

THE CLIMATE IS CHANGING

STUDY WITH US

2017



Flinders
UNIVERSITY

CELEBRATING
50 years
OF INSPIRING
ACHIEVEMENT



FHBHRU

Flinders Human Behaviour and Health Research Unit

Transforming health through connected communities!



Introduction to FHBHRU...

Pronounced [foo-broo]

FHBHRU has a unique role in undertaking research and education programs that seek to improve the management of chronic conditions through self-management techniques advocated by well-informed medical and health professionals. We also offer courses and training in cognitive behaviour therapy for mental health conditions with the aim of improving access to and delivery of evidence-based therapies for a diverse interprofessional workforce.

Our priorities include research, education & delivery, intervention and prevention approaches for chronic conditions and mental health.

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Key



Number of Days



Earns CPD Points



CPD Points Pending



Training on-site



Available online



Available at your location



Flinders
UNIVERSITY

FHBHRU
Flinders Human Behaviour and Health Research Unit

2017 POSTGRADUATE PROGRAMS

CHRONIC CONDITION MANAGEMENT

TAKE YOUR QUALIFICATIONS TO THE NEXT LEVEL WITH POSTGRADUATE STUDY AT FLINDERS.

From enhancing your career prospects to developing new skills and knowledge, postgraduate study can open doors to many exciting opportunities. Our postgraduate programs draw on research that matters and give you access to the latest thinking across a wide range of fields. Flinders provides a stimulating and supportive environment to help you make the most of what postgraduate study has to offer.

GRADUATE CERTIFICATE IN CHRONIC CONDITION MANAGEMENT

.5 **PT** **EX***

SATAC CODE

COMMONWEALTH SUPPORTED PLACE	2GC100
FULL FEE PAYING	2GC500

GRADUATE DIPLOMA IN CHRONIC CONDITION MANAGEMENT

1 **PT** **EX***

SATAC CODE

COMMONWEALTH SUPPORTED PLACE	2GD030
FULL FEE PAYING	2GD530

MASTER OF PUBLIC HEALTH (CHRONIC CONDITION MANAGEMENT)

1.5 **PT** **IN** **EX***

SATAC CODE

COMMONWEALTH SUPPORTED PLACE	2CM109
FULL FEE PAYING	2CM509

* Online with some optional internal study

OVERVIEW

The postgraduate programs in chronic condition management aim to meet the extended professional development needs of graduates involved in the provision of policy, planning or delivery of services to people with chronic physical and/or mental health conditions.

These courses seek to offer you an understanding of the core principles and skills involved in developing and implementing self-management enhancing programs in diverse settings for health professionals and service users. In particular, they will help you understand the issues around chronic condition management and self-management more broadly and how to implement these initiatives into your service and individual practice. Health professionals across the full range of nursing, allied health, medicine, rehabilitation and non-government support roles have undertaken these programs so far.

They come from diverse settings and service types (primary, secondary and tertiary settings) as well as from many locations (metropolitan, rural, remote and overseas). This is because chronic condition management is relevant to all practice and service settings.

The topics cater to your individual areas of interest and role, and accommodate learning about a diverse range of chronic conditions and their management.

The courses are available for online study, with the exception of one elective topic, Education and Training for Chronic Conditions Self-Management, for which you will have to attend a two-day workshop at Flinders University. Managing Chronic Conditions: Self-Management Support Approaches is offered in fully online mode or as a combination of a face-to-face two-day workshop and online components.

STUDY PROGRAM

Graduate Certificate in Chronic Condition Management

The Graduate Certificate in Chronic Condition Management consists of 18 units. You will undertake the following core topics:

- Managing Chronic Conditions: Self-Management Support Approaches (4.5 units)
- Implementing Change in Healthcare Systems Supporting Chronic Condition Management (4.5 units)
- The Person's Experience of Self Management (4.5 units)

You must also choose one of the following elective topics:

- Education and Training for Chronic Conditions Self-Management (4.5 units)
- Client-Centred Health Behaviour Change (4.5 units)
- Chronic Conditions Management for Specific Conditions, Contexts or Populations A (4.5 units)

Alternatively, you can seek permission to complete an elective from another program.

Graduate Diploma in Chronic Condition Management

The Graduate Diploma in Chronic Condition Management consists of 36 units.

You will undertake the following core topics:

- Managing Chronic Conditions: Self-Management Support Approaches (4.5 units)
- Implementing Change in Healthcare Systems Supporting Chronic Condition Management (4.5 units)
- The Person's Experience of Self-Management (4.5 units)
- Chronic Conditions Management for Specific Conditions, Contexts or Populations A (4.5 units)
- Social Determinants of Health and Wellbeing (4.5 units)
- Client-Centred Health Behaviour Change (4.5 units).

You must also undertake two 4.5-unit option topics. Options include Education and Training for Chronic Conditions Self-Management (4.5 units), Chronic Conditions Management of Specific Conditions, Contexts or Populations B (4.5 units), or topics by negotiation from existing programs in Primary Health, Health Promotion or Disability Studies.

