



CLINICAL TRAINING CALENDAR

2023

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 programs of care.

We provide a range of workshops developed to cater for different levels of experience in the youth mental health workforce. Foundational Capabilities workshops have been developed for clinicians early in their career, new to youth mental health or wanting a refresher. Enhanced Capabilities workshops have been developed for more experienced clinicians wanting to build further skills focusing on specific client groups or techniques.



WORKSHOPS

RELATIONAL FORMULATION

Wednesday 15 and Thursday 16 February, 2023

Enhanced Capabilities Workshop

Location: **Orygen Parkville**

Working with young people who are experiencing severe and complex mental ill-health (including personality disorders) can be challenging for clinicians and multidisciplinary teams. These challenges can result in clinicians or teams feeling stuck, and to inadvertent collusion with maladaptive patterns. This two-day workshop will introduce a relational model to help formulate and communicate such challenges, and promote more helpful responses to the young person's systems.

At the completion of this 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; and
- apply principles of practice mapping relational patterns.

UNDERSTANDING AND WORKING WITH AUTISM IN YOUNG PEOPLE

Wednesday 15 and Thursday 16 March, 2023

Foundational Capabilities Workshop

Location: **Online**

Autism Spectrum Disorder (ASD) may predispose a young person to experience mental ill-health and treatment often requires modification to meet the young person's needs, such as engagement, CBT skills and social interventions. This two-day workshop will explore the features of ASD in young people and discuss common comorbid mental health conditions and the associated complexity in working with this group.

At the completion of this 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 ASD;
- formulate how ASD might predispose a young person to experience mental ill-health and specific suicide risk factors; and
- adapt therapeutic engagement, case formulation, and treatment planning to be autism-friendly, including involving families, modifying risk management and intervention skills.

COGNITIVE BEHAVIOURAL THERAPY INTERVENTIONS FOR PSYCHOSIS

Monday 20 and Monday 27 March, 2023

Enhanced Capabilities Workshop

Location: **Orygen Parkville**

Cognitive behavioural interventions for psychosis have a strong evidence-base and are recommended in most international treatment guidelines for this population. However, this treatment approach often requires adaptation when working with young people early in the course of psychosis. 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.

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

- describe the rationale and evidence-base for the CBT model in young people experiencing psychosis;
- complete a cognitive behavioural case formulation;
- identify strategies for effective psychoeducation; and
- describe how to work effectively and compassionately with people experiencing hallucinations and delusions.

CASE MANAGEMENT FOR EARLY PSYCHOSIS

Monday, 3 April 2023

Foundational Capabilities Workshop

Location: Online

Early intervention for psychosis now has a wealth of evidence built up over more than 25 years and it is important that clinicians translate this evidence base into their clinical practice to promote recovery outcomes for young people and their families. This workshop will provide an overview of the rationale and evidence behind this approach and introduce the core skills and interventions necessary to intervene and provide care to young people experiencing a first episode of psychosis (FEP).

At the completion of this 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; and
- identify and manage therapeutic ruptures.

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

Thursday 4 and Friday 5 May, 2023

Foundational Capabilities Workshop

Location: Orygen Parkville

Working with risk in young people presents complex challenges. You will learn and practice techniques from specific models such as the Chronological Assessment of Suicide Events (CASE) approach and a risk formulation model that emphasises prevention over prediction. This two-day workshop will review contemporary concepts and themes about working with suicide and self-harm and how they relate to working with young people with complex presentations.

At the completion of this 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; and
- reflect on the impact that working with suicide and self-harm can have on clinicians and teams.

RELATIONAL FORMULATION

Thursday 18 and Friday 19 May, 2023

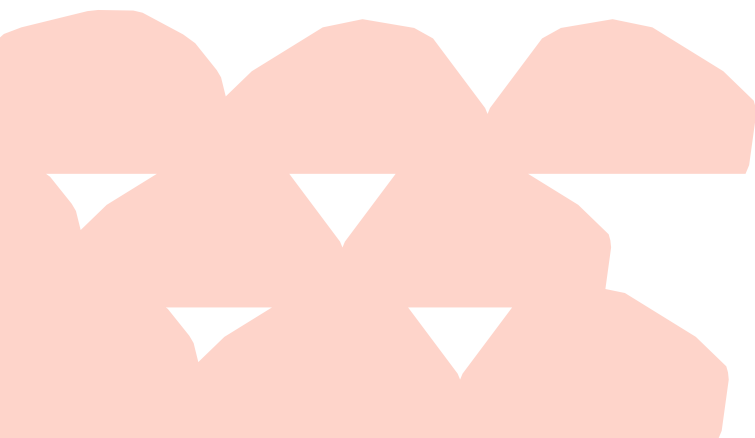
Enhanced Capabilities Workshop

Location: Online

Working with young people who are experiencing severe and complex mental ill-health (including personality disorders) can be challenging for clinicians and multidisciplinary teams. These challenges can result in clinicians or teams feeling stuck, and to inadvertent collusion with maladaptive patterns. This two-day workshop will introduce a relational model to help formulate and communicate such challenges and promote more helpful responses to the young person's systems.

