unresolved childhood trauma and abuse in adults in Australia. The report highlights a strategy for addressing the structural budget deficit by addressing the public health issue of childhood trauma and abuse at its core.

- 2012 - Blue Knot Foundation's [Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery](#) (Register and free download here)

Positions available:

Centre for Mental Health Learning (CMHL): Senior Project Lead

RE: CMHL Senior Project Lead advertisement

Please find below the link to the above position. The position has been uploaded on SEEK under four different categories to increase visibility. I would appreciate you distributing this advertisement widely to all of your relevant contacts thanks.

Enquiries: Rosemary Charleston

Ph: [0409808556](tel:0409808556)

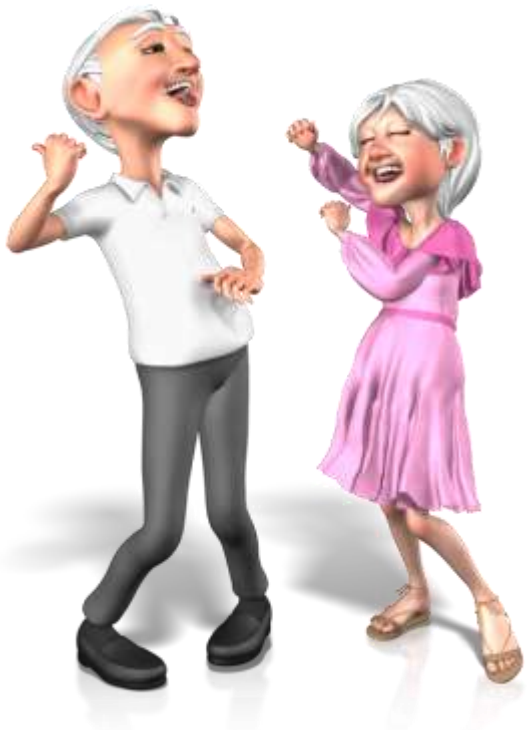
Applications Close: 08/04/2018

<https://www.seek.com.au/job/35829696?type=standard&userqueryid=091f00e414cfff356627474afc03c5c0-978302>

The Royal Melbourne Hospital - Royal Park Campus, Parkville

Full Time Fixed Term

Project Lead with substantial experience within Public Mental Health



2 DAY CONFERENCE

AGED MENTAL HEALTH ORIENTATION CONFERENCE

A 2-day Educational and Participatory orientation conference for Mental Health Clinicians with less than 2 years' experience in Aged Mental Health Services. If you are not currently working in Aged Mental Health and would like to apply for this conference, please contact Debbie Lang e: southern.synergy@monash.edu

L.A.M.P.S

LATROBE REGIONAL HEALTH, ALFRED HEALTH,
MONASH HEALTH, PENINSULA HEALTH, & SOUTH EASTERN

**New Clinical Staff
with less than 2
years in Aged
Mental Health in
the LAMPS
catchment**

**A 2 day
orientation
conference**

Program overleaf

**Catering will be
provided**

REGISTER: http://spppm-cf.med.monash.edu.au/southern-synergy/form.cfm?workshop_id=2182

VENUE: Punthill Apartments,
157 – 163 Lonsdale St,
Dandenong

DATES: Wed 2nd & Thurs
3rd May, 2018

TIME: 9:00 – 16:30

COST: FREE to LAMPS
\$100 for external

AGED MENTAL HEALTH ORIENTATION CONFERENCE

Session	Area of training/Session Focus	Day one – for staff less than 2 years in Aged MH	Time/Hours
Day One – 2nd May, 2018			
8:45	Arrival		
Session 1 9:00 – 10:15	Orientation and Competency in Aged Mental Health Inc. national mental health standards	Stuart Wall	1.25
10:15 – 10:30	Morning Tea	A slide at morning and afternoon tea	.15
Session 2 10:30 – 11:45	Overall mental health issues (e.g. functional and organic disorders and issues)	TBC by Peninsula Health	1.25
Session 3 11:45 – 1:00	Dementia and Delirium (medications, why different doses with aged, interactions etc., Communication strategies	Nicki Slocombe	1.25
1:00 – 1:45	Lunch		.45
Session 4 1:45 – 3:00	Physical health and metabolic syndrome (note article attached)	Grace Edgar	1.25
3:00 – 3:15	Afternoon Tea: Where to get more information	A slide at morning and afternoon tea	.15
Session 5 3:15 – 4:30	Recovery oriented practice inc. person centered care and patient informed care	Nicki Slocombe	1.25
4:30	Close		6.25
Day Two – 3rd May, 2018			
8:45	Arrival		
Session 1 9:00 – 10:30	Trauma oriented practice	Rita Sanderson & Ann Hamden	1.5
10:30 – 10:45	Morning Tea		
Session 2 10:45 – 11:30	“Case Management” What is it in Aged Mental health and how does it differ from other services	Aija Rapp	0.75
Session 3 11:30 – 12:15	Small groups and care planning Vignette’s and care plan	Facilitator: Stan Drakos	0.75
Session 4 12:15 – 1:00	Why do we need care plans, why do them? Why have a focus on recovery when people cannot get better? Reporting back on progress and issues.	Round table discussion with panel	0.75
1:00 – 1:30	Lunch		
Session 5 1:30 – 2:30	Evidence-based practice. How do we read literature and search appropriately in a systematic way?	Jo Enticott, Southern Synergy and Senior Researcher	1.00
2:30 – 2:45	Afternoon Tea		
Session 6 2:45 – 3:45	Self-care and your health (incl. clinical supervision and retention)	John Julian	1.00
3:45 – 4:15	Small groups: Looking after yourself <u>and your colleagues.</u>	John Julian	0.75
4:15 – 4:30	Reporting back. Close and summary	John Julian	0.5