



CLINICAL TRAINING CALENDAR 2021

Orygen provides clinical training and service development support to mental health professionals and services working with young people experiencing mental ill-health across Victoria, their families and friends. The Orygen clinical training calendar provides targeted training in core clinical skills, and evidence-informed approaches necessary for working in the field of youth mental health.

COVID-19

From March 2020 the Orygen clinical training service moved the delivery of the training calendar to an online platform. Following feedback from participants that online training provided greater access and was as engaging and stimulating as in-person training, we plan to continue to offer a mix of both online and in-person training in 2021.

All training until the end of June 2021 will be delivered online. If safe to do so, we plan to include in-person training from July 2021 onwards. All in-person training will be conducted in accordance with the Victorian Government guidelines on hygiene and social distancing. Please carefully check our registration page to see which workshops will be offered online or in-person. These will be updated if necessary.

The venue for all face-to-face workshops is

**THE COLONIAL FOUNDATION
INNOVATION CENTRE,
ORYGEN, 35 POPLAR ROAD,
PARKVILLE VIC 3052.**

Online training will be live streamed on the date(s) listed. Information packs with materials (including the zoom link when appropriate) for all workshops will be emailed to registrants in the week prior to the training date.

Registration for all workshops opens at 9.15am, workshops commence on time at 9.30am and finish at 4.30pm.

EFFECTIVE PSYCHOLOGICAL INTERVENTIONS FOLLOWING A FIRST MANIC EPISODE

Monday 1 March 2021

This workshop will focus on the evidence-base for, and application of, psychological interventions following a first manic episode. It will explore the role of psychological processes in the onset and maintenance of mania and bipolar disorder, and will use an interactive format, allowing for participants to discuss clinical cases.

At completion of this workshop you will be able to:

- describe the role of psychosocial mechanisms in the onset and maintenance of bipolar disorder;
- describe some of the challenges of, and opportunities for, early intervention following a first manic episode;
- outline effective psychological interventions for mania and depression; and
- describe the role of psychological processes in wellness planning.

COGNITIVE BEHAVIOURAL THERAPY INTERVENTIONS FOR PSYCHOSIS

Monday 22 and Monday 29 March 2021

This two-day workshop will provide participants with an introduction to cognitive behavioural therapy (CBT) principles that can be used in working with young people experiencing psychotic disorders. The workshop will use multimedia and interactive formats, and include didactic elements, case studies, and skills-based work.

At the completion of this workshop you will be able to:

- describe the theory and rationale underpinning the CBT model;
- outline the evidence base for the use of CBT with people experiencing psychotic disorders;
- complete a cognitive behavioural case formulation;
- identify strategies for effective provision of psychoeducation;
- identify strategies in working with young people experiencing hallucinations; and
- describe how to work effectively and compassionately with people experiencing delusions.

EARLY INTERVENTION FOR BORDERLINE PERSONALITY DISORDER

Tuesday 20 and Wednesday 21 April 2021

Borderline personality disorder (BPD) is a severe mental illness associated with significant morbidity and mortality, yet clinicians remain cautious and unclear of the rationale for early intervention in this population, and find these young people challenging to work with. This two-day workshop will review the current evidence about BPD in young people, and present a best practice model of early intervention for young people with BPD and associated problems.

At the completion of this workshop you will:

- understand the evidence and rationale for early intervention for BPD (EIBPD);
- be familiar with the principles of relational clinical care (RCC);
- understand how to assess for BPD in young people;
- understand the essentials of psychoeducation about BPD in young people;
- understand the principles for working with families and friends of young people with BPD;
- understand the principles of working with risk and chronic self-harm; and
- gain knowledge of sources and materials for further information about BPD.

UNDERSTANDING AND WORKING WITH AUTISM IN YOUNG PEOPLE

Thursday 6 and Friday 7 May 2021

This workshop will explore the features of autism spectrum disorder (ASD) in young people and discuss common comorbid mental health conditions and associated complexity in working with this group. Clinicians will be provided with information relating to screening tools, engagement and treatment strategies.

At the completion of this workshop you will be able to:

- identify the features of autism that may be present for a young person including social, communication, behavioural, cognitive and sensory differences;
- be aware of screening tools and pathways for formal assessment;
- understand gender differences that can contribute to delayed diagnosis for girls and women;
- appreciate common interpersonal and vocational experiences of young autistic people and how this impacts on wellbeing;
- formulate how ASD might predispose a young person to experience mental ill health and reflect on how symptoms might manifest differently for a young person with autism;
- adapt therapeutic engagement, case formulation, and treatment planning to be autism-friendly;
- understand the importance of involving family and other supports in treatment;
- be aware of suicide risk factors specific to autism and modify your approach to risk management;
- practice intervention skills through the use of ASD manual worksheets and other resources, on topics such as: understanding and managing intense emotions; assessing and working with sensory preferences; social and interpersonal interventions; vocation interventions; and
- utilise a range of resources to support your ongoing learning.

