



CLINICAL TRAINING CALENDAR

2025

Orygen Clinical Training. Orygen provides clinical training and service development support to clinicians and services working in youth mental health across Victoria. The Orygen Clinical Training (OCT) program provides a calendar of workshops that integrate research and best-practice approaches and have been developed by senior clinical educators with extensive experience working in Orygen's specialist clinical care programs.

We offer a range of workshops designed for practitioners across the youth mental health workforce.

We welcome enquiries for team and service-based learning and development. Please contact us for further information:
ymhtraining@mh.org.au



Capability Framework

Orygen Clinical Training is aligned with The Victorian Mental Health and Wellbeing Workforce Capability Framework.



We would like to acknowledge that the Department of Health have provided extra funding to support the development of Victorian Child and Youth Mental Health and Wellbeing Services.

Registration Details

Find out more and register online via the Orygen website:



The Centre for Mental Health Learning (CMHL) website:



Fees

An administrative fee is charged to mental health clinicians working within Victoria at \$50.00 per day. Those working outside Victoria will be charged \$220.00 per day of training.

Cancellation policy

Cancellations made at least seven days prior to a workshop will be eligible for a refund. Cancellations made less than seven days prior to a workshop will be charged full price.

Attendance Certificates

These will be provided upon completion of the workshop.

Please ensure you read our Participation Expectations document prior to attending any OCT training event. We will email this to you on request or with registration. For online workshops there is an expectation to have your camera on for most of the workshop

Accessibility

Please let us know if you have any accessibility requirements that will support your participation by contacting us via phone (03) 9966 9100 or email: ymhtraining@mh.org.au

Times

All workshops start at 9.30am and will finish by 4.30pm. Please arrive (or log in) at 9.15am ready for a prompt start at 9.30am.

Catering for in-person workshops

A light lunch, tea and coffee will be provided for in-person training workshops. We will make reasonable attempts to accommodate dietary preferences when we are informed of these at the time of registration.

Mode of Delivery

Online workshops

Online workshops on this calendar are conducted via Zoom. A link and instructions will be emailed one week prior to the workshop. To support a shared learning and active participation environment for all it is expected that participants will have their cameras turned on. We will try and support you with any technology issues. If you have any concerns regarding this requirement please contact us.

In-person workshops

In-person workshops will be delivered at the Orygen Innovation Centre, 35 Poplar Road, Parkville 3052. There is a café onsite. You can get to Parkville via Train (Upfield Line and stop at Royal Park Station) and Tram 58 stops at the Royal Park Station (Stop 27). Orygen is a short walk down the hill (200m) away from Melbourne Zoo. There is parking available at the Orygen site at a cost.



ESSENTIALS OF YOUTH MENTAL HEALTH

Wednesday 12 and Thursday 13 February, 2025

Location: **Orygen Parkville (in-person)**

Tuesday 5 and Wednesday 6 August, 2025

Location: **Online**

This two-day workshop will provide an overview of the rationale and core components of early intervention in youth mental health. It will be helpful for a broad range of mental health practitioners and lived experience workforces early in their career or new to working in youth mental health, particularly in the area of mental health services.

Young people presenting for youth mental health care are often experiencing severe and complex difficulties. The mental health workforce in youth mental health need to develop broad capabilities to engage young people and their families sensitively, holistically, and safely and in a way that encourages involvement in their treatment and recovery. The workshop will focus on the rationale and core components in providing sensitive and safe, holistic care that maximises the outcomes that young people and their families want.

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

- describe the rationale and components of early intervention in youth mental health.
- recognise the importance of providing sensitive, safe and holistic care to a diverse range of young people and their families, including physical and sexual health and wellbeing.
- engage the systems around young people to best support them.
- develop a formulation-based treatment plan that collaboratively involves the young person and family.
- describe the core domains of functional recovery and the range of strategies to enable functional recovery.