Master of Public Health (Chronic Condition Management)

The Master of Public Health (Chronic Condition Management) consists of two pathways:

Pathway 1 enables students to review the principles and practice of public health (chronic condition management) and then focus their study through the completion of a significant research project. In order to proceed to the dissertation component of the award, students must demonstrate a credit grade point average or higher for the 36 units of coursework topics completed prior to commencing the dissertation. Students who are not able to demonstrate a credit grade point average will be required to transfer to another stream/pathway of the Master of Public Health which does not contain a dissertation component, or may choose to exit with the Graduate Diploma in Public Health.

Pathway 2 enables students to review the principles and practice of public health (chronic condition management) and then consolidate their knowledge through completion of coursework and the capstone topic: Public Health Practice Development.

ENTRY REQUIREMENTS

Applicants must normally hold an approved bachelor degree or equivalent qualification in a related field from an approved tertiary institution.

All applicants for the graduate certificate, and applicants for the graduate diploma who do not hold either the Graduate Certificate in Chronic Condition Management or the Graduate Certificate in Health (Self Management) from Flinders, must also submit to SATAC, within five working days of submitting an application, a statement of 300-500 words detailing their reasons for seeking the qualification, the relevant experience that they would bring to the course, and the value of the qualification to their work with people with chronic conditions.

Applicants for the Master of Public Health (Chronic Condition Management) must also have at least two years' approved work experience in public health or a related area; or hold a graduate certificate or graduate diploma offered by the Flinders University Discipline of Public Health.

The Faculty Board may under certain circumstances and subject to specific conditions admit others who can show evidence of fitness for candidature. If not a graduate, applicants must produce alternative evidence of fitness for candidature.

CREDIT

Students who have completed the Flinders chronic condition management program two-day workshop within the past two years can receive recognition of prior learning for a proportion of the assessments in Managing Chronic Conditions: Self-Management Support Approaches. These workshops may have been offered through the Flinders Closing the Gap Program, the Coordinated Veterans' Care Program, the Flinders Living Well Program, or the Flinders online chronic condition management program. Students should contact the course coordinator for further information.

FURTHER STUDY

The courses articulate, enabling you to progress from the graduate certificate to the graduate diploma and the masters upon successful completion of each course.

HOW TO APPLY

Applications are made via the South Australian Tertiary Admissions Centre (SATAC) website: satac.edu.au

FIND OUT MORE

More information on this program can be found on our postgraduate study page: flinders.edu.au/postgrad

CONTACT US

To discuss this postgraduate program, contact:

Administrative Assistant
Flinders Human Behaviour and Health
Research Unit
(08) 8404 2323

OR

Professor Sharon Lawn
Course Coordinator
Flinders Human Behaviour and Health
Research Unit
(08) 8404 2318

General postgraduate enquiries

Flinders Connect is available to answer your general questions about postgraduate study:

1300 354 633 (local call cost)
flinders.edu.au/ask | Level 0 Central
Library Building, Bedford Park campus

International students should contact:

+61 8 8201 2727
flinders.edu.au/international
internationalapply@flinders.edu.au

2017 POSTGRADUATE PROGRAMS

COGNITIVE BEHAVIOUR THERAPY

TAKE YOUR QUALIFICATIONS TO THE NEXT LEVEL WITH POSTGRADUATE STUDY AT FLINDERS.

From enhancing your career prospects to developing new skills and knowledge, postgraduate study can open doors to many exciting opportunities. Our postgraduate programs draw on research that matters and give you access to the latest thinking across a wide range of fields. Flinders provides a stimulating and supportive environment to help you make the most of what postgraduate study has to offer.

GRADUATE CERTIFICATE IN COGNITIVE BEHAVIOUR THERAPY

.5 **PT** **IN** **EX**

SATAC CODE

COMMONWEALTH SUPPORTED PLACE 2GC135

FULL FEE PAYING 2GC535

GRADUATE DIPLOMA IN COGNITIVE BEHAVIOUR THERAPY

1 **PT** **IN** **EX**

SATAC CODE

COMMONWEALTH SUPPORTED PLACE 2GD105

FULL FEE PAYING 2GD505

MASTER OF COGNITIVE BEHAVIOUR THERAPY

2 **PT** **IN** **EX**

SATAC CODE

COMMONWEALTH SUPPORTED PLACE 2CM218

FULL FEE PAYING 2CM518

OVERVIEW

Flinders University's cognitive behaviour therapy (CBT) programs provide you with clinical competencies and research skills in CBT for high prevalence psychological disorders.

You will gain clinical training opportunities through industry practicums modelled around a clinical supervision framework. Competency-based assessment programs, seminars and workshops are delivered by respected and recognised clinical and research academics, and guest lecturers who are experts in CBT. You will have opportunities to translate knowledge of high-prevalence psychological disorders, comorbid mental health and related disorders, resilience and strengths-based interventions, as well as behavioural activation and motivational interviewing in an applied interdisciplinary learning environment.