RELATIONAL FORMULATION

Tuesday 18 and Wednesday 19 May 2021

Working with young people who are experiencing severe and complex mental health problems (including personality disorder) can challenge clinicians and multidisciplinary teams. Such challenges can result in clinicians or teams feeling frustrated and stuck, and to inadvertent collusion with maladaptive patterns, which can make things worse. Developing a team formulation of challenging patterns of behaviour has been demonstrated to assist clinicians to work together more consistently and effectively. A reflective, relational model (based on cognitive analytic therapy principles) will be used to practice formulating the challenges in a way that can be communicated to others in simple terms, to promote more helpful responses from young people's systems.

At the completion of this workshop you will:

- understand the potential consequences of reacting when we feel challenged;
- be familiar with a simple reflective model for use in team discussions;
- understand the core relational concepts and how these might be helpful;
- have practice mapping relational patterns;
- have practice identifying the pulls to collude with maladaptive patterns; and
- have practice using simple language to convey the relational formulation to others.

RETHINKING FIRST EPISODE PSYCHOSIS AND BORDERLINE PERSONALITY DISORDER

Wednesday 9 June 2021

Evidence suggests one in five patients in early psychosis programs has borderline personality disorder (BPD) and up to half of adults with BPD experience psychotic symptoms. Yet, there is little clinical consensus or research evidence to guide assessment and treatment when psychotic disorders and personality disorder co-occur. This interactive workshop will use case discussion to explore the issues and will be delivered by staff from the Helping Young People Early (HYPE) program, an early intervention program for BPD.

At the completion of the workshop you will be able to:

- describe the rationale for early intervention in BPD;
- outline the evidence regarding the co-occurrence of BPD and psychosis;
- compare the principles for early intervention for BPD with those for first episode psychosis; and
- discuss how the differences might affect clinical practice.

CASE MANAGEMENT FOR FIRST EPISODE PSYCHOSIS

Monday 21 June 2021

This session covers the philosophy, evidence base and rationale for early intervention and introduces the core skills and interventions necessary to intervene and provide care to young people experiencing a first episode psychosis (FEP).

At the completion of the workshop you will be able to:

- describe the evidence base behind early intervention for psychosis;
- recognise the importance of engagement with young people and families in the assessment and treatment of FEP;
- implement strategies for effective provision of psychoeducation;
- understand the importance of using a formulation-based approach to inform therapeutic interventions;
- explore and work with young people's individual explanatory models; and
- identify and manage therapeutic ruptures.

INVOLVING FAMILIES AND OTHERS IN THE CARE OF YOUNG PEOPLE

Wednesday 21 July 2021

The impact of mental ill-health on young people can be wide reaching. Family members and friends of young people with mental ill-health often report feeling burdened, stressed, and overwhelmed and that they struggle to be included in the care and treatment of their loved one. Evidence suggests that family work can enhance family involvement and support during the recovery phase, reduce rates of relapse, readmission to hospital and enhance adherence and engagement with services whilst also reducing family/carer burden and stress. This interactive workshop will combine didactic elements, multimedia case material, and skills-based work to provide participants with an opportunity to practise family work skills in a safe learning environment.

At the completion of this workshop you will be able to:

- articulate the purpose and rationale of family work in treatment with reference to the pyramid of family care;
- identify where family work fits in to a young person's treatment plan;
- discuss challenges and constraints that may arise when implementing family work with this complex client group;
- engage families early on in the treatment of their young person;
- develop and implement family work within a collaborative framework in which the clinician, other members of the treating team and the family work in partnership; and
- practice family work skills in a safe learning environment.

THROUGH THE LOOKING-GLASS: WORKING WITH YOUNG PEOPLE WITH CO-OCCURRING EATING AND PERSONALITY DISORDERS

Wednesday 18 August 2021

Evidence suggests between 30 to 75 per cent of people experiencing an eating disorder have a personality disorder and rates of eating disorders are 20 times higher in a personality disorder sample compared with the general population. Yet, there is little clinical consensus or research evidence to guide assessment and treatment when eating disorders and personality disorder co-occur. A relational approach can help to manage the challenges experienced by clinicians when working with this group. This interactive workshop will use case discussion to explore the issues, and will be delivered by the Orygen Eating Disorders Coordinator and staff from the Helping Young People Early (HYPE) program, an early intervention program for Borderline Personality Disorder (BPD).

