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

Please note that we have changed our name from EPPIC Statewide Services (ESW) and now refer to Orygen clinical training to represent a broadening of our focus from early psychosis to youth mental health more generally. We hope the calendar will continue to appeal to those working in early psychosis, as well as to other clinicians working in the youth mental health field. Clinicians who are in private practice or work outside Victoria are free to register, but will be charged a higher fee.

In 2020, we will be charging all participants a processing fee and will be providing basic catering in our workshops. We understand this is a change for previous participants, and we apologise for any inconvenience this causes. Fees will be $50.00 for mental health clinicians working in Victoria. Clinicians in private practice or outside Victoria will be charged $220.00 per day of training.

We will attempt to accommodate dietary preferences that are listed on confirmation, however, please be advised that we may not be able to fully comply with all requests.

The venue for all workshops is at ORYGEN COLONIAL FOUNDATION INNOVATION CENTRE
35 Poplar Road, Parkville 3052
Registration for all workshops opens at 9.15am, workshops commence on time at 9.30am and finish at 4.30pm.
COGNITIVE BEHAVIOURAL THERAPY INTERVENTIONS FOR PSYCHOSIS

Monday 3 February, and Monday 10 February, 2020

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 end of the workshop, participants will be able to:
1. describe the theory and rationale underpinning the CBT model
2. outline the evidence base for the use of CBT with people experiencing psychotic disorders
3. complete a cognitive behavioural case formulation
4. identify strategies for effective provision of psycho-education
5. discuss the role of trauma in work with young people with psychosis
6. identify strategies in working with young people experiencing hallucinations
7. describe how to work effectively and compassionately with people experiencing delusions.

EFFECTIVE PSYCHOLOGICAL INTERVENTIONS FOLLOWING A FIRST MANIC EPISODE

Monday 2 March, 2020

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

EARLY INTERVENTION FOR BORDERLINE PERSONALITY DISORDER

Monday 20 and Tuesday 21 April, 2020

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

UNDERSTANDING AND WORKING WITH AUTISM SPECTRUM DISORDER

Tuesday 10 March, 2020

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 population. 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:
1. identify the features of ASD that may be present for a young person including social, communication, cognitive and sensory differences
2. be aware of screening tools and pathways for formal assessment
3. formulate how ASD might predispose a young person to experience mental ill health & reflect on how symptoms might manifest differently for a young person with an ASD
4. adapt treatment planning and set realistic goals for treatment
5. understand how to work systemically, involving family and other supports
6. 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.
ORYGEN CLINICAL TRAINING CALENDAR 2020

CASE MANAGEMENT FOR FIRST EPISODE PSYCHOSIS
Monday 1 June, 2020

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 psycho-education
• understand the importance of using a formulation based approach to inform therapeutic interventions
• explore and work with young people’s individual explanatory models
• identify and manage therapeutic ruptures.

RELATIONAL FORMULATION
Monday 25 and Tuesday 26 May, 2020

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 peoples’ 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
• have practice using simple language to convey the relational formulation to others.

RETHINKING FIRST EPISODE PSYCHOSIS AND BORDERLINE PERSONALITY DISORDER
Wednesday 10 June, 2020

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
• discuss how the differences might affect clinical practice.

INVOLVING FAMILIES AND OTHERS IN THE CARE OF YOUNG PEOPLE
Wednesday 12 August, 2020

The impact of mental ill-health on young people can be wide reaching. Family members and friends of young people with mental illness 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
• practice family work skills in a safe learning environment.
ORYGEN CLINICAL TRAINING CALENDAR 2020

EFFECTIVE PSYCHOLOGICAL INTERVENTIONS FOLLOWING A FIRST MANIC EPISODE
Monday 12 October, 2020

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
- describe the role of psychological processes in wellness planning.

RISK ASSESSMENT AND RISK MANAGEMENT IN YOUNG PEOPLE
Monday 31 August and Monday 7 September, 2020

In this two-day workshop, you will learn that young people often 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 the workshop you will be able to:
- identify and describe various types of risk that commonly occur in young people
- identify individual clinician, systemic and work place cultural factors that can influence decision-making
- develop skills in screening, assessing and analysing clinical risks using a risk assessment framework
- summarise and document clinical risk using a formulation-based approach
- consider how risk can be understood within the context of different presenting problems, such as psychosis, personality disorder, and chronic depression
- synthesise research findings and evidence to incorporate this in decision making around clinical risk management.

COGNITIVE BEHAVIOURAL THERAPY INTERVENTIONS FOR PSYCHOSIS
Monday 19 and Monday 26 October, 2020

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 end of the workshop, participants 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 psycho-education
- discuss the role of trauma in work with young people with psychosis
- identify strategies in working with young people experiencing hallucinations
- describe how to work effectively and compassionately with people experiencing delusions.

GETTING IN EARLY: WORKING WITH ULTRA HIGH RISK
Monday 9 November, 2020

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
- 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 SPECTRUM DISORDER

Tuesday 8 December, 2020

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 population. 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 ASD that may be present for a young person including social, communication, cognitive and sensory differences
- be aware of screening tools and pathways for formal assessment
- formulate how ASD might predispose a young person to experience mental ill health & reflect on how symptoms might manifest differently for a young person with an ASD
- adapt treatment planning and set realistic goals for treatment
- understand how to work systemically, involving family and other supports
- 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.

RETHINKING FIRST EPISODE PSYCHOSIS AND BORDERLINE PERSONALITY DISORDER

Thursday 19 November, 2020

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
- discuss how the differences might affect clinical practice.

PROFESSIONAL DEVELOPMENT AND CLINICAL WORKFORCE DEVELOPMENT

Orygen can provide clinical training packages or bespoke training tailored to your service, in your region. Please contact us to discuss your service’s needs.

T (+61) 3 9966 9440
E training@oyh.org.au

ALL WORKSHOPS COUNT TOWARDS CONTINUING PROFESSIONAL DEVELOPMENT HOURS FOR CLINICIANS REGISTERED WITH AHPRA

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. 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 be supplying small 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.

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.

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

Consultation
Orygen provides a range of 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 6100 or email training@oyh.org.au

ONLINE NETWORKING AND PROFESSIONAL DEVELOPMENT

Orygen has a closed Facebook group for mental health clinicians working with early psychosis. The group was established in response to requests from mental health professionals in Victoria who were seeking an online space to connect, network and share ideas about youth mental health and early psychosis. This group is a moderated space and is checked by Orygen regularly between 9-5pm Monday-Friday.

You can read more information about the group and join up here:
www.facebook.com/groups/1778057739090496

Orygen provides specialist services (formerly known as Orygen Youth Heath), and aims to optimise outcomes for young people aged 15 – 25 years living in the North Western region of metropolitan Melbourne. We focus on early intervention for severe mental ill-health including first episode psychosis, personality disorders, complex mood disorders, eating disorders, neurological disorders, and forensic problems. Orygen provides workshops, supervision and consultations by senior clinical educators who have extensive youth mental health experience, and who have worked in Orygen programs and are committed to providing best-practice, evidence-informed approaches.

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.
• Development of strategies designed to evaluate youth mental health initiatives.

TRAINING LOCATION

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

GETTING TO ORYGEN

Public transport
Tram and bus stops are located next to Royal Park station.

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.