

Welcome to

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

(LAMPS represents the shining effect of training and education)

Welcome to your New Year!



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**Victorian Dual Disability
Service Calendar is now on line**
at: <https://svhm.org.au/home/our-services/departments-and-services/v/victorian-dual-disability-service/for-health-professionals/training>

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’.

**Allied Health Graduate 2017
Training - Pg 7**

LAMPS FACEBOOK Page

Full of interesting links to recent relevant
research!

“Like” it now at:

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

Local Training Workshops

| February | |
|--|--|
| 2nd | <p>Introduction to Dual Diagnosis Gain an understanding of the policy, practices and interventions available to work with dual diagnosis consumers Time: 9:00 – 4:30 Venue: Kingston Centre, Education Rooms, 400 Warrigal Rd, Cheltenham Presenter: Southern Dual Diagnosis Register: sdds@monashhealth.org Cost: \$50</p> |
| 8th | <p>Foundational CBT Skills Time: 9:30 – 4:30pm Venue: Cranbourne Integrated Centre, 140 – 154 Sladen St, Main Conf. Room Presenter: John Julian Register: http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1921</p> |
| 9th | <p>New & Emerging Drugs Time: 9:00 – 12:30 Venue: Dandenong Hospital, Seminar Rm 1 Presenter: Southern Dual Diagnosis Register: sdds@monashhealth.org Cost: \$30</p> |
| 9th | <p>Harm Reduction Strategies Time: 1:00 – 4:30pm Venue: Dandenong Hospital, Seminar Rm 1 Presenter: Southern Dual Diagnosis Register: sdds@monashhealth.org Cost: \$30</p> |
| 8th & 9th | <p>Introduction to Motivational Interviewing A therapeutic approach to enhance a person’s motivation to change by working with how people change Time: 9:00 – 4:30 Venue: St Kilda Road Clinic, Level 2 / 607 St Kilda Rd, St Kilda Presenter: Southern Dual Diagnosis Register: sdds@monashhealth.org Cost: \$75</p> |

February (Cont.)

| | |
|--|--|
| 16 th | <p>Allied Health – Day 1 - Introduction to Mental Health Services Time: 9:00 – 12:30pm Venue: TBC Presenter: Greg Coman, NEVIL Register: http://www.nevil.org.au/</p> |
| 16 th | <p>Allied Health – Day 1 - Mental Health Act Time: 1:00-4:30pm Venue: TBC Presenter: Kylie Boucher, AUSTIN Register: http://www.nevil.org.au/</p> |
| 28 th Feb & 9 th Mar | <p>Mental Health First Aid – 2 days 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. Most professionals can claim attendance at a MHFA course for Continuing Professional Development (CPD) with their industry body Time: 9:00 – 4:30 Venue: Kingston Centre, Education Rooms Presenter: Southern Dual Diagnosis Register: sdds@monashhealth.org Cost: \$75</p> |

March

| | |
|-----------------|--|
| 1 st | <p>Stress Management Time: 9:30 – 4:30pm Venue: Level 2, Training Room, St Kilda Road Clinic Presenter: John Julian Register: gapsycheducation@alfred.org.au</p> |
| 6 th | <p>Foundational CBT Skills Time: 9:30 – 4:30pm Venue: LV CMHS Conference Rooms 1&2 Presenter: John Julian Register: http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop_id=1901</p> |

| March (Cont.) | |
|--|--|
| 8th | <p>Foundational Counselling Skills & Related skills for Experienced Mental Health Staff</p> <p>Time: 9:00 – 4:30pm Venue: LV CMHS, Conference Rooms 1 & 2 Presenter: John Julian Register: http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop_id=1902</p> |
| 9th Mar to 18th May | <p>Occupational Mindfulness Training</p> <p>Time: 1:00 – 4:00pm Venue: John Madder Hall, Frankston Dates: Thursday's 9/3, 16/3, 30/3, 6/4, 13/4, 20/4, 11/5 & 18/5 Register: http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop_id=1916</p> |
| 16th | <p>Allied Health – Day 2 – Mental State Exam / Crisis Assessment</p> <p>Time: 9:00 – 12:30pm Venue: TBC Presenter: Dennis Anson, NEVIL Register: http://www.nevil.org.au/</p> |
| 16th | <p>Allied Health – Day 2 – Assessment / Formulation</p> <p>Time: 1:00pm-4:30pm Venue: TBC Presenter: Maria Haydock, NEVIL Register: http://www.nevil.org.au/</p> |
| 16th | <p>Cultural Responsiveness: Introduction to Principles and Practices</p> <p>This one 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.</p> <p>Time: 9:30 – 4:30pm Venue: Notting Hill, Meeting Rm 3 Presenter: Victorian Transcultural Mental Health Register: http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop_id=1861</p> |