The courses are suited to new allied health graduates and health professionals who are committed to ongoing professional development and personal growth using accountable evidence-based treatments and practice principles. They are suitable preparation for those interested in pursuing private practice, or advancing their knowledge and skills in CBT. Collectively, these courses offer developing, expanding and advanced levels of qualification through an integrated program of theory, clinical practicums and research.

STUDY PROGRAM

The three courses are offered internally and externally. However, some topics are delivered as intensive workshops and have compulsory onsite attendance.

The courses aim to provide opportunities for individuals working in health and related areas to increase and develop their knowledge within a competency-based CBT framework. The masters program further deepens and expands clinical practice and applied research skills in the area of CBT through an engaging and innovative environment that places the individual at the centre of the learning process.

Graduate Certificate in Cognitive Behaviour Therapy

The Graduate Certificate in Cognitive Behaviour Therapy is designed to equip you with a defined and structured knowledge of low intensity CBT (LICBT) interventions and evidence-based psychological strategies for people experiencing psychological disorders such as anxiety and depression.

The focus of the graduate certificate is to orientate you to a stepped-care model of service delivery, underpinned by focused psychological therapies with an emphasis on CBT. The course offers topics that deliver grounding in assessment and treatment of mild-to-moderate anxiety and depression. Also included is behavioural activation, ethics and mandated responsibilities, clinical supervision frameworks, shared decision-making, clinical measures and medico-legal documentation.

Graduate Diploma in Cognitive Behaviour Therapy

The Graduate Diploma in Cognitive Behaviour Therapy is designed to equip you with an extended and progressive knowledge of CBT interventions and evidence-based psychological strategies. You will have demonstrated clinical competencies through various modes and also undertake clinically supervised practicums* that offer integrated learning opportunities to consolidate skills development.

The focus of the graduate diploma is to expand and strengthen your knowledge in low and high intensity CBT (LICBT and HICBT) within a stepped-care model of service delivery. The course offers topics that deliver theoretical and applied content to equip and prepare individuals to provide focused psychological therapies within a supervised CBT framework for high prevalence disorders. Also included is high intensity CBT interventions, clinical practicums, clinical supervision and case formulations.

Master of Cognitive Behaviour Therapy

The Master of Cognitive Behaviour Therapy will equip you with an advanced and proficient knowledge of CBT for a range of psychological disorders. You will complete extensive supervised practicums* that offer structured and integrated learning opportunities for advanced skills development.

The focus of the masters is to consolidate knowledge, skills, and research in the area of CBT and other evidence-based psychological therapies. The course offers topics that integrate clinical practice, theory and research.

* All students are required to undertake clinical practicums to demonstrate competency and adherence to a supervised CBT framework. There are industry placements available in South Australia; however, numbers are limited. Students are required to identify suitable local or interstate placements that comply with the program and the clinical placement requirements of the Faculty of Medicine, Nursing and Health Sciences.

ENTRY REQUIREMENTS

Applicants must normally hold an approved undergraduate degree or equivalent in a health-related area – eg behavioural science, counselling, medicine, nursing, occupational therapy, psychology or social work.

However, the Faculty Board may under certain circumstances and subject to specific conditions admit others who can show evidence of fitness for candidature.

CREDIT

The three courses articulate, allowing you to progress from the graduate certificate through to the masters, obtaining credit for studies already completed.

Individuals who have completed awards in the mental health sciences programs may be eligible for credit transfer.

CAREER OPPORTUNITIES

Some potential occupations for graduates include mental health clinician*, cognitive behaviour therapist*, low intensity coach/clinician*, accredited mental health social worker (with an undergraduate social work degree)*, and roles in higher education and training and development.

Potential employers include public and private health organisations, education providers, the non-government and community sectors, and private practice/self-employment.

* Applicable to graduates of the graduate diploma and masters.

FURTHER STUDY

The courses articulate, with sequentially developed topics that allow progression from the Graduate Certificate in Cognitive Behaviour Therapy through to the Master of Cognitive Behaviour Therapy.

HOW TO APPLY

Applications are made via the South Australian Tertiary Admissions Centre (SATAC) website: satac.edu.au

FIND OUT MORE

More information on this program can be found on our postgraduate study page: flinders.edu.au/postgrad

CONTACT US

To discuss this postgraduate program, contact:

Cheryl Bedford
cheryl.bedford@flinders.edu.au
(08) 8404 2318

General postgraduate enquiries

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1300 354 633 (local call cost)
flinders.edu.au/ask | Level 0 Central Library Building, Bedford Park campus

International students should contact:

+61 8 8201 2727
flinders.edu.au/international
internationalapply@flinders.edu.au



Flinders Chronic Condition Management (CCM) Program

The two-day workshop introduces the Flinders Program in chronic condition management and self-management. The workshop provides an opportunity for supported practice of the assessment and care planning processes with a volunteer.

A Certificate of Completion in the Flinders CCM Program is available to participants who complete all workshop activities. The optional completion of additional post workshop activities leads to a Certificate of Competence in the Flinders CCM Program.

