

Training Calendar

January – June 2016

Centrecare Corporate

Centrecare Corporate is a high quality psychological services and training provider. Staffed by a team of experienced psychologists, social workers and counsellors, Centrecare Corporate provide a diverse range of services including EAP counselling, training services, critical incident response, conflict management services, mediation, executive coaching, manager support, and organisational development consultancy.

In delivering its Training Calendar for January-June 2016, Centrecare Corporate will continue to provide premium training programs that are engaging, interactive and applicable to an attendee's work-role. We are proud to announce there are two streams to the Training Calendar for January-June 2016; Clinical Training and Organisational Training.

Centrecare Corporate's Clinical Training includes high-quality training in therapeutic interventions that are evidence based, best-practice models. Our Organisational Training include a number of programs that have been developed to enhance an individual's skill-level within their workplace; with an overarching focus to improve their psychological well-being.

As the social-enterprise business unit of Centrecare Incorporated; a Western Australian Not-For-Profit, Centrecare Corporate are pleased to confirm that 100% of our surpluses are reinvested into community welfare initiatives to support Western Australians in metropolitan and regional Western Australia.

Training Overview

FEBRUARY

Conversations for Life® Suicide Prevention

Wednesday 24 February 2016

\$180

MARCH

Foundations of Solution Focused Brief Therapy *NEW

Tuesday 15 March 2016

\$280

Enhancing Personal & Team Resilience *NEW

Wednesday 23 March 2016

\$160

APRIL

Motivational Interviewing

Tuesday 05 April 2016

\$280

Mental Health Awareness in the Workplace

Wednesday 27 April 2016

\$160

MAY

Foundations of Mindfulness Based Behaviour Therapy

Wednesday 18 & Thursday 19 May 2016

\$495

Communicating with Confidence *NEW

Tuesday 31 May 2016

\$160

JUNE

Using Emotion and Attachment to Work with Couples

Tuesday 07 & Wednesday 08 June 2016

\$495

Advanced Solution Focused Brief Therapy

Tuesday 21 June 2016

\$280

Conversations for life® Suicide Prevention

Conversations for life® is a suicide prevention workshop that's for everyone; particularly those who are interested in keeping others safe and connected. It offers practical ways to reduce the risk of suicide before it becomes a crisis, and is part of Lifeboat®, an integrated suite of uniquely Australian suicide prevention training programs.

In comparison to other suicide prevention training, Conversations for life® primary point of difference is that it is an 'upstream' training program, which focuses on communication and increasing connectedness within workplaces and the wider community.

Upon completing this experiential half-day workshop, participants will have an increased understanding of:

- ▶ current statistics regarding the prevalence of mental health and suicide in Australia;
- ▶ the issues pertinent to poor mental health and suicide;
- ▶ personal and general community attitudes towards poor mental health and suicide, and how this can impact an individual's engagement in help-seeking behaviours;
- ▶ communication skills that are pertinent for holding crucial conversations;
- ▶ the resources to identify and respond to a person at risk of suicide; and
- ▶ ideas for developing community resources and networks.

The training will include a resource workbook, pen and wallet-car, handouts and practical case examples to enhance learning outcomes.

Date: Wednesday 24 February 2016

Time: 9:00am – 1:30pm

Cost: \$180 (incl GST)

Click [HERE](#) to register

If you would like a tailored **Conversations for life® Suicide Prevention** training to be facilitated for your organisation, please click [HERE](#)

Foundations of Solution Focused Brief Therapy *NEW

Developed by Steve de Shazer (1940-2005), and Insoo Kim Berg (1934-2007) and their colleagues in the late 1970's, Solution Focused Brief Therapy (SFBT) is a short-term goal-focused therapeutic approach, which focuses on the presenting client constructing solutions rather than dwelling on problems. SFBT assumes that all clients have an understanding of what would improve their life, and that all who seek help, already possess at least the minimal skills necessary to create solutions.

The therapeutic modality is evidence-based and well regarded for its respectfulness to clients, use in time limited contexts, and applicability to a wide range of presenting issues. This introductory level training is suitable for psychologists, social workers, counsellors, mental health nurses, school counsellors, coaches and anyone interested in gaining knowledge in how to effectively and efficiently promote change.

Upon completing this experiential one-day workshop, participants will have an increased understanding of:

- ▶ an over view of SFBT practice and its historical foundations;
- ▶ empirical research and evidence for the practice, including limitations;
- ▶ SFBT session structure and when its use with clients is appropriate, through skills-practice activities, videos and discussions;
- ▶ effective strategies and tips for working more successfully with clients, no matter how difficult or stuck they are; and
- ▶ when it is appropriate to conclude therapy.

