

# Training Courses

Western Australian Association for Mental Health



**WAAMH**

Western Australian Association  
for Mental Health

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## About WAAMH

The Western Australian Association for Mental Health (WAAMH) is the peak body of the community-managed mental health sector in Western Australia, with more than 150 members.

Community-managed organisations provide a critical network of services that support people affected by mental illness and their families and help them live valued lives in their community.

WAAMH has been engaged in the mental health sector for more than 50 years. We advocate for effective public policy on mental health issues, deliver workforce training and sector development, and promote positive attitudes to mental health.

### **WAAMH**

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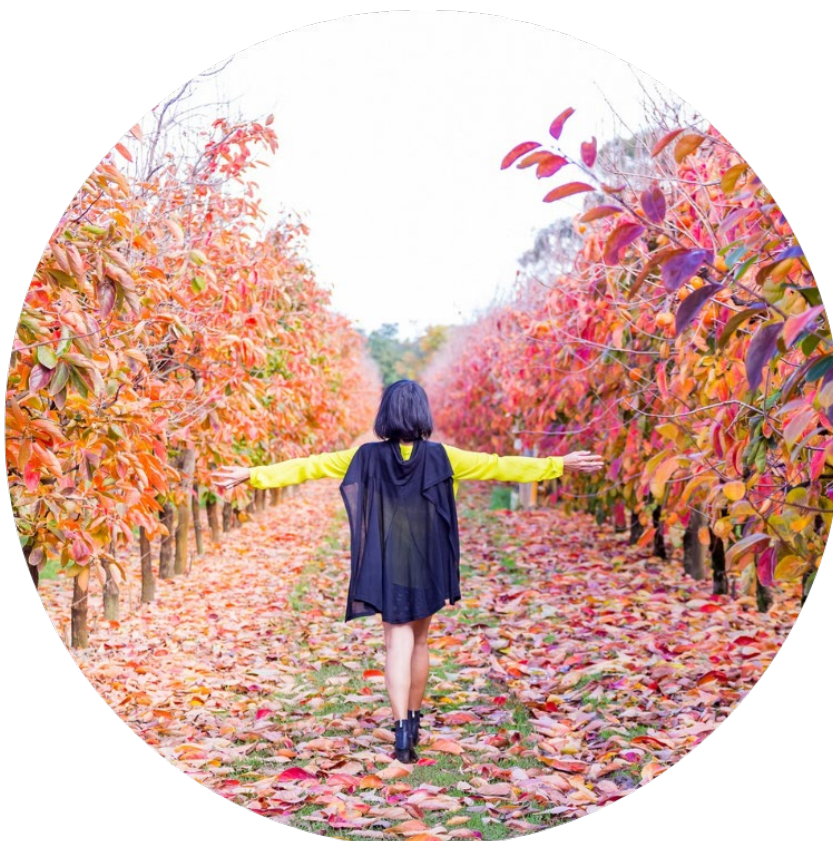
Office Hours: 8.30am - 4.30pm Monday to Friday

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## Acknowledgements

WAAMH acknowledges the Whadjuk Noongar people as the original custodians of the land on which this resource was developed and other Aboriginal Nations around Western Australia.

We pay our respects to their elders past, present and future.



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## Increase confidence to intervene when a person is in distress

This workshop is about building our confidence as first responders to support someone experiencing a mental health challenge. It prepares participants to know how to recognise signs of mental health issues and how to respond in an effective way.

Participants explore the 5 Rs and apply the ASK Framework to guide mental health conversations.

### This course will support participants to:

- Be familiar with terminology and language to describe mental health challenges;
- Be able to recognise the common signs and symptoms of mental health issues;
- Develop the skills to respond to mental health issues and refer appropriately;
- Understand and be able to apply the **ASK** framework and **5 R's** framework;
- Understand and recognise the importance of boundaries, be mindful of their own wellbeing and explore how to use the **Self-ASK** framework to establish effective self-care strategies; and
- To be mindful of their own wellbeing and explore how to use effective self-care strategies.

Suitable for staff in front-line roles and the broader community wanting to know how to help someone experiencing mental health challenges.