Upskilling Sessions: As the Flinders Program continues to evolve, upskilling sessions provide the opportunity for those who have been previously licensed to update their knowledge of current program content and adaptations. Upskilling sessions can be delivered face to face at FHBHRU or via Skype and can be delivered to individuals or small groups.

Completion of this workshop attracts credit in the Flinders University Chronic Condition postgraduate programs.

Further information can be found at the Flinders Program website www.flindersprogram.com or by calling +61 8 8404 2607.

Upcoming Workshops

- Thu 30th March - Fri 31st March 2017
- Mon 21st - Tue 22nd August 2017

Cost

\$ 880 (gst inc.)

Register

- online at <https://pay.flinders.edu.au/fhbhru/menu> or
- email Registration Form to ccm@flinders.edu.au



or





Flinders Accredited Trainer Program

Flinders Accredited Trainer Program

The Flinders Accredited Trainer two-day workshop is for participants who have completed training and achieved a certificate of Competence in the Flinders Chronic Condition Management Program (Flinders Program) and intend to train others in this program.

Training in the Flinders Program offers the opportunity to develop capabilities for supporting and prevention of chronic condition management including self-management.

Completion of this workshop attracts credit in the Flinders University Chronic Condition postgraduate programs.

Pre-requisite for attending the Accredited Trainer Workshop

- Certificate of Competence in Flinders Program
- Evidence of adult education credentials (e.g. a Certificate IV in Training and Assessment or equivalent qualification/experience).

Further information can be found at the Flinders Program website www.flindersprogram.com or by calling +61 8 8404 2607.

Upcoming Workshops

- Thu 27th - Fri 28th April 2017
- Wed 11th - Thu 12th October 2017

Cost

\$ 880 (gst inc.)

Register

- online at <https://pay.flinders.edu.au/fhbhru/menu> or
- email Registration Form to ccm@flinders.edu.au



Flinders Closing the Gap Program

Flinders Closing the Gap Program



or



Flinders Closing the Gap Program

This program is an adaptation of the Flinders CCM Program and has been developed to improve the health outcomes of Aboriginal and Torres Strait Islander people living with, or at risk of developing chronic conditions, by empowering them to manage their health and well-being. Health practitioners can play a vital role in developing the self-management capacity of the people they work with.

For nearly two decades the Flinders Program team has delivered training in chronic condition management and risk factor management, based on the underlying principles of self-management. Aboriginal and Torres Strait Islander people across Australia have contributed to the development and refinement of the program to meet the cultural needs of their communities, many of whom continue to inform the development of resources and are involved in the delivery of training.

Further information can be found at the Flinders Program website www.flindersprogram.com or by calling +61 8 8404 2607.



Upcoming Workshops

Available on Request

Cost

\$ 880 (gst inc.)

Register

- online at <https://pay.flinders.edu.au/fhbhru/menu> or
- email Registration Form to ccm@flinders.edu.au

Flinders Program Living Well, Smoke Free



Flinders Living Well, Smoke Free

Flinders Living Well, Smoke Free

Participants are provided with the skills and knowledge to provide interventions to address tobacco smoking, with specific references to Aboriginal smokers. Although tobacco cessation is viewed as the ultimate goal, people's willingness to reduce or limit their smoking is also encouraged.

Workshop Aims:

- to develop knowledge of both pharmacological and psychological interventions for tobacco smoking
- to apply Motivational Interviewing principles to engage people in making positive changes to their smoking
- to incorporate the use of Flinders Chronic Condition assessment and care planning tools for client's who smoke.

Length of Workshop

- 1 day for people who have already completed the Flinders Chronic Condition Program.
- 2 days for participants who are new to the Flinders Chronic Condition training program.

