

## **DAY ONE TRAINING OVERVIEW**

### **ABORIGINAL MENTAL HEALTH ASSESSMENT & SUICIDE PREVENTION WORKSHOP**

9.00	Registration
9.00 – 9.15	Welcome to Country
9.15 – 10.00	<p>Introductions &amp; Housekeeping</p> <ul style="list-style-type: none"> <li>• Context and framework for training</li> <li>• Setting the scene: the importance of our core beliefs and values when working with Aboriginal mental health clients</li> </ul>
<b>10:00 – 10:20</b>	<b>MORNING TEA</b>
10:20 – 12:00	<p>The beginnings of effectiveness:</p> <ul style="list-style-type: none"> <li>• Understanding the barriers between Aboriginal client and counsellor: what are they and how to address these: an applied case study</li> <li>• Organisational barriers to engagement of Aboriginal clients</li> <li>• An introduction to the core features of cultural competence</li> </ul>
<b>12:00 – 1:00</b>	<b>LUNCH</b>
1:00 – 2.45	<p>Taking you on a journey to cultural competence in Aboriginal mental health – working through the skills involved The cultural competency work of IPS</p> <p>Aboriginal mental health – an introduction to the concepts</p> <ul style="list-style-type: none"> <li>• What you know, what you don't know</li> <li>• What are the cultural differences that impact on our understanding of mental illness?</li> <li>• Culture bound syndromes – what are these? Where is the evidence?</li> <li>• An evidence base for 'culture' – what is the value of this type of approach. Can culture be measured or concretised?</li> </ul>
<b>2.45 – 3.00</b>	<b>AFTERNOON TEA</b>
3.00 – 3.45	<p>Understanding diversity within the Aboriginal culture is so important to being effective</p> <ul style="list-style-type: none"> <li>• The Acculturation Scale for Aboriginal Australians: application of the use of this scale using an example of an Aboriginal man being sung/cursed to work through</li> </ul>
3.45 – 4.00	Debrief



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9.00 – 10.00	Being sung case study continued
<b>10:00 – 10:20</b>	<b>MORNING TEA</b>
10:20 – 12:00	Understanding the role of identity formation in suicide and mental health risk for Aboriginal people
<b>12:00 – 1:00</b>	<b>LUNCH</b>
1:00 – 2:45	Making sense of cultural differences in the assessment of mental illness <ul style="list-style-type: none"><li>• A introduction to culture bound depression</li><li>• Does depression look different for Aboriginal people?</li><li>• Treating cultural depression – a framework using a case study to conceptualise the methodology</li><li>• The link between depression and suicide</li></ul>
<b>2:45 – 3:00</b>	<b>AFTERNOON TEA</b>
3:15 – 3:45	Post-traumatic stress disorder – an introduction
3:45 – 4.00	Debrief



### **DAY THREE-TRAINING OVERVIEW**

9:00 – 10:00	Post Trauma continued... <ul style="list-style-type: none"><li>• The impact of trauma on current, past and future generations</li><li>• How removal policies have impacted</li><li>• Attachment Disorders – why these are so important to know about</li><li>• Can parenting ‘problems’ be addressed?</li></ul>
<b>10:00 – 10:20</b>	<b>MORNING TEA</b>
10:20 – 12:00	Suicide facts, myths – what we know
<b>12:00 – 1:00</b>	<b>LUNCH</b>
1:00 – 2:45	The Nature of Aboriginal Suicide – what are the differences. A case example to work through to apply these differences
<b>2:45 – 3:00</b>	<b>AFTERNOON TEA</b>
3:00 – 3:45	Accreditation in the Westerman Aboriginal Symptom Checklist – Youth (13-17 years) and Adults
3:45 – 4:00	Debrief, Group photo, conclude