At the completion of the workshop you will be able to:

- outline the evidence regarding the co-occurrence of personality disorders and eating disorders;
- be familiar with the principles of relational clinical care (RCC);
- compare the principles for early intervention for BPD with those for working with severe eating disorders in young people; and
- consider how a relational approach can help clinicians to manage complex situations.

RISK ASSESSMENT AND RISK MANAGEMENT IN YOUNG PEOPLE

Monday 23 and Monday 30 August 2021

Young people presenting to mental health services commonly experience an acute phase of illness during their period of care. Such presentations are often associated with various types of risk for the young person and others. Comprehensive risk assessment, risk management and clear communication about risk are necessary to prevent adverse outcomes and provide optimum care during the acute phase of illness.

At the completion of this workshop you will be able to:

- understand the types of risk that commonly occur in young people;
- develop skills in assessing and appraising clinical risks using a risk assessment framework;
- practice assessment of suicide risk using the CASE approach;
- identify the factors that can influence decision-making;
- summarise and document clinical risk using a formulation-based approach; and
- consider how risk can be understood within the context of different presenting problems, such as psychosis, personality disorder, and chronic depression.

FUNCTIONAL RECOVERY IN YOUTH MENTAL HEALTH

Wednesday 8 September 2021

This workshop will draw upon a variety of sources aiming to enhance knowledge and skills over a range of recovery domains. It will include an overview of research, service models and various approaches and strategies for working with young people in this area.

At the completion of this workshop you will be able to:

- summarise current research and practice in the area of functional recovery;
- understand the rationale for addressing functional recovery in youth mental health;
- describe the core domains of functional recovery; and
- identify and implement a range of strategies to enable functional recovery.

COGNITIVE BEHAVIOURAL THERAPY INTERVENTIONS FOR PSYCHOSIS

Monday 11 and Monday 18 October 2021

This two-day workshop will provide participants with an introduction to cognitive behavioural therapy (CBT) principles that can be used in working with young people experiencing psychotic disorders. The workshop will use multimedia and interactive formats, and include didactic elements, case studies, and skills-based work.

At the completion of this workshop you will be able to:

- describe the theory and rationale underpinning the CBT model;
- outline the evidence base for the use of CBT with people experiencing psychotic disorders;
- complete a cognitive behavioural case formulation;
- identify strategies for effective provision of psychoeducation;
- identify strategies in working with young people experiencing hallucinations; and
- describe how to work effectively and compassionately with people experiencing delusions.

EFFECTIVE PSYCHOLOGICAL INTERVENTIONS FOLLOWING A FIRST MANIC EPISODE

Monday 25 October 2021

This workshop will focus on the evidence-base for, and application of, psychological interventions following a first manic episode. It will explore the role of psychological processes in the onset and maintenance of mania and bipolar disorder, and will use an interactive format, allowing for participants to discuss clinical cases.

At the completion of this workshop you will be able to:

- describe the role of psychosocial mechanisms in the onset and maintenance of bipolar disorder;
- describe some of the challenges of, and opportunities for, early intervention following a first manic episode;
- outline effective psychological interventions for mania and depression; and
- describe the role of psychological processes in wellness planning.

GETTING IN EARLY: WORKING WITH ULTRA HIGH RISK

Monday 8 November 2021

This workshop will review recent research, and practical and ethical issues related to working with people considered to be at ultra-high risk (UHR) of experiencing a first episode of psychosis. Areas of identification, assessment and intervention will be explored.

At the completion of this workshop you will be able to:

- summarise recent research evidence in relation to UHR;
- confidently assess the typical symptoms of an at-risk mental state and UHR presentation;
- summarise the ethical issues related to intervention and treatment with this group;
- articulate current evidence-based interventions for working with this group; and
- outline local service response strategies and issues related to providing assistance to young people identified as being ultra-high risk.

UNDERSTANDING AND WORKING WITH AUTISM IN YOUNG PEOPLE

Wednesday 10 and
Thursday 11 November 2021

This workshop will explore the features of autism spectrum disorder (ASD) in young people and discuss common comorbid mental health conditions and associated complexity in working with this group. Clinicians will be provided with information relating to screening tools, engagement and treatment strategies.