Upcoming Workshops

Available on Request

Cost

\$ 550 (gst inc.) - 1 day, \$ 880 (gst inc.) - 2 days

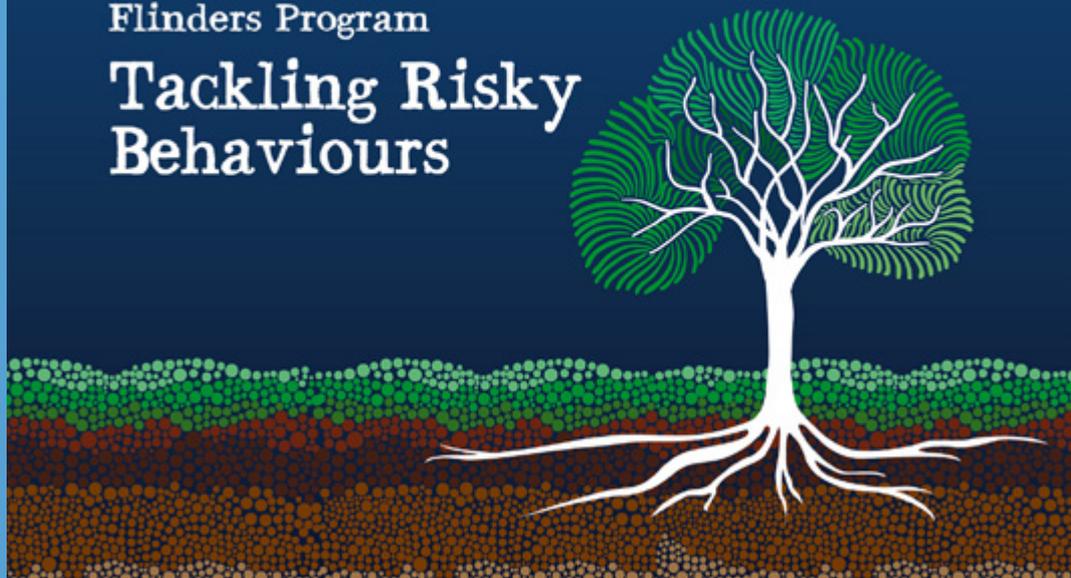
Register

- online at <https://pay.flinders.edu.au/fhbhru/menu> or
- email Registration Form to ccm@flinders.edu.au



Tackling Risky Behaviours

Flinders Program Tackling Risky Behaviours



Tackling Risky Behaviours

Participants have the opportunity to develop their skills to support people of all ages to make positive changes in relation to 'risky' behaviours – alcohol, tobacco, problem gambling, marijuana and other drugs, nutrition and physical inactivity. The social determinants underlying Indigenous health and wellbeing are acknowledged throughout the training.

Workshop Aims:

- to develop a deeper understanding of addiction and the barriers to change
- to introduce participants to introduce a wide range of tools and techniques that can be used to engage people in the process of change around risky behaviours, from brief interventions through to the development of comprehensive action plans with clients.

Although the training is intended for health and community practitioners, organisations may choose to invite other staff or community members for the first ½ day of training.

For further information please call +61 8 8404 2607.

Upcoming Workshops

Available on Request

Cost

Available on Request

Register

- email Registration Form to ccm@flinders.edu.au

Flinders Program Health Promotion for Communities



Health Promotion for Communities

Health Promotion for Communities

This interactive workshop focuses on assessing and refining your organisation's approach to health promotions. Participants will be provided with the skills and knowledge to run a comprehensive, strategic community campaign to promote healthy lifestyles, while taking into account the social and environmental impacts on people's ability to make positive choices for their health factors and well-being. Each workshop is tailored to the needs of your group or organisation.

Workshop Aims:

- to develop understanding of behaviour change models
- to apply the concepts of needs analysis and social marketing principles to your organisational and community context
- cultivate a health promotions plan, including evaluative components.

For further information please call +61 8 8404 2607.

Upcoming Workshops

Available on Request

Cost

Available on Request

Register

- email Registration Form to ccm@flinders.edu.au



Consumer Directed Care and Goal Setting



Consumer Directed Care and Goal Setting

This interactive workshop provides opportunities for supported practice and skill development in motivational interviewing and techniques that you can use to engage and partner with clients to set goals, develop a consumer directed care plan and support lifestyle behaviour changes. Developed for health professionals and support workers, the one day workshop focusses on understanding and applying general behaviour change support and communication skills in working with people who have complex care needs.

Workshop Aims:

- Build confidence in communication skills
- Provide strategies for improved engagement and communication with clients, families and peers
- Practice motivational strategies to support clients to engage in goal setting and behaviour change
- Provide a supported opportunity to develop a client centred care plan that is responsive to cultural requirements
- Provide an understanding of how to motivate clients to achieve their goals, be involved in planned reviews and make changes to plans to accommodate progress and relapse.

For further information please call +61 8 8404 2607.

Upcoming Workshops

- Wed 14th June 2017

Cost

\$ 550 (gst inc.)

Register

- online at <https://pay.flinders.edu.au/fhbhru/menu> or
- email Registration Form to ccm@flinders.edu.au





How to use Motivational Interviewing Skills in Everyday Practice

How to use Motivational Interviewing Skills in everyday Practice

This new one day workshop has been developed to support clinicians in applying Motivational Interviewing (MI) skills in their everyday practice. An interactive and practical workshop program provides opportunities for health professionals to develop and practice MI skills to work in partnership with clients and their families. A combination of pre-workshop online activities and supported face to face activities provides learners with the foundations of Motivational Interviewing and the opportunity to practice health coaching skills and strategies to support clients to engage in behaviour change.

The workshop is relevant for Allied Health Practitioners, Aged Care workers, Nurses, GP's and Aboriginal Health Practitioners. Topics covered include:

- Client engagement
- Communication and motivation
- Behaviour change support, skills and strategies
- Application of MI to everyday practice.

For further information please call +61 8 8404 2607.

Upcoming Workshops

- Wed 12th April 2017
- Wed 31st May 2017
- Wed 5th July 2017
- Wed 18th October 2017

Cost

\$ 550 (gst inc.)