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## Being Trauma Responsive

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Available  
Face to face  
or Online

### Increase confidence to work in a trauma informed way

This workshop discusses talking safely with someone who has been impacted by trauma and teaching simple strategies to support recovery, respond to someone experiencing triggers and improve the experiences of people impacted by trauma when seeking support.

#### On completion of this training course participants will:

- Understand the changes to the nervous system driving the impact of trauma without a person's awareness or choice, and how this can be key to supporting recovery;
- Have insight into how the survival brain gets altered impacting coping such as the neutralising effect on problem solving;
- Be able to apply the principles of trauma-informed practice to develop strategies which enhance safety, minimise, re-traumatisation and support recovery;
- Have increased confidence to work in a trauma-informed manner and understand how to support change with simple practice skills; and
- Identify resources and development opportunities to implement trauma-informed practices into the workplace.

The trauma Informed training is ideal for people working in the community sector or wanting to work in the community sector to assist in implementing trauma informed care and practice principles.

Available  
Face to face  
or Online

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## De-escalation Skills

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### Increase confidence to safely de-escalate an event

Sometimes people respond to circumstances and triggers in ways that can be challenging for workers to manage. Often this is as a result of the person's distress or frustration and can be exacerbated by environmental factors. This course is designed to support workers to recognise when a person is becoming distressed or when their behaviour is escalating, and it provides a set of tools and strategies to respond in ways that are likely to result in positive outcomes.

#### This course will support participants to develop:

- An increased knowledge of the stages of the escalation curve;
- A deeper understanding of the escalated brain and body and of its effect on behavior and cognition
- Situational factors and triggers that can lead to escalated behaviour (including the impact of trauma);
- Practical strategies to use the S.A.F.E model for de-escalation;
- Confidence in the participants "de-escalator's "response; and
- Integrating self-care strategies to their practice.

Suitable for workers in a wide range of frontline service delivery roles.

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## De-escalation Skills for Youth

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Available  
Face to face

### Increase confidence to safely de-escalate an event

The development of the adolescent brain may impact on their decision making and the escalated behaviours of a young person. This course is designed to assist in the understanding of emotional escalation, triggers, distress, sense of the adolescent self and coping strategies to effectively de-escalate an adolescent.

**This course supports participants to have an increased knowledge and understanding of:**

- Understand adolescent brain development, cognition and consequence;
- How to effectively communicate with an adolescent during and after the escalation curve
- Triggers including social media, self-image, peer groups, relationships, education and family issues;
- Effective and evidence-based de-escalation tools;
- Practical strategies to use the S.A.F.E model for de-escalation;
- Developing confidence in the participants 'de-escalator's response'; and
- Integrating self-care strategies to their practice.

Suitable for anyone who work with, or cares for an adolescent.

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## Everyday Counselling Skills

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Available  
Face to face  
or Online

### Increase confidence using safe everyday counselling tools

Many non-counselling professionals find themselves in day-to-day situations where they are called to support another person emotionally, such as responding to someone experiencing distress, anger, confusion, anxiety or fear.

The Everyday Counselling Skills course provides participants with the opportunity to practice using a range of tools that can be applied to a wide range of issues, in their practice as well as in their daily lives.

Participants will learn how to establish and build safe and positive relationships and provide solution-focused responses, as well as providing brief interventions and understanding when to refer.

**This course will support participants to:**

- Understand what is meant by 'everyday counselling' as distinct from formal counselling;
- Have a working knowledge of the Stages of Change model and understand when to refer;
- Build skills including relationship-building, communication, strategic questioning and feedback and provide solution-focused responses and strategies and encourage help-seeking where appropriate;
- Engage in brief interventions using the Frames model to support clients; and
- Integrate their learning from this course into their practice and/or their own lives.

Suitable for staff who want to be emotionally supportive in their work role or in their personal roles.

### Respond to situations of grief and loss with greater skills and a sensitivity

Most people will experience loss at some point in their life. Grief is a reaction to any form of loss and can encompass a range of feelings from deep sadness to anger. The process of adapting to a significant loss can vary dramatically from one person to another. The extent of what was lost often depends on a person's beliefs, culture and relationship to what was lost.