The training will include a resource workbook, handouts and practical case examples to enhance learning outcomes.

Date: Tuesday 15 March 2016

Time: 9:30am – 4:30pm

Cost: \$280 (incl GST)

Click [HERE](#) to register

Enhancing Personal & Team Resilience *NEW

Whether we are faced with change, juggling multiple roles or prioritising various demands on our time, we are bound to experience stress; a notion confirmed in the *Stress and Wellbeing in Australia Survey 2014* (Australian Psychological Society 2014), which found that one-in-four Australians reported moderate to severe levels of distress in 2014. While some stress is beneficial, too much stress can challenge our physical and psychological health. If this stress persists, it can affect every aspect of life; personal and professional relationships, work performance and our capacity to 'switch off' at the end of the day. This can lead to a ripple effect, placing pressure on our families and our professional teams.

Luckily, there are changes we can make in our lives to reduce the likelihood that we will become stressed, as well as to more effectively cope with stress when it arises. This training will be of benefit to anyone who wishes to improve resiliency in their lives; both in the workplace and personally.

Upon completing this experiential half-day workshop, participants will have an increased understanding of:

- ▶ the nature of stress, its connection with performance in the workplace and how it can impact on team cohesion;
- ▶ personal reactions to stress, and how investigating stressors and their impact is important to effectively deal with stress;
- ▶ working according to personal and team values, and how the presence of such qualities and behaviours can benefit organisations;
- ▶ resilience and how employing Positive Psychology in the workplace can improve working relations;
- ▶ cognitive and Mindfulness approaches to managing stress and optimising resilience;

The training will include a resource workbook, handouts and practical case examples to enhance learning outcomes.

Date: Wednesday 27 April 2016

Time: 9:30am – 1:30pm

Cost: \$160 (incl GST)

Click [HERE](#) to register

If you would like a tailored **Enhancing Personal & Team Resilience** training to be facilitated for your organisation, please click [HERE](#)

Motivational Interviewing

Motivational interviewing emerged in the 1980s from the addictions field, gradually gaining widespread acceptance and use in many areas. While many people have written about and researched it, its originators are William R. Miller and Stephen Rollnick. Motivational Interviewing assumes that most of us experience ambivalence when considering changing an aspect of our behaviour or lives. A central goal of this therapeutic approach is to assist people to increase their *intrinsic* motivation for change.

This training will explore the theoretical and practical origins of Motivational Interviewing in the field of addictions, specifically alcohol and other drug addiction, with an emphasis on Phase 1 of Motivational Interviewing where change is explored. Phase 2 (Negotiation and Plannin) will be covered, but in less detail.

Upon completing this experiential one-day workshop, participants will have an increased understanding of:

- ▶ an over view of the approach, “Motivational Interviewing”; including the two phases of Motivational Interviewing, the five principles of Motivational Interviewing and the eight skills of Motivational Interviewing;
- ▶ changes to the model defined in *Motivational Interview 3rd ed.* (2013) by Miller & Rollnick;
- ▶ the areas of counselling where Motivational Interviewing has been demonstrated to be effective, the limitations of its use and when it is appropriate to be applied;
- ▶ triggers to relapse and prevention of relapse; and
- ▶ the interaction between Motivational Interviewing and TTM (Trans-Theoretical Model).

The training will include a resource workbook, handouts and practical case examples to enhance learning outcomes.

Date: Tuesday 05 April 2016

Time: 9:30am – 4:30pm

Cost: \$280 (incl GST)

Click [HERE](#) to register

Mental Health Awareness in the Workplace

With one-in-five Australians aged 16-85 experiencing a mental illness in any year (Black Dog Institute, 2012), mental health issues are extremely common, yet many people and organisations are not well informed regarding these issues or how to support a staff member or colleague with poor mental health.

Whilst you may feel confident to discuss physical injuries, often it may seem too personal or complex to approach a staff member regarding mental health issues. If you don't feel confident in talking about mental health in the workplace, it may prove difficult to support an employee when the need arises. This training is suitable for anyone wanting to create a mentally healthy workplace and support employees.