Register

- online at <https://pay.flinders.edu.au/fhbhru/menu> or
- email Registration Form to ccm@flinders.edu.au



CBT for Psychological Disorders



CBT for Psychological Disorders

The workshop provides participants with an opportunity to increase knowledge and practice in cognitive behaviour therapy (CBT) as applied to high prevalence psychological disorders. Particular emphasis is given to assessment, behavioural formulations and specific interventions such as graded exposure therapy, behavioural activation and behavioural experiments.

Workshop Aims:

The focus of this workshop is to recognise and differentiate prevalent anxiety disorders and depression using a structured CBT assessment process. Participants will learn how to provide specific treatment rationales, explain graded exposure therapy for specific disorders and construct behavioural formulations to guide treatment plans. Participants will have opportunities to observe and engage in role-plays and receive feedback and guidance on clinical skills and interviewing techniques that will inform and guide applications in clinical settings.

All participants receive a certificate of participation.

Also available as a non-award topic where students may be eligible for credit towards postgraduate CBT programs.

For further information please call +61 8 8404 2318.

Upcoming Workshops

- Tue 14th - Fri 17th March 2017
- Mon 7th - Thu 10th August 2017

Cost

\$ 1760 (gst inc.)

Register

- online at <https://pay.flinders.edu.au/SACS/menu> or
- email Registration Form to cbt@flinders.edu.au



Advanced CBT for Psychological Disorders

Advanced CBT for Psychological Disorders

The workshop provides participants with an opportunity to expand and consolidate knowledge and practice as applied to specific high prevalence psychological disorders. Particular emphasis is given to assessment, conceptualisations and specific cognitive therapy (CT) treatment models.

Workshop Aims:

The focus of this workshop is to provide an overview of cognitive models and clinical applications for high prevalence psychological disorders. Provide opportunities for participants to practice a structured assessment, cognitive conceptualisations and cognitive behavioural treatment techniques.

Participants will have opportunities to engage in role-plays and receive feedback and guidance on clinical skills and interviewing techniques.

All participants receive a certificate of participation.

Also available as a non-award topic where students may be eligible for credit towards postgraduate CBT programs.

For further information please call +61 8 8404 2318.

Upcoming Workshops

- Mon 3rd - Thu 6th April 2016
- Mon 28th - Thu 31st August 2017

Cost

\$ 1760 (gst inc.)

Register

- online at <https://pay.flinders.edu.au/SACS/menu> or
- email Registration Form to cbt@flinders.edu.au



Motivational Interviewing



Motivational Interviewing

Motivational Interviewing (MI) is an interpersonal style of communication that is designed to strengthen intrinsic motivation, and commitment to specific behaviour-change goals, by eliciting and exploring the person's own reasons for change. MI is a collaborative, goal-orientated style of communication that pays particular attention to the language of change to help individuals resolve discrepancies and ambivalence around lifestyle choices.

Workshop Aims:

The focus of this workshop is to assist participants to recognise and respond to the language of change with clients, utilize tools that elicit and support resolving ambivalence and resistance through the use of specific micro skills, targeted goal setting and collaborative interventions.

The workshop is experiential and participants will have opportunities to practice motivational interviewing techniques, learn effective ways to resolve discrepancy and ambivalence with people, acquire skills in effective goal setting and utilise measurement tools to monitor and inform meaningful change.

For further information please call +61 8 8404 2318.

Upcoming Workshops

- Wed 29th March 2017

Cost

\$ 550 (gst inc.)

Register

- online at <https://pay.flinders.edu.au/SACS/menu> or
- email Registration Form to cbt@flinders.edu.au



Comorbid Mental Health & Substance Use Disorders

Comorbid Mental Health & Substance Use Disorders

The workshop provides health professionals working with people experiencing psychological disorders and substance misuse complexities with knowledge and practical skills in the assessment and treatment of comorbid mental health and substance use disorders. Engagement and intervention strategies to implement a devise collaborative treatment plans using a cognitive behavioural framework and motivational strategies for behavior change are explored.

Workshop Aims:

This focus of this workshop is to gain knowledge of the concepts and issues relevant to psychological disorders and substance misuse disorders, acquire knowledge and skills in assessment, learn motivational interviewing techniques to assist people with behaviour change and apply interventions grounded in evidence-based practice.

All participants receive a certificate of participation.

Also available as a non-award topic where students may be eligible for credit towards postgraduate CBT programs.

For further information please call +61 8 8404 2318.

Upcoming Workshops

- Mon 27 - Wed 29th March 2017

Cost

\$ 1320 (gst inc.)

Register

- online at <https://pay.flinders.edu.au/SACS/menu> or
- email Registration Form to cbt@flinders.edu.au



Building Resilience with Young People



Building Resilience with Young People

Resilience has been described as “adapting well in the face of adversity”. With increasing rates of psychological distress reported by young Australians and the future loss of productivity as a result of mental illness in adolescence estimated to be \$25 billion per year, equipping young people with skills to adapt well rather than suffer when challenges arise is beneficial to both individuals and society as a whole.