March (Cont.)

| | |
|------------------|--|
| 24 th | <p>CBDATS ABI & Mental Illness training</p> <p>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.</p> <p>Time: 9:30 – 4:30</p> <p>Venue: Dandenong ART Building, Meeting Rms 1 & 2</p> <p>Register: http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop_id=1881</p> |
| 27 th | <p>Foundational Counselling Skills & Related skills for Experienced Mental Health Staff</p> <p>Time: 9:00 – 4:30pm</p> <p>Venue: ART Building Meeting Rms 1 & 2</p> <p>Presenter: John Julian</p> <p>Register: http://spppm-cf.med.monash.edu.au/southern synergy/form.cfm?workshop_id=1905</p> |

Weekly Mindfulness Sessions

Every Wednesday

2:30pm – 3:00pm

Sacred Place, Dandenong Hospital

Instructors alternating:

Prof. Graham Meadows, Dr Fran Shawyer, John Julian

2017 NEVIL Allied Health Development Program

Purpose of the NEVIL Allied Health Development Program

1. To ensure that allied health staff, particularly those in their first two years of work in the public mental health sector, are provided with appropriate training related to mental health.
2. To supplement the online training available through MHPOD.

Development Training Program

- Presenters need to be aware the content of the MHPOD sessions and use this to inform the training they present.
- The training should provide a brief overview of their topic, however focus on, reflective, integrative, experiential and practical learning opportunities that are not provided through the online training.

DRAFT 2017 NEVIL Allied Health Development Program

| DAY | Topic | Duration | Suggested presenters |
|--------------------|--|----------|---|
| FEB Day 1 | Intro to MH Services | ½ day | Greg Coman |
| Thur 16 Feb | Mental Health Act | ½ day | Kylie Boucher (Austin) |
| MARCH Day 2 | Mental State Exam/Crisis Assessment | ½ day | Dennis Anson |
| Thur 16 Mar | Assessment/ Formulation | ½ day | Maria Haydock |
| APRIL Day 3 | Working with Families and Children | 1 day | Kirsty & Becca Alchin |
| Thur 20 Apr | | | |
| MAY Day 4 | Dual Diagnosis - Alcohol and Other Drugs | 1 day | Kevan Meyers - NEXUS Dual Diagnosis Service |
| Thur 18 May | | | |
| JUNE Day 5 | Psychotherapies Overview | 1 day | Greg Coman & John Julian |
| Thur 15 June | | | |
| JULY Day 6 | ASIST Suicide Intervention – will slot on General NEVIL calendar in this month | 2 days | TBA |
| Tues 20 July | | | |
| AUG Day 7 | Recovery | 1 day | John Julian |
| Thur 17 Aug | | | |

Monash Health Wellness and Recovery Centre invites you to:

Cognitive Behavioural Treatment for Eating Disorders Introductory workshop + Bonus Access to new CBT-E eTherapy

Presented by: Chris Fairburn

In this one day workshop Prof Fairburn will describe the “enhanced” cognitive behavioural approach (CBT-E) to the treatment of the full range of eating disorders seen in clinical practice (including anorexia nervosa, bulimia nervosa, binge eating disorder and the various forms of atypical eating disorder). The workshop will open with a brief and up-to-date account of the empirical standing of the treatment. For the rest of the workshop Professor Fairburn will focus on the implementation of the treatment from assessment through to its completion. Attendees will also gain access to Professor Fairburn's eTherapy at no additional cost.

WHEN

15 May 2017
9am to 5pm

WHERE

Melbourne Convention & Exhibition Centre, South Wharf
1 Convention Centre Pl, South Wharf VIC 3006

REGISTRATIONS

8am welcome coffee and tea



Chris Fairburn

Director, Centre for Research on Eating Disorders, Oxford University, United Kingdom

Professor Fairburn directs the Centre for Research on Eating Disorders at Oxford (see credo-oxford.com). He has two main research interests: the nature and treatment of the eating disorders; and the development, evaluation and dissemination of psychological treatments. He has an international reputation in both fields. He has been a recipient of the Outstanding Researchers Award and the Lifetime Achievement Award from the Academy of Eating Disorders and the Aaron Beck Prize from the Academy of Cognitive Therapy. He is a Fellow of the Academy of Medical Sciences, and he has twice been a Fellow at Stanford's Center for Advanced Study. Until recently he was a Governor of the Wellcome Trust, one of the largest international research foundations.

