Principles and Philosophies of First Episode Psychosis, and Identifying Young People at Ultra High Risk of Developing First Episode Psychosis

Date: Tuesday 20 March 2018
Venue: Learning & Teaching Centre - Auditorium, University of Melbourne, Dixon Street, Wangaratta

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

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

• Describe the evidence base behind early intervention for psychosis
• Understand the importance of engagement in FEP
• Know where to access the Australian Clinical Guidelines for Early Psychosis
• Explain the phases model of early psychosis
• List the criteria for FEP presentation
• Know common terms and language associated with LHR
• Recognize how a young person presents with LHR

Healthy Minds, Healthy Body: Physical Health in Early Psychosis

Date: Thursday 26 April 2018
Venue: Learning & Teaching Centre - Auditorium, University of Melbourne, Dixon Street, Wangaratta

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

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

• Identify serious health issues that are commonly experienced by people with psychosis
• Undertake a comprehensive physical health assessment
• Implement regular physical health monitoring in a clinical setting
• Effectively communicate psycho-education about physical health issues
• Develop realistic and collaborative focused treatment plans to address individuals physical health needs

Cognitive Behavioural Therapy Interventions for Psychosis

Date: Monday 7th and 14th May 2018
Venue: Meeting Room E, Brunswick Town Hall, Sydney Rd Brunswick

This workshop will provide participants with an introduction to Cognitive Behavioural Therapy (CBT) principles that can be used in working with young people experiencing psychosis. The workshop will use multimedia and interactive formats, and include didactic elements, case studies, and skills-based work.

The Highs & Lows of Mania

Date: Wednesday 2nd August 2018
Venue: Meeting Room E, Brunswick Town Hall, Sydney Rd Brunswick

This workshop will describe the role of psychological process in the onset and maintenance of mania and will use an interactive format, allowing participants to discuss, learn and apply principles.

Register for all workshops opens at 9:15am
Workshops commence on time at 9:30am

EPPIC STATEWIDE SERVICES TRAINING CALENDAR

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

Therapeutic Group Work with Young People

Date: Tuesday 15th June 2018
Venue: Meeting Room E, Brunswick Town Hall, Sydney Rd Brunswick

Group work can be a powerful intervention for young people recovering from mental disorders. This interactive workshop provides a rationale for group work with this population and an overview of processes for developing, implementing and evaluating group interventions. The workshop is based on the facilitators’ experience in provision of therapeutic group interventions to young people presenting to youth mental health services, both in inpatient and outpatient settings.

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

• Outline the scope of group interventions in promoting positive adolescent development and supporting recovery from mental disorders
• Develop aims and objectives for group work with this population
• Identify and facilitate appropriate group activities that can achieve group work aims and objectives
• Identify group dynamics and consider strategies for promoting positive group dynamics

Engagement in the Acute Phase of First Episode Psychosis.

Date: Wednesday 25th July 2018
Venue: Meeting Room E, Brunswick Town Hall, Sydney Rd Brunswick

The acute phase of psychosis is often a traumatic and distressing experience for young people and their families. Despite being extremely challenging, engagement in this phase of illness is essential for positive outcomes.

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

• Identify factors that can negatively influence engagement
• Communicate and implement techniques that promote rapid engagement
• Outline behaviors and techniques that help maintain therapeutic relationships in time of crisis
• Recognize the importance of therapeutic boundaries and how to use considered therapeutic disclosure

Who Shifted the Goalposts? Borderline Personality Disorder and First Episode Psychosis

Date: Wednesday 5th September 2018
Venue: Meeting Room E, Brunswick Town Hall, Sydney Rd Brunswick

This interactive workshop explores the co-occurrence of first episode psychosis (FEP) and Borderline Personality Disorder (BPD). Staff that founded the HYPE program present this workshop. HYPE is an early intervention program for borderline personality disorder. HYPE comprises a clinical program that provides assessment and treatment for young people with BPD, as well as research and service development and training programs. One of the areas of clinical and research focus is that of the co-occurrence of BPD and FEP.