Workshop Aims:

The objective of this workshop is to provide participants with an understanding of the main theories that underpin the concept of resilience, and knowledge of the factors that impede or build resilience in young people. Participants will be introduced to the area of Positive Psychology and the role it can play in building resilience, along with some practical strategies of how to enhance and measure resilience in young people.

All participants receive a certificate of participation.

Also available as a non-award topic where students may be eligible for credit towards postgraduate CBT programs.

For further information please call +61 8 8404 2318.

Upcoming Workshops

- Mon 20th - Tue 21st March 2017
- Mon 17th - Tue 18th August 2017

Cost

\$ 880 (gst inc.)

Register

- online at <https://pay.flinders.edu.au/SACS/menu> or
- email Registration Form to cbt@flinders.edu.au



Behavioural Activation

Behavioural Activation

Behavioural Activation (BA) is an approach that has been efficacious in the treatment of depression. It has been empirically shown that clinically relevant human behaviour is a function of reinforcement and when positive reinforcement is reduced or erratic, people's sense of meaning, purpose and connectedness are impacted. This can lead to declines in mood and motivation, which causes a vicious cycle of depression.

Workshop Aims:

This focus of this workshop is to gain an understanding of the compelling reasons why BA should be considered as a distinct form of cognitive behaviour therapy for clients with depression, practice utilising skills, techniques and tools distinct to BA, learn how to conduct a behavioural assessment with clients and construct a collaborative BA intervention with clients.

For further information please call +61 8 8404 2318.

Upcoming Workshops

- Wed 8th March 2017
- Wed 2nd August 2017

Cost

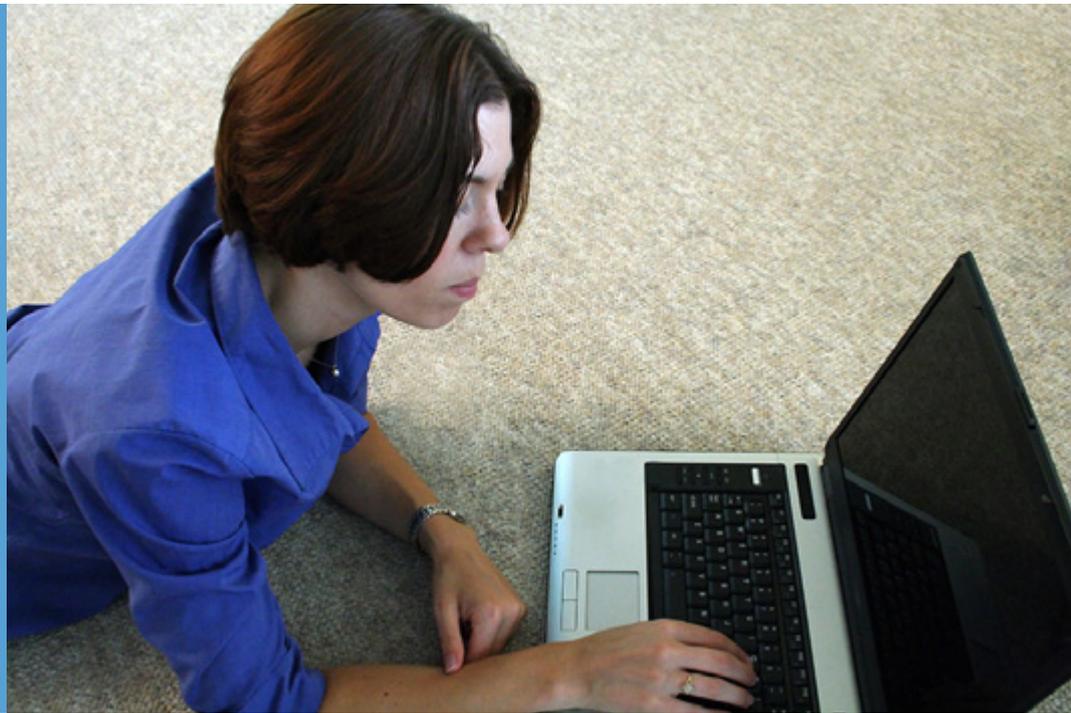
\$ 550 (gst inc.)

Register

- online at <https://pay.flinders.edu.au/SACS/menu> or
- email Registration Form to cbt@flinders.edu.au



Online Courses



CPD



Online Courses

In 2014, FHBHRU launched its exciting Online Learning Portal focusing on the Flinders Program. The site has received a significant amount of positive feedback from networks within Australia and across the world.

Our Education and Training team are constantly improving content for our existing courses and developing new courses.

There are currently twelve courses available online reflecting FHBHRU's focus on Chronic condition self-management including an adaptation for use with indigenous clients. Also available online are courses relating to tobacco management and implementation of the Flinders Program

“Course 1 - Background to the Flinders Program” can be previewed using a guest login. All courses count toward professional development and CPD.

Visit the FlindersProgram.com website to find out more.