Upon completing this experiential half-day workshop, participants will have an increased understanding of:

- ▶ the extent of mental health issues in Australia and how the prevalence of stigma can impact those suffering;
- ▶ the most common mental health disorders and symptoms of each; including depression, anxiety and substance use;
- ▶ the extent of suicide in Australia, protective and risk factors associated with someone experiencing suicidal ideation and tools to recognise those who may be at risk;
- ▶ active listening, managing personal emotions, using empathy and when it may be appropriate to refer to a professional; and
- ▶ the benefits to organisations and individual employees of having a supporting and mentally healthy workplace.

The training will include handouts, service provider resources and practical case examples to enhance learning outcomes.

Date: Wednesday 27 April 2016

Time: 9:30am – 1:30pm

Cost: \$160 (incl GST)

Click [HERE](#) to register

If you would like a tailored **Mental Health Awareness in the Workplace** training to be facilitated for your organisation, please click [HERE](#)

Foundations of Mindfulness Based Therapy

Mindfulness is defined as “paying attention in a particular way: on purpose, in the present moment, and non-judgementally” (Kabat-Zinn, 1994). In a mindful state, we are fully aware of our internal and external experiences, rather than getting lost in a world of thoughts.

This foundation level training aims to introduce helping professionals to Mindfulness as a therapeutic approach; with a focus on developing an individual’s confidence to practice mindfulness in their own lives, to in turn applying the skills with clients. This training is suitable for psychologists, social workers, counsellors, or case managers.

Upon completing this experiential two-day workshop, participants will have an increased understanding of:

- ▶ the historical foundations of Mindfulness Based Therapy (MBT);
- ▶ the theoretical and empirical underpinnings of MBT including Mindfulness Based Cognitive Therapy, Mindfulness Based Stress Reduction, Acceptance and Commitment Therapy and Dialectical Behaviour Therapy;
- ▶ the underlying concepts of MBT including Relational Frame Theory, model of Psychopathology, and core processes that lead to psychological distress;
- ▶ conceptualising clinical issues in MBT working specifically with depression and anxiety; and
- ▶ how to demonstrate MBT techniques when working with clients.

The training will include a resource workbook, handouts, case examples and experiential activities to enhance learning outcomes.

Date: Wednesday 18 & Thursday 19 May 2016

Time: 9:30am – 4:30pm (each day)

Cost: \$495 (incl GST)

Click [HERE](#) to register

Communicating with Confidence *NEW

An often difficult component to managing employees can be the need to hold difficult conversations; especially if it pertains to sensitive topics like bullying, poor performance, or interpersonal style. When conversing with employees about sensitive topics, emotions can escalate and communication can break down. Some managers may fear that having difficult conversation can make situations worse, and may try to avoid it.

By having confidence to engage in difficult conversations, in a skilled and balanced manner, is invaluable and can enhance employee productivity, team engagement and workplace morale. This training is suitable for human resources personnel, team leaders, supervisors, managers and anyone who is seeking to refresh their workplace communication skills.

Upon completing this experiential half-day workshop, participants will have an increased understanding of:

- ▶ the importance of holding difficult conversations and how to recognise signs and feelings that make a conversation difficult;
- ▶ barriers to communication and the relating impacts on holding difficult conversations with employees;
- ▶ effective communication and interpersonal skills and how employing these skills can prevent misunderstandings;
- ▶ how to appropriately defuse anger and respond to strong emotions; and
- ▶ using Solution oriented problem solving to create suitable outcomes with employees.

The training will include handouts and practical case examples to enhance learning outcomes.

Date: Tuesday 31 May 2016

Time: 9:30am – 1:30pm

Cost: \$160 (incl GST)

Click [HERE](#) to register

If you would like a **Communicating with Confidence** training to be facilitated for your organisation, please click [HERE](#)

Using Emotion and Attachment to Work with Couples

It has been suggested that the concept of “romantic love” only came into being in the 16th century in poetry, and to impact on the lives of ordinary people in the 19th century. If we had been forming a couple relationship even 100 years ago, we may have had very different expectations of what we were committing to. The changing expectations of couple relationships and the relative ease with which people can leave relationships, has led to an increase in the desire for help.

Suitable for counsellors, psychologists, social workers or case managers, this training is grounded in theory, research, clinical experience and focuses on the development of practical skills for working with couples.

Upon completing this experiential two-day workshop, participants will have an increased understanding of:

- ▶ two of the dominant models in couples counselling - Emotionally Focused Couples’ Therapy and the Gottman Institute approach;
- ▶ Attachment Theory and the role of attachment when working with couples;
- ▶ creating a setting where a secure relationship can be fostered between the clients;
- ▶ exploring disconnection and the route to reconnection, and reflecting on the challenge of creating empathy and safety between two people who may have put up the ‘safety barriers’ some time ago;
- ▶ helping clients recognise negative interaction cycles and how to interrupt them; and
- ▶ how to assist clients to dismantle the ‘road blocks’ that get in their way.