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 and combined treatment of BPD and psychoses
• Identify specific interventions for BPD and associated problems in young people
• Outline a model of BPD and FEP
• Discuss pilot data about the effectiveness of an integrated treatment model for FEP & BPD

Professional Development sessions delivered to your workplace by EPPIC Statewide

Our team at EPPIC Statewide Services has extensive experience in the development of a range of individualised training packages that can be specifically targeted to your organisation. The following early psychosis workshops can be delivered by EPPIC Statewide Services.

Risk Assessment and Risk Management in the Acute Phase of Early Psychosis.

Date: Wednesday 17th October 2018
Venue: Meeting Room E, Brunswick Town Hall, Sydney Rd Brunswick

Young people presenting to services with a first episode psychosis commonly experience an acute phase of illness during this period of care. Such presentations are often associated with various types of risk for the young person and others. Comprehensive risk assessment, risk management planning and service development to mental health professionals and youth early psychosis services (YESP) in Victoria.

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

• Identify and describe various types of risk that commonly occur in young people experiencing an acute phase of illness
• Identify individual clinician, systemic and workplace cultural factors that can influence decision-making
• Develop skills in assessing, analyzing and appraising clinical risks using a risk assessment framework
• Summarise and document clinical risk using a formulation-based approach
• Synthesise research findings and evidence to incorporate this in decision making around clinical risk management

Getting In Early: Working With Ultra High Risk

Date: Tuesday 29th October 2018
Venue: Learning & Teaching Centre - Auditorium, University of Melbourne, Dixon Street, Wangaratta

This workshop will provide participants with an introduction to Cognitive Behavioural Therapy (CBT) principles that can be used in working with young people experiencing psychosis: the workshop will utilise multimedia and interactive formats, and include didactic elements, case studies, and skills-based work.

Secondary consultation in regard to first episode psychosis is available.

For more information please email training@oyh.org.au

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Engaging Young People Experiencing First Episode Psychosis

This workshop will provide participants with an introduction to therapeutic skills in young people experiencing an acute episode of psychosis. It will include an overview of theories underpinning engagement in the therapeutic relationship, the rationale for, and importance of engagement. The workshop will also look at clinician-related issues in the therapeutic relationship and will conclude with the management of therapeutic rupture.

Healthy Minds, Healthy Body: Physical Health in Early Psychosis

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Orygen Youth Health (OYH) is a specialist service, in Melbourne’s western metropolitan region, aiming to optimise mental health outcomes for young people. The clinical program services young people aged 13 to 24 years presenting with a variety of mental health concerns, including first episode psychosis.

EPIC Statewide Services (ESW) is one of the teams within OYH Training & Communications. ESW is funded by the Mental Health Branch of the Department of Human Services to assist Victorian public mental health services to optimise their response to young people with emerging psychotic disorders.

Victorian YP Services (and public mental health staff) may access ESW for consultation to assist with a range of local initiatives aimed at optimising service response to young people with early psychosis including:

- consultation with clinical groups
- development of local clinical guidelines
- psychoeducational group programs for young people and their carers
- identification of training needs
- locally targeted training
- development of strategies designed to evaluate early psychosis initiatives

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.

EPIC Statewide Services

Wangaratta

Brunswick Town Hall

Wangaratta

Brunswick Town Hall

How to get to the training venue at Brunswick Town Hall
Corner of Sydney Road, and Dawson Street, Brunswick.

To Brunswick Town Hall by bus: Bus route 19 travels between Moonee Ponds and Wangaratta Railway Station. Disembark at the corner of Sydney Road and Dawson Street.

To Brunswick Town Hall by car: Maps and reference: 82F. Car parking is very limited. There is limited off-street parking in Dawson Street, which may be subject to change. We encourage you to use public transport if possible.

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Enquiries:
Phone  (03) 9342 3744 or email training@oyh.org.au

Disclaimer
At 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.

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