Emotions in relation to loss are often surprising in their strength or mildness. They can also be confusing. Increasing our understanding of the human response to loss allows us to be more compassionate with ourselves and others at times of great need.

#### The course will support participants to:

- Know what to do and not to do for a grieving person;
- Understand J. William Worden's Grief and Loss Model (4 Tasks of Mourning); and
- Identify normal grief reactions and warning signs of depression.

Suitable for staff who want to work in skilful and sensitive ways with clients experiencing loss as well as individuals who would like to learn more.





**This course facilitates an understanding of what meditation is, how it works and most importantly provides experiential, person-centred learning in a safe environment.**

People often experience mental health challenges in their lives. Mental health challenges respect equal opportunity and we are equally prone to these challenges whether we are a consumer or a provider of mental health services. We are literally all in this together. Wellbeing is a basic human right. While practised for thousands of years meditation is more relevant today than it has ever been. This is because it has been scientifically proven to reduce stress, enhance wellbeing and quality of life.

The course strips meditation from any religious orientation; grounding it in a secular, rational perspective suitable for all. Participants will have the opportunity to develop their skills during the day and take away resources to develop their meditation throughout their lives.

**This course will support participants with:**

- Understand what meditation is;
- Understand how meditation works in improving mental health and wellbeing, specifically in relation to stress, anxiety, depression, addiction and sleep;
- Guided meditations to experience, reflect on, discuss and takeaway written transcripts; and
- Increased confidence and competence to continue meditation at home, work and play.

Suitable for all adults, consumers and staff working and accessing services across a variety of settings, including housing etc.



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## Mental Health, Alcohol and Other Drugs (AOD) Introduction (Pre-requisite to – A Recovery Toolkit)

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Available  
Face to face  
or Online

### Develop skills using practice tools with real-life scenarios

People often experience both mental health challenges and alcohol and other drugs (AOD) issues. The intersection of mental health and AOD use is recognised as presenting complex challenges across both domains. This course will facilitate an understanding of how and why they frequently occur together, as well as strategies for working holistically and collaboratively to support people in their recovery.

#### This course will support participants to:

- Develop their understanding of mental health challenges and AOD, including signs, symptoms and risk factors for mental health and/or AOD use issues; drug types and usage; common mental health challenges and models to understand substance use and dependence;
- Develop their understanding of the complex relationship between mental health challenges and AOD use, including being able to identify risk factors, contributing factors and impacts of co-occurring challenges;
- Develop their confidence and competence in using evidence-based informed strategies in their work with consumers and knowledge of support and referral services.

Suitable for staff working within the mental health and alcohol and drug workspace. Mental Health Alcohol and Drugs Introduction is a pre-requisite to this course.

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## Mental Health, Alcohol and Other Drugs (AOD) A Recovery Toolkit

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Available  
Face to face  
or Online

### Master the skills to provide a quality service in the AOD space

Prevention and minimization of harm and bolstering recovery from co-occurring mental health and AOD challenges is possible for consumers and their families by encouraging hope and cultivating resilience. Building on the foundations laid by the course: **Mental Health, Alcohol and Other Drugs Introduction**, the Recovery Toolkit provides principles and tools for engaging effectively in person-centered and recovery-oriented care. Tools and instruments are only ever as good as the skill with which they are used. This course leans towards experiential, practice-based learning to move the helper to greater levels of mastery.

#### In this course participants will:

- Develop their understanding of and experience in self-reflective practice to guide interactions with consumers and their families;
- Deepen their understanding of the complex relationship between mental health challenges and AOD use and current trends in addiction treatment; and
- Develop their confidence in the practise using evidence-based tools applicable for all clients at any stage of recovery.

Suitable for staff working within the mental health and alcohol and drug workspace who have completed the Mental Health Alcohol and Drugs Introduction pre-requisite course.

## Mental Health Challenges and Disability

Available  
Face to face  
or Online

### Increase confidence and knowledge to respond to a situation involving dual disability

This course will explore the concepts of recovery, trauma and strength-based approaches to working with people with complex needs and explore a recovery and bio-psychosocial approach to meet their client's needs. The prevalence of mental health issues is higher in people with a disability than in the general population and this means that often, a person who has both a physical, intellectual or neurological disability is also dealing with mental health challenges.