COST

Early bird: \$395+GST, closes 31 January, 2017
Full price: \$495+GST
Student price: \$295+GST

REGISTER

<https://www.eventbrite.com.au/e/enhanced-cognitive-behaviour-therapy-introductory-workshop-tickets-27478508960>

FOR MORE INFORMATION CONTACT

Lawrence.harvey@monashhealth.org

OR PHONE

0415 162 815

2017 Residential Masterclass with Professor Christopher Fairburn in Enhanced Cognitive Behaviour Therapy (CBT-E):

Monash Health Wellness and Recovery Centre, invites you to join a two day residential masterclass at the luxurious and iconic Chateau Yering in the heart of the Victorian Yarra Valley wine region offering:

- A unique occasion over two days to workshop complex cases with Professor Fairburn in an intimate group setting
- An exceptional opportunity to explore new ways of approaching dilemmas you are facing in treatment with your clients
- Overnight accommodation in a luxury 5 star single suite
- A three course dinner with Chris Fairburn at award winning Eleonore's Restaurant

Suitable for experienced CBT-E clinicians, attendees will be invited to send topics and specific case examples to the organisers for Professor Fairburn to address. (NB. The organisers will endeavor to accommodate a broad range and number of requests, however it may not be possible for all to be addressed directly).

DATES

16 and 17 May, 2017

WHERE

Chateau Yering
42 Melba Highway, Yering, Yarra Valley Victoria,
approx. 50km from Melbourne CBD



Chris Fairburn

Director, Centre for Research on Eating Disorders, Oxford University, United Kingdom

Professor Fairburn directs the Centre for Research on Eating Disorders at Oxford (see credo-oxford.com). He has two main research interests: the nature and treatment of the eating disorders; and the development, evaluation and dissemination of psychological treatments. He has an international reputation in both fields. He has been a recipient of the Outstanding Researchers Award and the Lifetime Achievement Award from the Academy of Eating Disorders and the Aaron Beck Prize from the Academy of Cognitive Therapy. He is a Fellow of the Academy of Medical Sciences, and he has twice been a Fellow at Stanford's Center for Advanced Study. Until recently he was a Governor of the Wellcome Trust, one of the largest international research foundations.

COST

\$2,995+GST

REGISTER

<https://www.eventbrite.com.au/e/enhanced-cognitive-behaviour-therapy-residential-masterclass-tickets-28491335351>

Get your registration in early as places are limited

FOR MORE INFORMATION CONTACT

christine.miller@monashhealth.org

OR PHONE

0418 318 012

Socrates wins out again

There are some aspects of counselling and clinical practice that have been around for a long period of time. Socratic questioning is one of these aspects. However, when one looks for the evidence of some of these techniques it can be difficult to find as they pre-existed the development of many of the current research methodologies and often have simply been overlooked, or there has been insufficient funds or priority for considering the validity or workability of such 'truths'.

Socratic questioning is a cornerstone of cognitive therapy and used to be taught to all doctors. Until recently it had little in the way of a specific evidence base even after a long history of use. However, in a recent study (Braun, J. D. et al, 2015) it came up quite positively.

The study conducted at Ohio State University found that Socratic questioning was a simple way to reduce depressive symptoms in adults. In the study, 55 adults were enrolled in a 16-week course of cognitive therapy sessions. Researchers studied videotapes of the sessions and found that the more frequently therapists used Socratic questioning, the more the patients' depressive symptoms lessened. The study's authors theorized that Socratic questioning helped patients examine the validity of their negative thoughts and gain a broader, more realistic perspective on them.

The study, from its abstract, examined and noted:

“therapist use of Socratic questioning as a predictor of session-to-session symptom change. Participants were 55 depressed adults who participated in a 16-week course of CT (see Adler, Strunk, & Fazio, 2015). Socratic questioning was assessed through observer ratings of the first three sessions. Socratic ratings were disaggregated into scores reflecting within-patient and between-patient variability to facilitate an examination of the relation of within-patient Socratic questioning and session-to-session symptom change. Because we examined within-patient variability in Socratic questioning, the identification of such a relation cannot be attributed to any stable patient characteristics that might otherwise introduce a spurious relation. Within-patient Socratic questioning significantly predicted session-to-session symptom change across the early sessions, with a one standard deviation increase in Socratic-Within predicting a 1.51-point decrease in BDI-II scores in the following session. Within-patient Socratic questioning continued to predict symptom change after controlling for within-patient ratings of the therapeutic alliance (i.e., Relationship and Agreement), suggesting that the relation of Socratic questioning and symptom change was not only independent of stable characteristics, but also within-patient variation in the alliance. Our results provide the first empirical support for a relation of therapist use of Socratic questioning and symptom change in CT for depression.”

Go Socrates!