

Dr Tracy Westerman Presents

# Aboriginal Mental Health Assessment & Suicide Prevention in Aboriginal Communities Combined 3 Day Workshop 2018

Register early as limited workshops available

Final workshops for 2018

Perth 31 October and 1 & 2 November



**Dr Tracy Westerman** is a descendant of the Njamal woman from the Pilbara in WA and has recently been named as 2018 Western Australia's Australian of the Year and inducted into the WA Women's Hall of Fame. She holds a Post Graduate Diploma in Psychology, a Master's Degree in Clinical Psychology and Doctor of Philosophy (Clinical Psychology). She is a recognised world leader in Aboriginal mental health, suicide prevention and cultural competency achieving national and international recognition for her innovative and evidence based approaches to these challenging areas. Dr Westerman is a widely sought-after keynote speaker having delivered at over 40 national conferences and internationally in Canada (2003); the USA (2004), Auckland (2006 & 2007) and Wellington (2009). In 2005 the Canadian government sent a delegation to Australia to explore Dr

Westerman's innovative approaches to Aboriginal suicide prevention and mental health resulting in recommendations that the same approach be adopted for Canadian Aboriginal people (Nunuvut Taskforce, 2006). She was then recognised by Canadian Health, 2009 for her substantial contribution to the field of Aboriginal youth mental health & has been cited in numerous reports recognizing her work. She has developed unique FIVE unique psychological tests for Aboriginal people to determine early signs of suicide and mental health risk, assessment models and training packages and delivers her training programs to an average 1,000 participants across Australia annually. She has to date trained over 22,000 individuals across Australia wide making her one of the most sought-after trainers in the field. Her body of work places her at the forefront of Aboriginal mental health service delivery.

For further information about Dr Westerman go to: <http://indigenoupsychservices.com.au/about/dr-tracy-westerman/>

### Aboriginal Mental Health and Suicide Prevention Workshop Outcomes:

**The training has evidence of improving cultural competencies of participants.** Participants complete the Aboriginal Mental Health Cultural Competency Profile (CCP: Westerman, 2003) which provides a baseline of cultural competencies and generates a cultural supervision plan based on these results.

- How to ensure 'cultural compatibility' and minimise the impact of common client-practitioner barriers
- Assessing for culture-bound syndromes using evidence based tests and assessments
- ACCREDITATION in the Acculturation Scale for Aboriginal Australians – determining the relevance of culture: a case example
- Culture Bound Depression – how to assess and treat from a clinical and cultural best practice perspective.
- The link between Depression and Suicide in Aboriginal People
- Cultural Grieving and spiritual visits – understanding unresolved cultural grief and the relevance of clinical intervention
- Understanding the clinical difference between self-harm and cultural 'sorry' cutting
- Post-Traumatic Stress – cultural impacts on assessment and treatment. How racism compounds the trauma experience
- ACCREDITATION in the Acculturative Stress Scale for Aboriginal Australians – to measure and treat the impacts of racism, marginalization, and hopelessness and helplessness for Aboriginal people at risk of suicide.
- Understanding attachment theory from a cultural perspective and how to use these differences to address the intergenerational transmission of trauma
- The nature of Aboriginal suicide –translating differences into effective assessment and intervention strategies.
- An overview of Dr Westerman's research on suicidal behaviours in Aboriginal communities – what it tells us about the relevant risk and protective factors and how these differences necessitate a unique approach to Aboriginal suicide prevention
- Ensuring effective engagement with suicidal Aboriginal clients – an empirically tested engagement model.
- Determining and discussing suicide intent – the additional challenges when suicide is incompatible with cultural beliefs
- Cultural differences in Suicide Risk Assessment: applied case studies using a culturally validated suicide risk assessment tool.
- Postvention – what can be done after a suicide attempt or death
- IPS' Whole of Community Suicide Intervention Programs– an effective community intervention model.