For further information please contact ccm@flinders.edu.au.

Register

- online at <http://fctgp.flinders.edu.au/login/index.php>

Workshop Registration Form

Participant Information

Full Name: _____ Preferred Name: _____

Postal Address: _____

E-mail: _____

Work phone Number: _____ Mobile Phone Number: _____

I am attending the workshop as part of my post-graduate program

Employment Information

Place of Employment: _____

Job Title: _____

Occupation: _____

RACGP QI&CPD Participation No. (if applicable): _____

Highest Level of Education (please tick and specify): _____

Certificate

Degree

Post Graduate

Other

Workshop Booking Information

Chronic Condition Management

email completed registration form to ccm@flinders.edu.au

Flinders Chronic Condition Management Program
Flinders Accredited Trainer Program
Flinders Closing the Gap Program
Flinders Living Well, Smoke Free
Tackling Risky Behaviours
Health Promotion for Communities
Consumer Directed Care and Goal Setting
How to use Motivational Interviewing in Everyday Practice

Cognitive Behaviour Therapy

email completed registration form to cbt@flinders.edu.au

CBT for Psychological Disorders
Advanced CBT for Psychological Disorders
Motivational Interviewing
Comorbid Mental Health & Substance Use Disorders
Building Resilience with Young People
Behavioural Activation

Date of selected workshop (please specify): _____

Any special dietary requirements: _____

Where did you hear about these workshops: _____

I agree to my details being included on the FHBHRU mailing list: _____ Agree _____ Disagree

I have read the terms and conditions: _____ Yes _____ No

Method of Payment *

** not relevant for participants attending as part of their post-graduate program*

Cheque / Money Order

Credit Card - Flinders University iPay

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Payment can be made online with your credit card via the secure Flinders University iPay system

<https://www.flinders.edu.au/finance/ipay/>

Cheque / Money Order

Cheques and Money Orders are payable to Flinders University. Registration must be accompanied by Payment. Forms and payment can be returned to the email addresses above, or posted to Flinders University - FHBHRU, Margaret Tobin Centre. GPO Box 2100, Adelaide SA 5001. or fax to +61 8 8404 2101

** see over for Terms and Conditions*

January

30 | Post Graduate Programs Semester 1
CSP Placement Cut-off

February

20 | Post Graduate Programs Semester 1
Full fee paying students Cut-off

27 | Post Graduate Programs Semester 1
TEACHING COMMENCES

March

08 | Behavioural Activation Workshop

14 - 17 | CBT for Psychological Disorders
Workshop

20 - 21 | Building Resilience with Young People
Workshop

27 - 29 | Comorbid Mental Health & Substance
Use Disorders Workshop

29 | Motivational Interviewing Workshop

30 - 31 | Flinders Chronic Condition
Management (CCM) Program

April

03 - 06 | Advanced CBT Workshop

12 | How to use Motivational Interviewing
Skills in Everyday Practice

27 - 28 | Flinders Accredited Trainer Program

May

31 | How to use Motivational Interviewing
Skills in Everyday Practice

June

14 | Consumer Directed Care and Goal
Setting

July

17 | Post Graduate Programs Semester 2
Full fee paying students Cut-off

24 | Post Graduate Programs Semester 2
TEACHING COMMENCES

August

02 | Behavioural Activation Workshop

07 - 11 | CBT for Psychological Disorders
Workshop

17 - 18 | Building Resilience with Young People
Workshop

21 - 22 | Flinders Chronic Condition
Management (CCM) Program

28 - 31 | Advanced CBT Workshop

October

11 - 12 | Flinders Accredited Trainer Program

18 | How to use Motivational Interviewing
Skills in Everyday Practice

2017 Calendar

Terms and Conditions of Workshop participation:

1. A completed registration form and full payment must be received 10 working days prior to the first day of the workshop. All registrations will be acknowledged by email.
2. Registration will close once bookings are full. Subsequent registrations will be placed on a waiting list and notified accordingly.
3. If you are unable to attend a course, a substitute participant may attend in your place at no extra charge. Please provide written notification.
4. If you cancel your workshop registration (in writing) at least 15 working days prior to commencement of the workshop, no penalties will apply.
5. If you cancel your workshop registration (in writing) less than 15 working days prior to commencement of the workshop, an administration fee of 20% of workshop fee (inc. gst) applies.
6. If you cancel your workshop registration (in writing) less than 5 working days prior to commencement of the workshop, an administration fee of 50% (inc. gst) applies.
7. If you cancel your workshop registration (in writing) less than 24 hours prior to the workshop commencing will incur a 100% cancellation fee.
8. Participants who cancel and/or fail to attend the workshop will incur a 100% cancellation fee of the workshop cost.
9. While all efforts are made to ensure workshops go ahead as scheduled, FHBHRU reserves the right to delay or reschedule workshops if insufficient registrations are received.
10. All prices and workshops are subject to change without notice.

For enquiries: Telephone: +61 8 8404 2607

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www.flinders.edu.au/medicine/sites/fhbhru