ESW provides youth early psychosis training and service development to mental health professionals and youth early psychosis services (YEPs) in Victoria. The ESW calendar provides targeted evidence and evidenced based training that is reflective of the core clinical skills required for working in the youth early psychosis field.

Engaging With Therapeutic Skills Thurs 13th March 9.15am – 4pm

This workshop will provide participants with an introduction to engaging young people experiencing a first episode of psychosis. It will cover an overview of theories, understandings in the therapeutic relationship, and include practical strategies to improve engagement.

Getting in Early: Working with At Risk Mental State for Psychosis Tues 6th May 9.15am – 4pm

This workshop will review recent research and ethical issues related to working with people considered to be at Ultra High Risk (UHR) of experiencing a first episode of psychosis. Identification, assessment, and interventions with this population will be covered.

Who Shifted the Goals? Borderline Personality Disorder and First Episode Psychosis Thurs 29th May 9.15am – 4pm

This interactive workshop explores the co-occurrence of first episode psychosis (FEP) and Borderline Personality Disorder (BPD). The presenters will share their experiences with people who have worked with young people with BPD, and conduct research into the most effective treatment for FEP in youth, expanding the into research and training in BPD and FEP.

Are We There Yet? Recovery in Early Psychosis Thurs 12th June 9.15am – 4pm

This workshop will provide participants with an introduction to the recovery model with an emphasis on functional and incomplete recovery in first episode psychosis. A range of functional recovery domain will be covered and an overview of research, service models and various strategies in working with young people in this area discussed. Participants will be provided with the latest evidence and approaches to assist young people who experience an incomplete recovery from a first episode of psychosis. Using a case formulation based approach, specialist therapeutic interventions will be identified to complement and enhance pharmacological treatment throughout recovery.

Cognitive Behavioural Therapy Intervention for Psychosis Wed 25th & Thurs 26th June 9.15am – 4pm

This 2-day workshop will equip participants with an understanding of Cognitive Behavioural Therapy (CBT) principles that can be used effectively with people experiencing psychotic disorders. The workshop will use multimedia and interactive formats, and the Parallels didactic elements, case studies, and skills’ work.

Working with Families and First Episode Psychosis Wed 20th August 9.15am – 4pm

Working with families is an integral part of good practice in the first episode psychosis service. This workshop will outline the rationale for including families in clinical work and current evidence regarding interventions. Common issues for families and how to address these within your service context will be explored and a framework for family interventions will be outlined.

Biological and Pharmacotherapy in Early Psychosis Thurs 2nd & Fri 3rd October 9.15am – 4pm

This 2-day workshop will aim to inform the rationale for biological interventions in the treatment and recovery from psychosis by covering topics regarding pharmacotherapy and biological of a first episode of psychosis. The workshop will highlight the latest evidence informing the biological underpinnings of the stress– vulnerability model of psychosis, address basic pharmacology and provide an evidence-based rationale for medications prescribed in early psychosis services. It will also address the challenges of prescribing medication for an early psychosis population and explore ways to overcome these.

IEPA Update Tues 9th December 1pm – 4pm

Please note this is a half-day workshop.

This November 2021 the International Psychosis Association is hosting the 9th Biennial Early Psychosis Conference in Tokyo. This workshop will provide an overview of the conference from the first, and a snapshot of topics presented. For those presenting at the IEPA Conference who would like to showcase their work in this local forum please contact us at oyp-training@unimelb.edu.au.

professional development delivered at your workplace by EPPIC Statewide Trainers

These professional development topics can be delivered in a format that suits your service, in your region. The sessions can vary in length and content. This is not an exhaustive list of topics that do not replace the full day calendar workshops.

• At Risk Mental State Assessment and Treatment
  • Formulation: the rationale, role and how of case formulation with FEP

For further discussion locally delivered professional development please contact oyp-training@unimelb.edu.au

Mental State for Psychosis

This half-day workshop provides a model and framework for mental state assessment, formulation and case conceptualisation. Clinical skills that are fundamental to collaborative work will be highlighted and some techniques to promote engagement and change through supervisory learning will be provided.