The training will include a resource workbook, handouts and practical case examples to enhance learning outcomes.

Date: Tuesday 07 & Wednesday 08 June 2016

Time: 9:30am – 4:30pm (each day)

Cost: \$495 (incl GST)

Click [HERE](#) to register

Advanced Solution Focused Brief Therapy

Solution Focused Brief Therapy (SFBT) is a strengths-based approach to brief therapy intervention that is widely used in a variety of therapeutic contexts. Following from Centrecare Corporate's *Foundations to Solution Focused Brief Therapy* training, this experiential training provides advanced solution focused strategies and resources for working with clients whom possess a variety of presenting issues. A large emphasis of this training is the practical application of SFBT techniques, with ample opportunities available for attendees to demonstrate their ability to work with clients in a Solution Focused way.

This training is suitable for those who have previously attended an introductory Solution Focused Brief Therapy training or who have been exposed to SFBT, and who want to deepen and develop their skills in solution-focused questioning

Upon completing this experiential one-day workshop, participants will have an increased understanding of:

- ▶ the fundamentals of SFBT;
- ▶ the advanced applications of SFBT;
- ▶ employing SFBT techniques in challenging situations, or with clients who experience setbacks;
- ▶ applying SFBT with couples and families; and
- ▶ applying SFBT to a variety of clinical presentations including anxiety, depression, grief and loss.

The training will include a resource workbook, handouts and practical case examples to enhance learning outcomes.

Date: Tuesday 21 June 2016

Time: 9:30am – 4:30pm

Cost: \$280 (incl GST)

Click [HERE](#) to register

Terms and Conditions

Payment

Payments can be made by credit card (Mastercard or VISA only) or Purchase Order by visiting www.centrecarecorporate.com.au. Payment terms are strictly 30 days.

Registration Confirmation

All registrations are confirmed via email at time of booking, with program specific information emailed two weeks prior to date/s of training. Training listed in this calendar is facilitated at St Mary's Cathedral (17 Victoria Square, Perth); unless otherwise specified.

Training Inclusions

The scheduled fee to attend Centrecare's Corporate training sessions includes resource materials and catering; half-day training catering includes morning tea, one-day and two-day training catering includes morning/afternoon tea and lunch.

Discounts

15% for early-bird payments (payment made 60 days prior to date of training). 20% for organisations enrolling two or more participants in the same training (payment made in one transaction). 25% for full-time students.

Click **HERE** to contact Centrecare Corporate's Training Service Coordinator for the relevant voucher code - please note that each discount is not to be used in conjunction with any other available discounts.

Cancellation Policy

Bookings may be transferred to another person. Cancellations made more than 10 days in advance will result in a full refund; less a \$30 administration fee. No refund will apply if cancellation is made within 10 days of a training occurring.

If Centrecare Corporate cancel a training, attendees will be notified and a full refund of the scheduled fee will be provided.

Tailored Training

Tailored Training is an effective tool for organisations accessing professional development options to improve productivity and workplace morale. This training can be timed to suit company schedules, group needs, and also a cost effective way of skilling large groups of employees.

Centrecare Corporate's Training Services can provide tailored training on a variety of topics and in various formats; including one-hour lunch time presentations, half-day sessions, one-day or two-day training workshops. The training could also be included in an organisational development plan and include coaching, focus groups and leadership forums.

Additional to the titles in this training calendar, Centrecare Corporate's available training programs include:

- ▶ Self-Empowerment during Times of Change.
- ▶ Supporting Staff during Times of Change.
- ▶ Advanced Communication Skills.
- ▶ Working Together: Effective Teams.
- ▶ Resolving Conflict in the Workplace.
- ▶ Responding to Critical Incidents & Traumatic Events.
- ▶ Debriefing Skills for Managers and Supervisors.
- ▶ Making Emotional Intelligence Useful.
- ▶ De-escalating Customer Behaviours.
- ▶ Peer Support Training.
- ▶ Building Resilient Workplaces
- ▶ Fostering Positivity in your Workplace.

To receive information on Tailored Training, click [HERE](#) to email Centrecare Corporate's Training Services Coordinator.

Centrecare Corporate

25 Victoria Square, Perth WA 6000

Phone: +61 (8) 9288 2233

Fax: +61 (8) 9221 3793

Email: corporate@centrecare.com.au

www.centrecarecorporate.com.au