Victorian Workforce Capabilities addressed:

Delivering holistic and collaborative assessment and care planning (9)

Delivering compassionate care, support and treatment (10)

Promoting prevention, early intervention and help seeking (11)

UNDERSTANDING AND WORKING WITH AUTISTIC YOUNG PEOPLE WITH CO-OCCURRING MENTAL HEALTH CHALLENGES

Wednesday 5 and Thursday 6 March, 2025

Location: **Online**

Wednesday 20 and Thursday 21 August, 2025

Location: **Orygen Parkville (in-person)**

This two-day workshop will be helpful for a broad range of mental health practitioners and lived experience workforces and who are wanting an introduction to working with autistic young people with co-occurring mental health challenges.

Autistic young people experience mental health challenges at a higher rate than the general population. This workshop will explore the features of autism in young people, including identification of autism in a youth mental health population, together with common co-occurring mental health conditions. Methods for engaging autistic young people in assessment and treatment will be explored, including risk, engagement and therapeutic modifications.

At the completion of this two-day workshop, you will be able to:

- identify the features of autism in young people, including gender differences and understand the role of screening tools and pathways for formal assessment.
- identify interpersonal and social challenges common in autistic young people.
- formulate how autism might predispose a young person to experience mental health difficulties and specific suicide risk factors.
- adapt therapeutic engagement, case formulation, and treatment planning to be autism-friendly; including involving families, modifying risk management and intervention skills.

Victorian Workforce Capabilities addressed:

Working with diverse consumers, families and communities (3)

Delivering holistic and collaborative assessment and care planning (9)

Delivering compassionate care, support and treatment (10)

UNDERSTANDING AND RESPONDING TO SUICIDE AND SELF-HARM RISK IN YOUNG PEOPLE

Monday 17 and Tuesday 18 March, 2025

Location: **Online**

Monday 18 and Tuesday 19 August, 2025

Location: **Orygen Parkville (in-person)**

Tuesday 11 and Wednesday 12 November, 2025

Location: **Orygen Parkville (in-person)**

This two-day workshop will explore contemporary concepts, and themes about working with young people at risk of suicide and self-harm and serious mental illness. It will be most helpful for clinical mental health practitioners working with young people in mental health and wellbeing services.

Working with young people at risk of suicide and self-harm presents complex challenges. You will learn and practice techniques from specific models such as the Chronological Assessment of Suicide Events (CASE) approach, and the Pisani risk formulation model that emphasises prevention over prediction and how they relate to working with young people with complex mental health presentations.

At the completion of this two-day workshop, you will be able to:

- describe the usefulness and limitations of risk assessment frameworks.
- apply skills of the CASE approach to exploring suicidal intent.
- document and communicate risk formulations and safety plans more effectively with young people, their families, and the broader system.
- apply risk prevention principles when working with challenging presentations.

Victorian Workforce Capabilities addressed:

Understanding and responding to mental health crisis and suicide (5)

Working effectively with families, carers and supporters (8)

Delivering holistic and collaborative assessment and care planning (9)

WORKING WITH YOUNG PEOPLE FROM REFUGEE AND ASYLUM SEEKER BACKGROUNDS ENGAGING WITH MENTAL HEALTH SETTINGS

Thursday 20 March, 2025

Location: **Orygen Parkville (in-person)**

This one-day workshop addresses the barriers to and enablers of equitable mental health care for young people from refugee and asylum seeker backgrounds. It will be helpful for a broad range of mental health practitioners and lived experience workforces who work with infants, child and youth in the area of mental health and wellbeing services.

People of refugee and asylum seeker backgrounds have disproportionate vulnerabilities for mental health difficulties and a range of social inequities. Despite this these groups access mental health care at lower rates than their non-refugee peers. This workshop will support participants to reduce barriers to access, and increase awareness of potential enablers to providing responsive and equitable mental health care.