At the completion of this 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; and
- apply principles of practice mapping relational patterns.



RETHINKING FIRST EPISODE PSYCHOSIS AND PERSONALITY DISORDER

Wednesday, 14 June 2023

Enhanced Capabilities Workshop

Location: **Orygen Parkville**

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; 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 workshop, you will:

- be able to describe the current evidence on the co-occurrence of borderline personality disorder (BPD) and psychosis;
- have an understanding of the early intervention principles and models of care for BPD; and
- have gained knowledge on the application of principles in formulating, screening and assessment for personality disorders and psychotic symptoms, pharmacological management and managing risk to self.

GETTING ON WITH LIFE: PROMOTING FUNCTIONAL RECOVERY IN YOUTH MENTAL HEALTH

Thursday, 22 June 2023

Foundational Capabilities Workshop

Location: **Orygen Parkville**

Clinicians often measure 'recovery' from mental ill-health as a reduction in symptoms, however improved functioning (for example employment and education) and wellbeing are also central to young people's recovery but are often not prioritised in mental health services. This one-day workshop will 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 the functional recovery of young people with mental ill-health.

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

- summarise the current evidence base and practice in the area of functional recovery;
- apply the rationale for addressing functional recovery in first episode psychosis;
- describe the core domains of functional recovery; and
- implement a range of strategies to enable functional recovery.

COGNITIVE BEHAVIOURAL THERAPY INTERVENTIONS FOR PSYCHOSIS

Monday 17 and Monday 24 July, 2023

Enhanced Capabilities Workshop

Location: **Online**

Cognitive behavioural interventions for psychosis have a strong evidence-base, and are recommended in most international treatment guidelines for this population. However, this treatment approach often requires adaptation when working with young people early in the course of psychosis. 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.

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

- describe the rationale and evidence-base for the CBT model in young people experiencing psychosis;
- complete a cognitive behavioural case formulation;
- identify strategies for effective psychoeducation; and
- describe how to work effectively and compassionately with people experiencing hallucinations and delusions.



CASE MANAGEMENT FOR EARLY PSYCHOSIS

Monday, 7 August 2023

Foundational Capabilities Workshop Location: Orygen Parkville

Early intervention for psychosis now has a wealth of evidence built up over more than 25 years, and it is important that clinicians translate this evidence base into their clinical practice to promote recovery outcomes for young people and their families. This workshop will provide an overview of the rationale and evidence behind this approach and introduce the core skills and interventions necessary to intervene and provide care to young people experiencing a first episode of psychosis (FEP).

At the completion of this 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; and
- identify and manage therapeutic ruptures.

UNDERSTANDING AND WORKING WITH AUTISM IN YOUNG PEOPLE

Wednesday 16 and Thursday 17 August, 2023

Foundational Capabilities Workshop Location: Orygen Parkville

Autism Spectrum Disorder (ASD) may predispose a young person to experience mental ill-health and treatment often requires modification to meet the young person's needs, such as engagement, CBT skills and social interventions. This two-day workshop will explore the features of ASD in young people and discuss common comorbid mental health conditions and the associated complexity in working with this group.

At the completion of this 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 ASD;
- formulate how ASD might predispose a young person to experience mental ill-health and specific suicide risk factors; and
- adapt therapeutic engagement, case formulation, and treatment planning to be autism-friendly, including involving families, modifying risk management and intervention skills.

WORKING WITH YOUNG PEOPLE WITH CO-OCCURRING EATING AND PERSONALITY DISORDERS

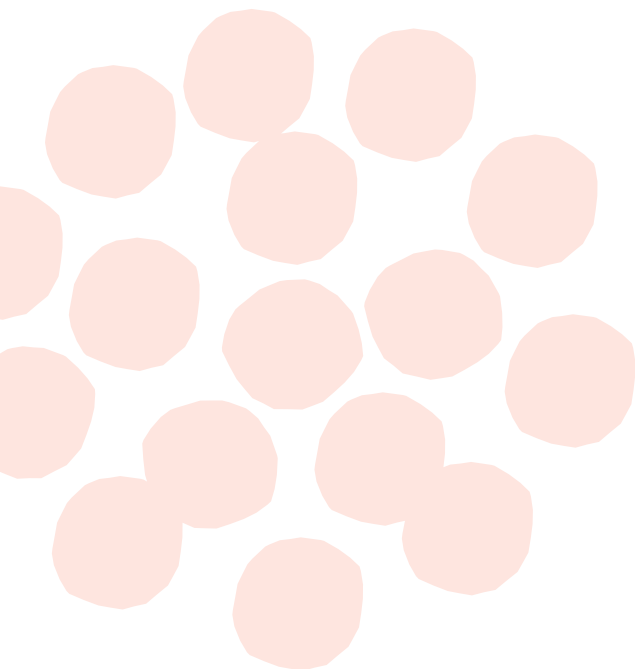
Wednesday 6 and Thursday 7 September, 2023

Enhanced Capabilities Workshop Location: Online

Evidence suggests there is significant co-occurrence between eating disorders and personality disorders, yet there is little clinical consensus to guide assessment and treatment for young people with these complex needs. This two-day interactive workshop will explore the challenges when these problems co-occur and will use case material to explore how a relational approach can help clinicians to manage these.