#### **This course will support participants to:**

- Understand the types of disabilities in the NDIS context and the impact of stigma on citizenship; and Increase confidence in recognising anxiety, depression and psychosis in persons with physical or intellectual disabilities;
- Practice using a range of observation and communication to build their confidence in identifying and responding appropriately to mental health needs; and
- Become confident in assessing resources to help meet the needs of clients with both disability and mental health challenge, including in crisis situations.

Suitable for staff in a variety of settings who work with clients with disability in therapeutic, supportive or caring role.



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## Mental Health First Aid - Standard

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Available  
Face to face

The standard two-day, 12-hour course Mental Health First Aid (MHFA) course is for any interested adult and will teach participants how to assist people who are developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received or the crisis resolves.

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## Mental Health First Aid (for Youth)

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Available  
Face to face

The 14-hour course is for adults assisting young people. Adolescence is a time of important change and development. It is also the time when mental health problems can first emerge. During high school years, mental health problems are among the leading causes of falling grades, problems with friends, and relationships, substance use or abuse and they can have a lifelong impact.

This course will teach adults how they can assist adolescents who are developing a mental health problem, experiencing a worsening of a mental health problem or in a mental health crisis.

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## Mental Health First Aid Refresher

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Available  
Face to face

Formal MHFA Accreditation lasts three years. For people who have previously completed the full standard course, the Refresher Course is a 4-hour face-to-face session that allows people who have previously completed the Standard MHFA course to refresh their knowledge and skills. For people who are accredited MHFA aiders, this course offers an opportunity to extend their accreditation for a further 3 years.



**MENTAL  
HEALTH  
FIRST AID**  
Australia

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## Mental Health in the Workplace

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Available  
Face to face

### Create a supportive workplace culture for staff

One in four Australians will experience a mental illness at some point in their lives. That means that at any given point, a proportion of your workforce is either experiencing, heading towards or recovering from a mental health disorder.

This positive and practical workshop is designed for those who supervise and support others in the workplace and will help you achieve the best outcomes for both individual staff and the organisation as a whole.

#### In this course participants will learn the following:

- Develop an understanding mental health and be able to identify vulnerable staff;
- Understand the principles of prevention;
- Recognise the Legal responsibilities of employers;
- Understand how to protect yourself and your organization;
- Understand how to building a supportive workplace culture;
- Be able to use communication tools/ tips and understand where to access further support.

Suitable for Managers, Leaders, HR staff and Supervisors.

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## Positive Psychology Tools

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Available  
Face to face  
or Online

### Increase your knowledge and understanding of positive wellbeing, resilience and mental health strategies using positive psychology practices

This course was developed to provide participants with practical tools that they can use in their work as well as in their daily lives to build and maintain resilience and a sense of wellbeing. The course blends theory/practical activities to provide a pathway to an improved sense of wellbeing.

*Positive Psychology* is an emerging area of psychology that was founded by psychologist Martin Seligman. It is an evidenced-based approach to creating wellbeing by building a satisfying life through positive emotions engagement, positive relationships, meaning and accomplishment. It promotes 'human flourishing' and considers the strengths and strategies that enable individuals, communities, and organisations to thrive.

#### Participants in this course will learn to:

- Develop an understanding of Positive Psychology and the evidence upon which it is based;
- Understand and be able to apply Positive Psychology tools including the "PERMA" model (**Positive Emotion, Engagement, Relationships, Meaning, Achievement**)
- Practice a range of positive psychology strategies;
- Be mindful of their own wellbeing and how to use effective self-care strategies; and
- Integrate their learning from this course into their work and/or their own lives.

Suitable for staff who work in empowering, strengths-based and creative ways with consumers as well as individuals who would like to learn how to use positive psychology tools in their own lives.



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## Recovery and Recovery Plans

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Available  
Face to face  
or Online

### Build safe and person-centred relationships

Participants will learn in this course how to develop strength-focused relationships and learn about practical strategies to support their clients with their recovery goals. Recovery is a key concept in mental health care and participants will be introduced to its origins, as well as its application as both a treatment philosophy and a guide to policy. Recovery will be positioned in the context of the bio-psycho-social model of understanding mental health. Participants will also learn about the importance of language in recovery-oriented practice, fostering a recovery alliance and will explore how to effectively engage in recovery planning with consumers.