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

- understand the significance of forced migration and settlement and which information is relevant for practice.
- understand the risk and protective factors during settlement.
- identify barriers and enablers to accessing mental health and wellbeing services and the role health literacy has in enabling engagement.
- observe and reflect on a cultural formulation interview.
- recognise the importance and application of trauma-informed principles of practice.

Victorian Workforce Capabilities addressed:

Working with diverse consumers, families and communities (3)

Understanding and responding to trauma (4)

Supporting system navigation, partnerships and collaborative care (12)

RELATIONAL FORMULATION: UNDERSTANDING COMPLEXITY

Wednesday 8 and Thursday 9 April, 2025

Location: **Online**

Wednesday 23 and Thursday 24 July, 2025

Location: **Orygen Parkville (in-person)**

Wednesday 15 and Thursday 16 October, 2025

Location: **Orygen Parkville (in-person)**

This two-day workshop will introduce a relational model to help reflect on, formulate and promote more helpful responses when working with young people with a range of mental health difficulties. It will be helpful for a broad range of mental health practitioners and lived experience workforces. It is most helpful when used in team-based workplace settings.

Working with young people who are experiencing severe and complex mental health challenges (including personality disorder and eating disorders) can be challenging for clinicians and multidisciplinary teams. These challenges can result in clinicians or teams feeling stuck, and to inadvertently engaging with existing unhelpful patterns. A relational model can help teams and care systems reflect on, formulate and promote more helpful responses.

At the completion of this two-day workshop, you will be able to:

- outline and describe a relational model for use in team discussions.
- describe core relational concepts and reflect on their impact on clinician responses.
- articulate helpful and unhelpful ways to respond in challenging situations.
- apply a template for mapping relational patterns.

Victorian Workforce Capabilities addressed:

Enabling reflective and supportive ways of working (13)

Delivering compassionate care, support and treatment (10)

COGNITIVE BEHAVIOURAL THERAPY FOR PSYCHOSIS

Monday 28 April 2025 and Monday 5 May 2025

Location: **Orygen Parkville (in person)**

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. It will be helpful for a broad range of mental health practitioners with 2+ years of experience in mental health.

This workshop provides an introduction to the application of the principles of CBT when working with young people experiencing psychosis. Cognitive behavioural interventions for psychosis have a strong evidence-base, and are recommended in most international treatment guidelines. However, this treatment approach often requires adaptation when working with young people early in the course of psychosis.

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

- describe the rationale and evidence-base for the CBT model in young people experiencing psychosis.
- describe the general model and practice principles of CBT.
- complete a cognitive behavioural case formulation.
- understand and practice a number of CBT change strategies.
- describe how to work effectively and compassionately with people experiencing hallucinations and delusions.

Victorian Workforce Capabilities addressed:

Delivering holistic and collaborative assessment and care planning (9)

Delivering compassionate care, support and treatment (10)

Promoting prevention, early intervention and help seeking (11)

WORKING WITH YOUNG PEOPLE WHO USE VIOLENCE, AGGRESSION OR WHO ARE JUSTICE-INVOLVED

Tuesday 6 May, 2025

Location: **Orygen Parkville (in person)**

Wednesday 19 November, 2025

Location: **Online**

This one-day workshop will shed light on the complex youth justice system and explore the underlying drivers for engaging in problem behaviours and their nexus with mental ill-health. This workshop will be helpful for a broad range of practitioners and lived experience workforces.

Young people involved in the justice system have high rates of mental health challenges and neurodiversity. As a result, mental health services and clinicians are increasingly supporting young people that are using violence and display other problem behaviours. Understanding the reasons underlying these concerning behaviours, their antecedents, and intervention strategies, is an important area of competence for youth mental health clinicians.

At the completion of this one-day workshop, you will be able to:

- understand the youth justice system in Victoria and common experiences of young people in contact with this system.
- describe the Victorian court system and identify key legislation that applies to the youth justice system in Victoria.
- understand reasons why young people might use violence.
- screen for forensic risk in young people and formulate problem behaviours and consider implications for treatment.