At the completion of this workshop you will be able to:

- identify the features of autism that may be present for a young person including social, communication, behavioural, cognitive and sensory differences;
- be aware of screening tools and pathways for formal assessment;
- understand gender differences that can contribute to delayed diagnosis for girls and women;
- appreciate common interpersonal and vocational experiences of young autistic people and how this impacts on wellbeing;
- formulate how ASD might predispose a young person to experience mental ill health and reflect on how symptoms might manifest differently for a young person with autism;
- adapt therapeutic engagement, case formulation, and treatment planning to be autism-friendly;
- understand the importance of involving family and other supports in treatment;
- be aware of suicide risk factors specific to autism and modify your approach to risk management;
- practice intervention skills through the use of ASD manual worksheets and other resources, on topics such as: understanding and managing intense emotions; assessing and working with sensory preferences; social and interpersonal interventions; vocation interventions; and
- utilise a range of resources to support your ongoing learning.

PHYSICAL HEALTH

Monday 15 November 2021

This interactive workshop is aimed at helping clinicians identify important health issues for young people experiencing a range of mental health difficulties and applying practical and valuable skills around assessment, monitoring and application of interventions to improve the physical health of individuals experiencing mental ill-health.

At the completion of this workshop you will be able to:

- identify serious health issues that are commonly experienced by young people with mental health difficulties;
- undertake a comprehensive physical health assessment;
- implement regular physical health monitoring in a clinical setting;
- effectively communicate psychoeducation about physical health issues; and
- develop realistic and collaborative goal-focused treatment plans to address individuals' physical health needs.

RELATIONAL FORMULATION

Tuesday 16 and Wednesday 17 November 2021

Working with young people who are experiencing severe and complex mental health problems (including personality disorder) can challenge clinicians and multidisciplinary teams. Such challenges can result in clinicians or teams feeling frustrated and stuck, and to inadvertent collusion with maladaptive patterns, which can make things worse. Developing a team formulation of challenging patterns of behaviour has been demonstrated to assist clinicians to work together more consistently and effectively. A reflective, relational model (based on cognitive analytic therapy principles) will be used to practice formulating the challenges in a way that can be communicated to others in simple terms, to promote more helpful responses from young people's systems.

At the completion of this workshop you will:

- understand the potential consequences of reacting when we feel challenged;
- be familiar with a simple reflective model for use in team discussions;
- understand the core relational concepts and how these might be helpful;
- have practice mapping relational patterns;
- have practice identifying the pulls to collude with maladaptive patterns; and
- have practice using simple language to convey the relational formulation to others.

RETHINKING FIRST EPISODE PSYCHOSIS AND BORDERLINE PERSONALITY DISORDER

Wednesday 24 November 2021

Evidence suggests one in five patients in early psychosis programs has borderline personality disorder (BPD) and up to half of adults with BPD experience psychotic symptoms. Yet, there is little clinical consensus or research evidence to guide assessment and treatment when psychotic disorders and personality disorder co-occur. This interactive workshop will use case discussion to explore the issues and will be delivered by staff from the Helping Young People Early (HYPE) program, an early intervention program for BPD.

At the completion of the workshop you will be able to:

- describe the rationale for early intervention in BPD;
- outline the evidence regarding the co-occurrence of BPD and psychosis;
- compare the principles for early intervention for BPD with those for first episode psychosis; and
- discuss how the differences might affect clinical practice.

REGISTRATION INFORMATION FOR WORKSHOP PARTICIPANTS

Please visit our website to register in your preferred workshop online www.orygen.org.au/training

Payment

The cost for mental health clinicians working within Victoria is \$50.00 per day. This is an administrative fee and will cover some catering. For those working in private practice or working outside Victoria, the cost will be \$220.00 per day of training.

Catering

We will supply morning and afternoon tea and a simple lunch. Please let us know of any dietary preferences when you register, and we will attempt to accommodate these. Please be aware we might not be able to cater to all requests.

Times

Registration is from 9.15am. Workshops will commence promptly at 9.30am and will finish by 4.30pm (unless otherwise indicated).

Information packs

Information including reading, handouts, as well as online links or venue details will be emailed to participants in the week prior to the training date.

Attendance

Our workshops are popular and are often oversubscribed. We request you cancel your registration as soon as possible if unable to attend, allowing others the chance to attend in your place. The Eventbrite system can provide a full refund if the cancellation is no later than one week prior to the event. Late cancellations will not be refunded.

A certificate of attendance can be supplied to attendees who sign the attendance sheet - following completion of the workshop.

Continuing professional development points

Attendance at any of our workshops can be counted towards continuing professional development hours for clinicians registered with AHPRA.

Consultation

Orygen provides consultation and service development support to mental health clinicians working with young people. Please contact us for further information on training@oyh.org.au.

Resources

There are a large number of resources about youth mental health issues available free from the Orygen website: www.orygen.org.au/training

Disclaimer

At the time of printing, all information here was correct. Orygen reserves the right to make changes to the workshop timetable or any other information included in this calendar. In the case of cancellation of workshops by Orygen, all monies will be refunded. See above paragraph about attendance and cancellation by participants.