#### **This course provides participants with:**

- A deeper understanding of what recovery is and is not;
- The relevance of recovery principles and the CHIME framework to recovery planning;
- Practical recovery planning strategies to support a person to identify goals that align with SMART principles; and
- Confidence to use recovery planning tools in a collaborative, person-centred way that ensures that individuals are fully involved the recovery planning process.

Suitable for staff working in service areas involved in helping clients create recovery plans.

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## Safe Professional Boundaries

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Available  
Face to face  
or Online

### Understanding boundaries, their types and why they matter

Professional boundaries are the borders that help establish professional relationships between frontline health workers and their clients. Boundaries are established within an ethical and legal context to protect each party from developing unprofessional, unethical, or confusing relationships.

This course examines the nature of boundaries and how to work within boundary frameworks while maintaining care and compassion. Participants are encouraged to reflect on their current model of practice identifying aspects of their work that can be improved through the theory and practical strategies presented.

#### **In this course participants will:**

- Understand professional and personal boundaries and why they matter
- Recognise how effective communication is a core competency for person-centred collaborative practice.
- Understand dual relationships and how these can make collaborative practices more complex and develop increased confidence in using an ethical engagement framework to navigate boundary complexities and understand how to respond to breaches of boundaries
- Develop additional strategies for managing personal wellbeing and the boundaries between work and non-work lives.
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Suitable for a variety of workplaces providing services to a client

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## Self-care in a Time of Change

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Available  
Face to face

### Recognise the importance of boundaries and personal self-care

This course explores the concept of change - including but not limited to global changes such as COVID - and considers its impact on our work and our wider environment.

During COVID we learnt new ways of doing things; how resilient we are; how important connection is to each of us and how things can change dramatically in a short period of time. We also learnt that we can be overstretched, overworked, and knocked off balance. We learnt that fundamentally we are all human, and we each have reactions and responses to the world around us.

#### In this course participants will learn:

- What is meant by self-care and why it is important;
- How to recognise signs that they need support;
- To understand how effective communication can help them to ask for and get the support, they need; and explore a range of self-care strategies, including effectively setting and maintaining boundaries.

Suitable for community workers and anyone with an interest in self-care.

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## Seniors and Mental Health

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Available  
Face to face  
and Online

### Supporting older people to maintain or return to good better mental health

Australia has an ageing population and like people of all ages, older people may experience a range of mental health challenges in their lives. There are specific life events and contributing factors that may impact older people's mental health. These include retirement, grandparenthood, physical health issues, grief and loss, financial stress, cognitive issues, changing living arrangements and changing levels of independence and isolation.

In this course participants will explore the common mental health challenges faced by older people, learn key risk factors, the signs of symptoms of mental health challenges and the co-occurrence of mental health and other issues, including cognitive and physical health difficulties.

#### This course will support participants to:

- Develop knowledge and understanding of mental health challenges and the prevalence and presentation of these challenges in older people;
- Recognise why and when an older person may be experiencing mental health challenges;
- Build their skills in raising and responding to mental health concerns in older people using a range of strategies; and
- Integrate their learning from this course into their role of caring for an older person.

Suitable for workplaces that offer aged-care services and the general public who provide support services to older people in.



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## Supervision Skills

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Available  
Face to face

### Increase confidence with skills to carry out supervision

This course will look at how effective supervision plays a strong role in attracting, retaining, and providing ongoing support to a motivated and highly skilled workforce.

Participants will learn how to create and sustain a safe supervision space that nurtures a strong working alliance between supervisor and supervisee, and how to continually reflect on their own supervision practice so that the supervision experience is mutually beneficial and empowering.