Victorian Workforce Capabilities addressed:

Working with diverse consumers, families and communities (3)

Supporting system navigation, partnerships and collaborative care (12)

Delivering compassionate care, support and treatment (10)

EARLY INTERVENTION FOR PERSONALITY DISORDER

Wednesday 7 and Thursday 8 May, 2025

Location: **Online**

Wednesday 8 and Thursday 9 October, 2025

Location: **Orygen Parkville (in-person)**

This two-day workshop will review the current evidence about personality disorders in young people and present a best practice model of early intervention for young people with a personality disorder. It will be helpful for a broad range of mental health practitioners and lived experience workforces who work in mental health and wellbeing services.

Severe Personality Disorder (or Borderline Personality Disorder, BPD) is 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.

At the completion of this two-day workshop, you will be able to:

- describe the rationale for early intervention for personality disorder in young people and apply evidence-based early intervention and relational principles.
- apply an evidence-based approach to working with families and friends of young people with personality disorder.
- apply strategies to more effectively work with the challenges that can arise, such as managing interpersonal difficulties, risk and chronic self-harm.

Victorian Workforce Capabilities addressed:

Delivering holistic and collaborative assessment and care planning (9)

Delivering compassionate care, support and treatment (10)

Promoting prevention, early intervention and help seeking (11)



SUBSTANCE USE AND YOUTH MENTAL HEALTH: WORKING WITH REALITY

Thursday 2 October, 2025

Location: **Orygen Parkville (in-person)**

This one-day workshop will focus on building knowledge about substance use, how to assess use and incorporating evidence-based interventions into your mental health practice. It will be helpful for a broad range of mental health practitioners and lived experience workforce who work with young people with co-occurring mental health and substance use challenges.

Many young people experiencing mental health difficulties engage in substance use, and in ways that are harmful. Working effectively with substance use and addressing the associated stigma is an important area of competence for mental health clinicians. The workshop will focus on how to incorporate evidence-based interventions into your mental health practice using clinical case examples.

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

- understand the impact of substance use disorders on mental health conditions.
- undertake a comprehensive assessment of substance use.
- describe the impact of various substances on a young person's mental health.
- demonstrate awareness of how to intervene effectively with young people who are using substances and engaging in misuse.

Victorian Workforce Capabilities addressed:

Understanding and responding to substance use and addiction (6)

Delivering holistic and collaborative assessment and care planning (9)

Delivering compassionate care, support and treatment (10)

INTRODUCTION TO COGNITIVE BEHAVIOURAL THERAPY (CBT) FOR YOUTH MENTAL HEALTH CLINICIANS

Tuesday 20 May and Tuesday 27 May, 2025

Location: **Orygen Parkville (in-person)**

Tuesday 16 September and

Tuesday 23 September, 2025

Location: **Orygen Parkville (in-person)**

This two-day workshop will provide an introduction to core practice principles and components of the CBT model. It will be helpful for a broad range of mental health practitioners who don't have a background in CBT and are wanting an introduction to the application of the CBT model in youth mental health.

Cognitive Behavioural Therapy (CBT) has a demonstrated evidence base across a wide range of mental health conditions affecting young people. This workshop will invite participants to think about how to adapt this model when working with young people aged 12-25 years, focusing on those experiencing anxiety and depressive disorders. It will explore some of the CBT-based interventions that can be used to reduce the distress that arises from common unhelpful thinking and behavioural patterns.

At the completion of this two-day workshop, you will be able to:

- describe and apply the Mooney & Padesky's (1990) model of CBT integrating biology, thought, mood, and behaviour.
- recognise common, unhelpful thinking patterns experienced by young people with anxiety and depression.
- understand and develop a CBT informed formulation.
- articulate and practice some skills-based interventions to reduce distress associated with unhelpful thinking patterns.