**BOTH WORKSHOP INCLUDE ACCREDITATION** in the **Westerman Aboriginal Symptom Checklist - Youth aged 13-17 (WASC-Y)** - the ONLY uniquely developed and validated psychological test for Aboriginal youth worldwide (Canadian Health, 2009) and the **Westerman Aboriginal Symptom Checklist - Adult (WASC-A)**. **INCLUDED IN WORKSHOP: Aboriginal Mental Health Cultural Competency Profile; pre-workshop reading materials; participant workbook; morning tea, lunch & afternoon tea.**

TO SEE WHAT OUR PARTICIPANTS HAVE TO SAY: <http://indigenoupsychservices.com.au/about/testimonials/>

Registration Type	Early Bird Registration – 8 weeks prior		Standard Registration	
	With Payment	Without Payment	With Payment	Without Payment
MHA & SP Combined	\$2,475 GTS Inc	\$2,530 GTS Inc	\$2,530 GTS Inc	\$2,585 GTS Inc

For more information contact IPS: T: 08 9362 2036 E: [ips@ips.iinet.net.au](mailto:ips@ips.iinet.net.au) [www.indigenoupsychservices.com.au](http://www.indigenoupsychservices.com.au)

# Aboriginal Mental Health Assessment & Suicide Prevention in Aboriginal Communities Combined Workshop 2018 Registration Form

(A tax invoice will be issued upon receipt of a completed registration form)  
ABN: 98 090 758 713



## Final workshop for 2018

### Please select

LOCATIONS & DATES:

### Aboriginal Mental Health Assessment & Suicide Prevention in Aboriginal Communities Workshop (3 Days)

Perth:  31 October, 1 & 2 November

### Pricing options

#### Aboriginal Mental Health Assessment & Suicide Prevention in Aboriginal Communities Workshop

STANDARD REGISTRATION

- \$2,530 incl GST If payment is received with registration  
 \$2,585 incl GST If payment is NOT received with registration

### Details of person attending workshop \*\* Mailing address for workshop information

Title: \_\_\_\_\_ Name: \_\_\_\_\_ (This will be the name on your certificate)

Position: \_\_\_\_\_ Email: \_\_\_\_\_

Postal address: \_\_\_\_\_ Suburb: \_\_\_\_\_ State: \_\_\_\_\_ P/C: \_\_\_\_\_

Tel Bus hrs (\*required): (\_\_\_\_) \_\_\_\_\_ Tel After hrs (\*required): (\_\_\_\_) \_\_\_\_\_

Dietary Requirements: \_\_\_\_\_

### Details of person/agency responsible for payment \*\* Mailing address for a/cs information

Agency to be invoiced (\*\*required): \_\_\_\_\_

Postal address: \_\_\_\_\_ Suburb: \_\_\_\_\_ State: \_\_\_\_\_ P/C: \_\_\_\_\_

Agency Tel (\*required): (\_\_\_\_) \_\_\_\_\_ Fax (\*required): (\_\_\_\_) \_\_\_\_\_

Accounts Email: \_\_\_\_\_

### TERMS & CONDITIONS

- Delegates are responsible for any errors in registration details.
- Once paid fees are **non-refundable**, although places are transferable to another person in your agency.
- If workshops are cancelled by IPS, full refunds of REGISTRATION FEES ONLY will be provided. Participants traveling for workshops MUST BOOK FULLY REFUNDABLE OR CHANGEABLE AIRFARES until workshop is confirmed to be going ahead based on sufficient numbers. This occurs a minimum of 6 weeks prior to the workshop date.

CANCELLATION policy is NOT NEGOTIABLE. IPS regrets the difficult personal circumstances that prevent people from attending, including medical conditions, emergencies, severe weather conditions or transport difficulties, however the logistics of event management prevents IPS from assuming responsibility for these contingencies.

FEES MUST BE FULLY PAID 14 days from the date of invoice.

I understand & agree to these terms. **PLEASE READ THE TERMS & CONDITIONS CAREFULLY BEFORE SIGNING**

Signature of participant or representative: (\*required): \_\_\_\_\_

### Payment Method details

Cheques made payable to "Indigenous Psychological Services"

OR Please debit my credit card \$ \_\_\_\_\_      
Number: \_\_\_\_\_ Exp: \_\_\_\_\_ CVC: \_\_\_\_\_ (last 3 digits on back of c/c)

Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_

OR Register online @ [www.indigenoupsychservices.com.au](http://www.indigenoupsychservices.com.au) (if paying by credit card)

OR Purchase Order Number: \_\_\_\_\_

Post form with payment to:  
Indigenous Psychological Services  
PO Box 1198  
East Victoria Park WA 6981  
OR  
F: 08 9362 5546  
E: [admin@ips.iinet.net.au](mailto:admin@ips.iinet.net.au)