#### On completion of this course participants will understand:

- What is meant by supervision, its context, and how it supports practice;
- Principles underpinning effective supervision, how to implement these processes, including administrative and evaluation processes and different models and modalities of supervision;
- How to reflect on their own practice and recognize what they bring to the supervision space and consider key competencies required to be an effective supervisor;
- How to develop strategies to support mutual engagement in supervision processes; and
- Recognise the practice challenges and potential conflicting demands within a work environment and how to respond to these; and
- Understand and implement supervision processes, including administrative and evaluation processes.

Suitable for individuals seeking to build their skills in providing supervision.

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## Understanding Self-harm

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Available  
Face to face

### Build capacity to support others who self-harm

“Self-harm includes cutting, burning or hitting oneself, binge-eating or starvation, or repeatedly putting oneself in dangerous situations. It can also involve abuse of drugs or alcohol, including overdosing on prescription medications.” *Sane Australia*.

Dealing with self-harm can be confronting, as it can be an extreme way of trying to cope with distressing or painful feelings. Workers who can identify, understand and support a person who self-harms can make a significant difference to their outcome. As well as the knowledge component, participants will develop their practical skills by using practice tools to respond to real-life scenarios.

#### This course will give participants:

- A deeper understanding of what self-harm is and how to identify it;
- Increased knowledge of how self-harm serves a short-term purpose but is not helpful in the long run;
- Practical strategies to help somebody who is self-harming including safety planning; and
- Increased confidence in supporting both the person and their families in dealing with self-harm;

Suitable for workers in a wide range of mental health and front-line roles.

## WAAMH Member Training Discounts

Our members for 2022/2023 receive discounted training rates for both semester and contract courses, so why not consider taking out a WAAMH membership today!

### Learn more about the Memberships available

Connect to the website

<http://waamh.org.au/membership>



### Learn more about Semester Training Courses

Connect to the website to book your next training course.

<https://waamh.org.au>



### Check out how to book a Contract Training Course with WAAMH!

<https://waamh.org.au/events-and-training>

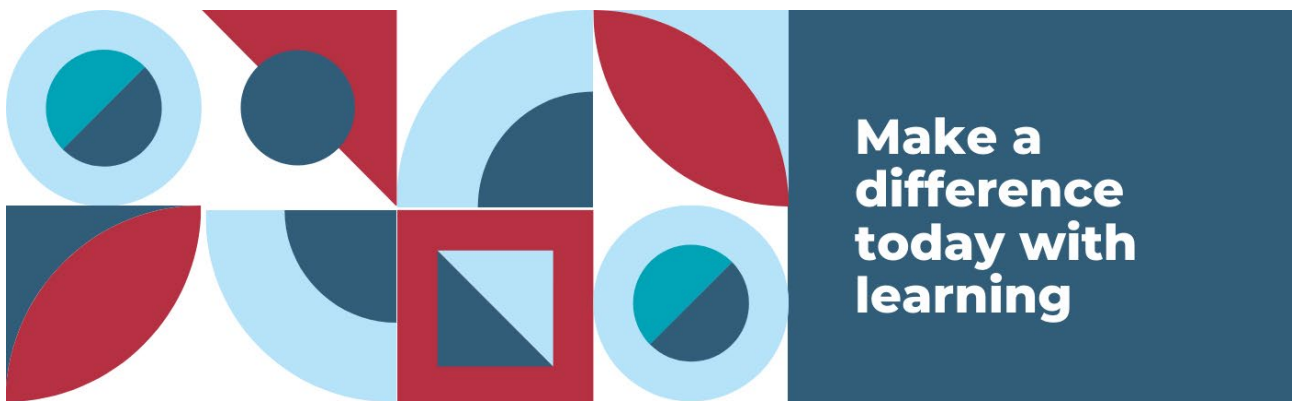


Contact our friendly [WAAMH Training Team](#) members today to learn more the training options available and especially how these can be tailored to suit your workplace needs.  
email: [training@waamh.org.au](mailto:training@waamh.org.au) or call us on 08 6246 3000

We look forward to hearing from you.

WAAMH's Training Team  
Western Australian Association for Mental Health





LAST UPDATED ON 16 January 2023



# WAAMH

**Western Australian Association  
for Mental Health**



### **Sector Development**

Supporting your mental health practice through training and consultation.



### **Membership**

Join a network which influences mental health priorities and community attitudes.



### **Service directory**

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