Victorian Workforce Capabilities addressed:

Delivering holistic and collaborative assessment and care planning (9)

Delivering compassionate care, support and treatment (10)

Promoting prevention, early intervention and help seeking (11)



RECOGNISING AND ADAPTING OUR PRACTICE FOR YOUNG PEOPLE WITH CO-OCCURRING MENTAL HEALTH AND COGNITIVE CHALLENGES

Tuesday 10 June, 2025

Location: **Orygen Parkville (in-person)**

This one-day workshop will explore how we integrate research findings and clinical practice when working with young people with co-occurring mental health and cognitive challenges. It will be helpful for a broad range of mental health practitioners who work with young people with co-occurring cognitive and mental health challenges.

Many young people experiencing mental ill-health also have cognitive challenges. Yet many mental health clinicians express that they don't feel confident in responding to young people who also present with cognitive challenges. This workshop will present a mix of research findings and explore the integration with clinical practice. It will briefly explore how to identify someone experiencing cognitive challenges, identify screening tools, when to refer to a specialist, as well as ways to modify practice.

You may want to consider attending both this workshop and the one-day workshop on *Recognising and supporting speech, language and communication needs in young people with co-occurring mental health challenges* on 17 June.

At the completion of this one-day workshop, you will be able to:

- understand why we need to care about cognition and cognitive impairment in youth mental health.
- understand what cognitive functioning and cognitive challenges look like and how mental health and cognition impact each other.
- understand how to screen for cognitive challenges and cognitive functioning.
- demonstrate awareness of some strategies to modify clinical practice.

Victorian Workforce Capabilities addressed:

Working with diverse consumers, families and communities (3)

Delivering holistic and collaborative assessment and care planning (9)

Embedding evidence-informed continuous improvement (14)

RECOGNISING AND SUPPORTING SPEECH, LANGUAGE AND COMMUNICATION NEEDS IN YOUNG PEOPLE WITH CO-OCCURRING MENTAL HEALTH CHALLENGES

Tuesday 17 June, 2025

Location: **Orygen Parkville (in-person)**

This one-day workshop will focus on how we can provide more effective support for young people with co-occurring speech, language and communication needs and mental health challenges. This workshop will be helpful for a broad range of practitioners and lived experience workforces.

Many young people with mental health challenges have underlying speech, language, and communication needs, which are often under detected, assessed and supported in youth mental health services. This impacts the effectiveness of treatment and ultimately functional outcomes. This workshop will focus on recognising and understanding the impact of speech, language, and communication needs in young people, knowing when to refer on for further assessment and consultation, and trying out practical strategies for supporting young people's communication needs during treatment.

You may want to consider attending both this workshop and the one-day workshop on *Recognising and adapting our practice for young people with co-occurring mental health and cognitive challenges* on 10 June.

At the completion of this one-day workshop, you will be able to:

- understand the bi-directional relationship between speech, language and communication needs and mental health challenges in young people.
- understand typical speech, language and communication development in young people aged 12–25 years and identify the signs when there are difficulties.
- articulate the relationship between speech, language and communication needs and mental health difficulties in your formulations.
- practise using strategies and materials to adapt your communication and interventions.

Victorian Workforce Capabilities addressed:

Working with diverse consumers, families and communities (3)

Delivering holistic and collaborative assessment and care planning (9)

Delivering compassionate care, support and treatment (10)

RE-THINKING FIRST EPISODE PSYCHOSIS AND PERSONALITY DISORDER

Wednesday 16 July, 2025

Location: **Orygen Parkville (in-person)**

This one-day workshop will explore current research and application of principles when working with young people with personality disorders and experiencing psychotic symptoms. It will be helpful for a broad range of mental health practitioners who work in mental health and wellbeing services. It is most helpful if you have 2+ years of experience.

