FOCUSED PSYCHOLOGICAL STRATEGIES
LEVEL 2 SKILLS TRAINING - YARRAVILLE, VICTORIA

Date: 15 & 16 October, 2016
Time: *Saturday - 8.30 am - 5.00 pm/Sunday - 8:30 am - 3.00 pm (*please register from 8.00 am)
Cost: $770 (includes GST)
Prerequisite: “Level 1” Mental Health Skills Training (ie. You can already bill item numbers 2715 and 2717. Can be completed online if needed)
Venue: Yarraville Community Centre
Room 3, Level 1, 59 Francis Street
YARRAVILLE

Program Details:
CBT-derived skills taught throughout the program include Psycho-education, Motivational Interviewing, cognitive interventions, behavioural interventions, and skills for working with families and relaxation skills training. Recent advances in the areas of neuroscience, trauma-Informed practice and therapeutic alliance are included, and current evidence-based guidelines inform the content throughout. A highlight of our program is active involvement of both a person with lived experience of mental illness, and a person who cares for a family member with mental illness.

Day 1 of the program covers foundation concepts including the neurobiology of relationships, therapeutic alliance, GP self-care and sustainable practice, and assessment and treatment planning. FPS are suitable for the treatment of common mental disorders, and the training includes assessment of suitability for FPS delivery in the GP context and discussion about tailoring choice of FPS to the life stage of the person and to specific symptoms and/or disorders. A number of the skills taught are transferable to wider use in General Practice including affect regulation skills and safety and stabilisation strategies.

Day 2 continues with skills training and includes shared decision making, integrating prescribing and FPS provision, and translating skills into real practice. Participants are required to complete further hours of training after the 2 day workshop, to reach a total of 20 hours inclusive of the workshop. The post-workshop hours can be achieved by participating in a case-based discussion group (face to face or teleconferenced depending on geography of the group), or a series of online interactive exercises, or a combination of the two.

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A wide variety of resources and self-help activities are provided, all of which are high quality, online and free to access; most of these come from the rich suite of resources produced by Universities and other Mental Health Research and Advocacy organisations in Australia. In addition a comprehensive reading list is provided for those who wish to develop greater depth of skill in particular areas of interest.

The ASPM FPS skills training program is interactive and practical and requires a high level of engagement from participants before, during and after the workshop. It is suitable for all GPs with an interest in Mental Health from Registrars to the very experienced, and many of the skills are also transferable to other areas of General Practice. All of the trainers are GPs and ASPM is dedicated to supporting our GP colleagues in this way.

www.aspm.org.au
REGISTRATION FORM

Level 2 Mental Health Workshop, 15 & 16 October - Yarraville, Victoria
Day 1 & 2   ASPM Members - $660 (includes GST)   Non-Members - $770 (includes GST)
Day 1     ASPM Members - $275 (includes GST)   Non-Members - $385 (includes GST)

To register and pay online with your credit card please click on this link (no need to complete this form)
https://www.trybooking.com/MOBZ (30c booking fee applies)

Name: ......................................................................... Mobile: .................................................................
Email: ......................................................................... Emergency Contact: .............................................
RACGP/ACRRM No: ................................................ Dietary Req: .............................................................

Please ✔ Preferred method of payment

☐ EFT - Please use your surname as the identifier.
Bank: National Australia Bank   BSB: 082-204   Acc No: 58-786-2637
Name: Australian Society for Psychological Medicine

☐ Cheque   I enclose a cheque for $770 payable to ASPM.

☐ Credit Card:
Cardholder’s Name ..............................................................................................................................
Card No ....................../........................../........................../.................. Exp Date .............../..............

Enquiries: Anne Malecki   Email: admin@aspm.org.au

FPS-ST (Level 2) accreditation requires completion of a full 20 hours of training, consisting of:

Day 1 plus Day 2 plus post workshop activity: Small group learning (40 CPD points plus 5 QI points) OR web-based worksheet activity, no further CPD points =FPS-ST “level 2” accreditation, 30 PRPD ACRRM points

Participants who require FPS-CPD points only are not required to complete the six hours post workshop activities.

Please complete and return this form via email or post
Email: admin@aspm.org.au
ASPM | PO Box 4098 | Homebush Sth | NSW | 2140

Cancellation Policy: Refunds (less a $50 admin fee) will be given for cancellations received prior to Monday, 10 October. No refunds will be given after this date.