Understanding Drugs & their Impact on Mental Health Thurs 19th August 9.15am – 4.30pm / Cost: $220

This workshop covers the use of technology by the clinician in their professional and clinical capacity. Attendees explore the role of technology in a young person’s life and how this can be used to assist in recovery; issues, barriers and advantages of technology, useful apps, websites, resources and online environments, and the exploration of social media platforms such as Netflix, Facebook, Instagram. Attendees will be given the opportunity to share and support each other.

Early Intervention for Borderline Personality Disorder Wed 16th & Thurs 17th July 9.15am – 4.30pm / Cost: $220

This 2-day workshop will cover the current research evidence about BPD in young people, and present a model for best practice early intervention services to youth with BPD and associated problems.

Using Technology in Clinical Practice Thurs 15th August 9.15am – 4.30pm / Cost: $220

This workshop covers the use of technology by the clinician in their professional and clinical capacity. Attendees explore the role of technology in a young person’s life and how this can be used to assist in recovery. Issues, barriers and advantages of technology, useful apps, websites, resources and online environments, and the exploration of social media platforms such as Netflix, Facebook, Instagram. Attendees will be given the opportunity to share and support each other.

Motivational Interviewing: the Art and Science of Helping People Change Tues 16th September 9.15am – 4.30pm / Cost: $220

Motivational Interviewing (MI) is an evidence-based counseling style for behavioural change. Applied to supervision, the MI approach utilizes the same spirit, principles, four-process model and some techniques to promote engagement and change through supervisory learning. These professional development opportunities are free to all Victorian Government Mental Health Clinicians and are suitable for workshops with local Young Early Psychosis Services at their request.
How to get to Orygen Youth Health (OYH) in Parkville

Please note: car parking is limited on the OYH site and we ask you to avoid public transport if possible.

To Parkville by train or train:
- The Upfield Line trains stop at Royal Park Station (Zoo). Tram 55 also stops at the Royal Park Station (Zoo). OYH is then a short walk from the train station.

To Parkville by bus:
- Bus route 308 travels between Mount Cottbus and Royal Park, Melbourne University via Parkville Gards. The bus travels along Poplar Rd, with bus stops just before Travancore Train Station and after the OYH main entrance.

To Parkville by car:
- There is paid parking available at the Parkville site for $7 (exact coins or credit card only).

For further information visit www.meh.org.au or download the Melbourne app from your phone's app store.

Registration Information for Workshop Participants

**REGISTRATION**
Register online at www.oyh.org.au/training
We encourage prompt registration as some workshops reach their capacity early.

**PAYMENT**
For ESW Workshops: Victoria public mental health clinicians and managers may attend free-of-charge. Charges for non-Victorian public mental health clinicians are $220 per full day workshop. Please note that costs for all workshops include the GST and Services Tax (GST).

**ATTENDANCE**
Many of our workshops are over subscribed. We require appropriate notification of cancellation in order to offer vacancies to people on our waiting lists. A charge may be incurred if sufficient notice is not received. Repeated failure to attend workshops will result in withdrawal of future registrations.

A Certificate of Attendance is also provided. If workshop participants need to cancel their attendance for any reason and have already paid their registration, they will be eligible for a refund of payment depending on the date of cancellation. Unused funds cannot be held in credit for other workshops or resources.

**CONSULTATION**
ESW provides a range of consultation services to public mental health clinicians working with people affected by early psychosis. Please contact ESW for further information.

**RESOURCES**
A wide range of resources such as training manuals and videos for mental health clinicians interested in early psychosis are available to purchase. Resources may be ordered online at www.oyh.org.au. Fact sheets are also available at www.eppic.org.au.

**DISCLAIMER**
The time of printing, all information in this brochure was correct. OYH reserves the right to make changes to the workshop timetable or any other general or specific information published in this brochure. In the case of a cancellation by ESW, any monies already paid directly to ESW will be reimbursed. ESW takes no responsibility for any other expenses incurred.

**CONTACT**
For further information about our workshops, please ph. (+61) 3 9342 3744 or email oxygen-training@unimelb.edu.au