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;
- compare the principles for early intervention for borderline personality disorder with those working with severe eating disorders in young people; and
- consider how a relational approach can help clinicians to manage complex situations.



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

Thursday 14 and Friday 15 September, 2023

Foundational Capabilities Workshop

Location: Online

Working with risk in young people presents complex challenges. You will learn and practice techniques from specific models such as the Chronological Assessment of Suicide Events (CASE) approach and a risk formulation model that emphasises prevention over prediction. This two-day workshop will review contemporary concepts and themes about working with suicide and self-harm and how they relate to working with young people with complex presentations.

At the completion of this 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; and
- reflect on the impact that working with suicide and self-harm can have on clinicians and teams.

INCLUDING FAMILY AND SIGNIFICANT OTHERS IN EARLY PSYCHOSIS TREATMENT

Monday, 9 October 2023

Foundational Capabilities Workshop

Location: Orygen Parkville

The diagnosis of psychosis can be traumatising and stigmatising for families and they can subsequently feel burdened, stressed and overwhelmed. Family work can enhance family involvement, support and engagement with services whilst also reducing family and carer stress. This one-day workshop will provide participants with practical skills and knowledge to apply to working with families of young people experiencing psychosis.

At the end of the workshop, you will be able to:

- articulate the rationale for family work in the context of a young person's mental health treatment;
- reflect on and discuss challenges and constraints that may arise when implementing family work with this complex client group; and
- apply practical strategies to engage families, particularly early in the young person's treatment.

RELATIONAL FORMULATION

Thursday 19 and Friday 20 October, 2023

Enhanced Capabilities Workshop

Location: Online

Working with young people who are experiencing severe and complex mental ill-health (including personality disorders) can be challenging for clinicians and multidisciplinary teams. These challenges can result in clinicians or teams feeling stuck and to inadvertent collusion with maladaptive patterns. This two-day workshop will introduce a relational model to help formulate and communicate such challenges and promote more helpful responses to the young person's systems.

At the completion of this 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; and
- apply principles of practice mapping relational patterns.

EARLY INTERVENTION FOR PERSONALITY DISORDER

Wednesday 15 and Thursday 16 November, 2023

Foundational Capabilities Workshop

Location: Orygen Parkville

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.

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

- describe how to assess for personality disorders in young people and apply evidence-based early intervention and relational principles;
- outline the essentials of psychoeducation about personality disorders in young people;
- identify best practice for working with families and friends of young people with BPD; and
- more effectively work with risk and chronic self-harm.

REGISTRATION DETAILS

To register for our training please [visit the Orygen website](#).

Fees

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

Mode of delivery

Some workshops will be run online (via Zoom) and some will be delivered in-person. Unfortunately, we cannot offer any hybrid training (both in-person and online together).

Venue

All in-person workshops will be held in the Orygen Colonial Foundation Innovation Centre, 35 Poplar Road, Parkville 3052. Paid parking is available on site and at the Melbourne Zoo nearby. Please check parking limitations carefully.

Handouts and Zoom link

All important information (including Zoom link if relevant) will be emailed to participants prior to the start of each workshop.

Times

Training days run from 9:30am - 4:30pm (unless otherwise indicated). Please arrive or log on at 9.15am, ready for a prompt start at 9.30am.

Catering

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

Accessibility

Please let us know if you have any accessibility requirements to support your participation.

Cancellation

Please note, our workshops are popular and are often oversubscribed. If you're unable to attend, we request that you cancel your registration as soon as possible to allow others the chance to attend in your place. The Eventbrite booking system can provide a full refund if you cancel no later than one week prior to the event. Cancellations less than 48 hours before the starting time are considered late and will not be refunded.

Certificate

Following completion of the workshop a certificate of attendance can be supplied to attendees who sign the attendance sheet.

Resources, consultation or clinical workforce development

Orygen provides a range of consultation and service development supports to mental health clinicians working with young people. Orygen can provide clinical training packages or bespoke training tailored to your service in your region. Please [visit our website](#) or [contact us](#) for further information.

COVID-19

The availability of in-person training will depend on advice from the Victorian Department of Health and Human Services and Orygen guidelines. Any changes to rules or restrictions (e.g. about wearing masks and social distancing on site) or move from in-person to online delivery will be communicated as soon as possible.

Extra training for clinicians working in Victorian Child and Youth Mental Health Services

Further training, including a selection of OCT workshops, has been funded by the Department of Health specifically for clinicians working in Victorian Child and Youth Mental Health Services via the [Centre for Mental Health Learning \(CMHL\)](#).



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

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

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