Historic conceptualisations and research in clinical populations observe the co-occurrence of psychotic symptoms and personality disorder features. There continues to be controversy and debate regarding this co-occurrence and attitudes; and the language used by health professionals can be unhelpfully binary and stigmatising. Services and clinicians also find themselves navigating the dilemmas and principles of treatment for young people with both psychotic symptoms and personality disorder features.

At the completion of this one-day workshop, you will be able to:

- describe the current evidence on the co-occurrence of personality disorders and psychosis.
- articulate the early intervention principles and models of care for personality disorders.
- articulate the application of principles in formulating, screening and assessment for personality disorders and psychotic symptoms.
- articulate the evidence base for more sophisticated approaches to pharmacological management and managing risk to self.

Victorian Workforce Capabilities addressed:

Delivering holistic and collaborative assessment and care planning (9)

Promoting prevention, early intervention and help seeking (11)

UNDERSTANDING AND RESPONDING TO YOUNG PEOPLE WHO HAVE ADHD AND CO-OCCURRING MENTAL HEALTH CHALLENGES

Wednesday 10 and Thursday 11 September 2025

Location: **Orygen Parkville (in-person)**

This two-day workshop will be helpful for a broad range of mental health practitioners who want an introduction to working with young people with co-occurring ADHD and mental health challenges.

Attention Deficit and Hyperactive Disorder (ADHD) is one of the most prevalent neurodevelopmental disorders, with a typical onset before 12 years of age. It can significantly impact a young person's participation in life, school and community. This workshop will explore aetiology, screening, assessment, diagnosis and interventions for managing ADHD, in particular the importance of collaborating with family, schools and other support services.

At the completion of this two-day workshop, you will be able to:

- articulate the rationale for early intervention for ADHD.
- recognise and describe the symptoms of ADHD and the impact on young people.
- describe the types of assessment for ADHD and challenges in diagnosing ADHD in young people with co-occurring illness.
- articulate the overall aims and objectives of treating ADHD in young people, the importance of good prescribing practices, providing good psychoeducation and working with schools and families.
- apply some practical intervention strategies.

Victorian Workforce Capabilities addressed:

Working with diverse consumers, families and communities (3)

Delivering holistic and collaborative assessment and care planning (9)

Promoting prevention, early intervention and help seeking (11)



YOUTH MENTAL HEALTH WORK: THE INCLUSION OF FAMILIES, CARERS AND SUPPORTERS STARTS AT THE FRONT DOOR

Thursday 18 September, 2025

Location: **Orygen Parkville (in-person)**

This one-day workshop will focus on the rationale for and how we effectively support and work with families, carers and supporters of young people with mental health challenges. This workshop will be helpful for a broad range of mental health practitioners and lived experience workforces working in child and youth mental health services.

Evidence shows that recovery outcomes for young people with mental ill-health are enhanced when their families, carers and supporters are included in their care. So why might there be resistance to including families, carers and supporters? This workshop will focus on the practical aspects of why families, carers and supporters should be included in the care of young people. It will explore some of the barriers to inclusion and practical strategies about how to work with young people when they don't want to include their families, carers and supporters. It will be co-presented by a Family Work Clinician and Family Lived Experience Peer Support Worker.

At the completion of this one-day workshop, you will be able to:

- understand the role of families, carers and supporters of young people aged 12–25 years who have a serious mental illness.
- understand how families can support and influence outcomes regarding assessment, safety and functional recovery.
- identify and apply family inclusive practice principles, interventions and practical tools to support your work with young people and their families.

Victorian Workforce Capabilities addressed:

Working effectively with families, carers and supporters (8)

Delivering compassionate care, support and treatment (10)

Embedding evidence-informed continuous improvement and lived experience perspective (14)



Orygen acknowledges the Traditional Owners of the lands we are on and pays respect to their Elders past and present. Orygen recognises and respects their cultural heritage, beliefs and relationships to Country, which continue to be important to the First Nations people living today.

**REVOLUTION
IN MIND** *orygen*

GET IN TOUCH

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