Contact

For further information about our workshops or training activities, please phone (+61) 3 9966 9100 or email training@oyh.org.au

ORYGEN CLINICAL TRAINING SERVICE

Orygen specialist program (formerly known as Orygen Youth Health), is a state-funded tertiary mental health service for young people aged 15 – 25 years living in the North Western region of metropolitan Melbourne. We provide early intervention for young people experiencing severe mental ill-health and have specialist streams of care for first episode psychosis, personality disorders, complex mood disorders, eating disorders, neurological disorders, and forensic problems.

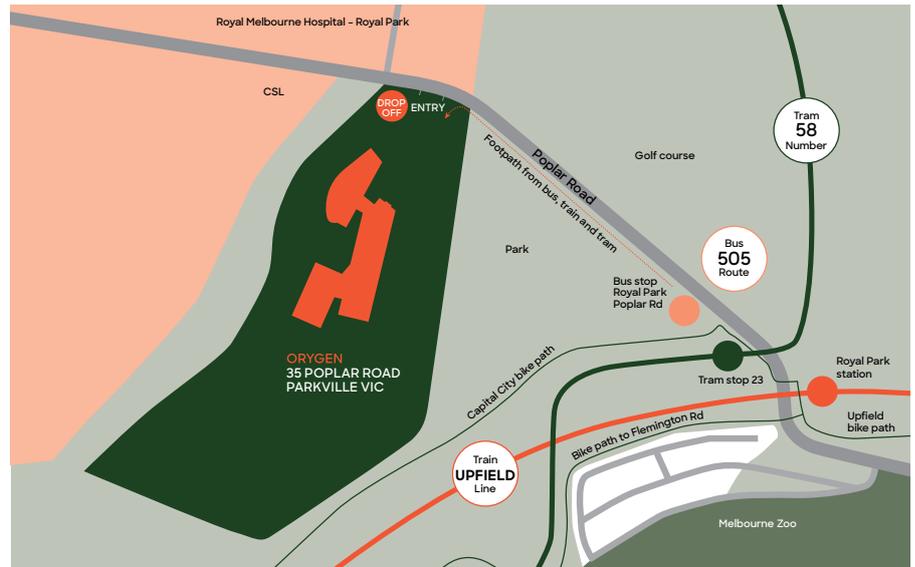
Orygen clinical training service provides training, supervision and consultation developed and delivered by senior clinical educators with extensive youth mental health experience working in Orygen specialist program, and the Orygen research and translation program. We are committed to the translation of clinical research with best-practice clinical experience into evidence-informed approaches that can improve outcomes for young people with mental ill-health.

TAILORED TRAINING PACKAGES

In addition to the training described in this calendar, Orygen can provide youth mental health teams support with service development, implementation, and building workforce capacity in a range of different ways. Orygen staff have extensive experience in the development of individualised training packages targeted to your organisation and clinician's needs.

We can assist with the following:

- identification of training needs;
- consultation about management of specific clinical groups;
- development of local clinical guidelines;
- design and implementation of specific interventions;
- locally targeted training.
- team supervision aimed at embedding skills; and
- development of strategies designed to evaluate youth mental health initiatives.



DELIVERY OF TRAINING

We will be offering at least half our training online in 2021. We will offer all training online until the end of June 2021. After this, we plan to offer our training in-person. Please check for details about delivery of specific workshops on the website www.orygen.org.au/training

VENUE FOR IN-PERSON TRAINING

All in-person training described in this calendar will be held in the Colonial Innovation Space at Orygen, 35 Poplar Road, Parkville VIC 3052.

All of our training will be conducted according to the Victorian Government guidelines for COVID-19-safe practices and this will be reviewed on a regular basis.

GETTING TO ORYGEN

Public transport

TRAM 58, West Coburg–Toorak, stop 23.

BUS 505, Moonee Ponds via Parkville Gardens, stop: Royal Park station/Poplar Rd

TRAIN Upfield line, Royal Park station

Personal transport

CAR All-day parking is available on site for \$12. There is also a drop-off zone near the building entrance.

BICYCLE Bike paths connect with the station. Ride from there down Poplar Rd and use the front entry.

**TRAINING
IN MIND** *orygen*

GET IN TOUCH

IF YOU'D LIKE MORE INFORMATION ABOUT ORYGEN, PLEASE CALL +61 3 9966 9100 OR SEND AN EMAIL TO INFO@ORYGEN.ORG.AU

ORYGEN.ORG.AU

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