

**BetterLife Directions Pty Ltd
Workshop Schedule
Presented by Elizabeth Benson-Stott & James Stott**

Workshop Outlines

FOR PRACTITIONERS ONLY TO ATTEND:

1. Working Therapeutically with Aboriginal & Torres Strait Islander clients Workshop

This workshop is geared towards health practitioners, or those who have had contact with Aboriginal & Torres Strait Islander clients. Participants will be given the opportunity to learn models of intervention and practical

counselling skills taught within the training. The Workshop facilitator will discuss a number of culturally appropriate therapies which can be used with a range of Aboriginal clients.

The training will cover the following areas:

- Introduction of a model of assessment and therapeutic intervention
- Enhancing the therapeutic environment
- Initial client contact and therapeutic alliance
- Culture-specific mental health conditions
- Therapeutic styles and approaches and how these 'fit' for Aboriginal & Torres Strait Islander people;
- How to 'adjust' your intervention style to make it more appropriate

2. CBT for Professionals Workshop

This workshop is geared toward health practitioners. This workshop will develop the competencies and knowledge required to practice Cognitive-Behavioural Therapy (CBT) within your work role scope & context with a range of client issues. Cognitive-Behavioural Therapy is an evidence based approach used by a wide range of professionals from within the medical, health, drug & alcohol, sexual health sectors.

Participants will:

- Be introduced to the theory, practice, and underlying principles of Cognitive-Behavioural Therapy.
- Gain an understanding of the framework of the process of CBT, the nature of the relationship with the client, and the qualities and values required to undertake CBT.
- Gain knowledge of specific tools, strategies, interventions, and techniques utilised in CBT which you can apply to your specific work role.
- Understand how this approach can be used to teach the client the self help tools and strategies required to manage issues impacting on their lives.

3. Suicide Intervention, Prevention and Postvention for carers and professionals (IPP) Workshop (must attend 2 days)

IPP is a two-day intensive, interactive and practice-dominated course designed to help practitioners recognize risk and learn how to intervene to prevent the immediate risk of suicide. Participants will also learn how to work in the area of postvention. Suitable for all persons such as mental health professionals, nurses, physicians, teachers, counsellors, youth workers, police and correctional staff, school support staff, clergy, and community volunteers. The workshop includes a Suicide Intervention and postvention Manual.

Participants will:

- Discuss beliefs about suicide
- Myths about suicide
- enhance their understanding of suicidal behaviour
- recognize and assess the risk of suicide
- discuss culture-specific suicide
- learn the general dos and don'ts
- develop a working knowledge and skills for effective suicide intervention
- learn how to respond when in the postvention phase
- participate in group activities

WORKSHOPS ARE FULLY FUNDED. PRE-REGISTRATION REQUIRED. PLACES ARE LIMITED.

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FOR CONSUMERS / CLIENTS / GENERAL COMMUNITY TO ATTEND:

4. Gaining Ground in Mental Illness Workshop

The overall aim of the Gaining Ground Program is to promote the mental health and well-being of children living with a parent affected by a mental health problem, and to help parents affected by a mental health problem. The workshop is broken up into morning (for parents), and afternoon (for children & adolescents), however parents may also attend in the afternoon session.

Gaining Ground in Mental Illness Parent Program (morning workshop for parents with a mental illness) – Run from 9.30am – 12.15pm, lunch supplied.

This workshop will meet the needs of parents affected by a mental health problem.

Gaining Ground in Mental Illness Young People Program (afternoon workshop for young people) - Run from 1.15pm – 3.30pm

This workshop aims to provide children and young people aged between 9 and 16 years, who live with a parent affected by mental health problems, with specific skills which will help them to cope with their parent/s illness, help to explore their feelings, enhance their coping skills, and increase their resiliency, communication skills, social skills and self-esteem. The Workshop promotes a positive mental health in a friendly and supportive environment.

5. Working through Depression with Uplift

This workshop is for anyone who has depression or has previously been diagnosed with depression. During this workshop you will learn what causes depression, how it affects the brain, medical intervention available, psychological intervention available, and how to counteract the difficulties of living in a stressful society. We will help you understand current and past problems and life patterns, and shows you how to set boundaries, resolve conflict and avoid co-dependency.

6. Pain Management Workshop

The Pain Management Workshop (PMW) focuses specifically on pain management for those who experience pain - one of the components being a Self-Management Program. Participants have the chance to learn new information and skills, discuss ideas and share experiences with others that experience pain.

The main objective of the workshop is to improve your understanding of pain management and its treatments, introduce different methods to cope with pain from a medical and psychological perspective, and encourage you to take an active role in your pain management. The program's intention is to help those who experience pain.

7. Youth Life Skills Workshop

Today's youth are faced with a myriad of challenges on their path towards adulthood. It is therefore crucial that they develop the skills to deal with difficulties of the present, as well as become equipped to face the challenges of the future. The purpose of this workshop is to help youth develop skills and tools that will help them manage life's difficulties. This high energy workshop will take youth through numerous activities aimed at teaching these important life skills. The method of delivery fosters healthy relationships between participants and focuses on working together as a community of learners to strengthen confidence. The workshop will involve communication, conflict resolution, stress management, budgeting, self care, goal setting, and coping skills.

8. Overcoming Trauma Workshop

This workshop is for participants who have experienced trauma. The workshop will investigate the origins of adult dysfunctional behaviours as a result of trauma. In this revolutionary educational and experiential process, participants discover, identify and address those issues, which may have inadvertently led to depression, anxiety, or painful relationships. The workshop will look at areas such as what is trauma, the origins of trauma, and management strategies to help to work through trauma.

Workshop Outlines cont..

FOR CONSUMERS / CLIENTS / GENERAL COMMUNITY TO ATTEND:

9. Working through the Trauma of Relationship breakdown for Men Workshop

This workshop is suitable for men who are separated or divorced at some time. The workshop will help men to understand what they are going through and provide support from others in the same situation. Dealing with a relationship breakdown is one of the toughest experiences a person can have. The tremendous feelings of devastation and loss are often compounded by hurtful behaviours that came before or resulted from the relationship breakdown. Learn how to work through this trauma and pain, and learn how to accept the unacceptable.

10. Mini workshop series: Stress management, substance abuse, anger, depression, relationship management Workshop

In this workshop, participants will learn about what stress management, substance abuse management, anger management, depression management, and partner relationship management. This workshop is designed to empower the participant to identify where they can make changes and take action towards changing their life. Through activities and discussion participants will learn how to manage these areas of their life and focus on creating positive change.

11. Stress management Workshop

In this workshop, participants will learn about what stress is, what it can do to them if it is left unchecked, and how they can manage it more effectively in their life. The workshop will help participants to identify where they can make changes and take action towards reducing stress in their life. The workshop is designed to help participants understand the impact of stress in both their personal and professional lives. Through activities and discussion participants will learn how stress can be significantly reduced by making small, achievable changes. The focus is on raising awareness about stress and how it affects our performance in participants' lives.

WORKSHOP PLACES ARE LIMITED AND REQUIRE PRE-REGISTRATION.

WORKSHOPS ARE FULLY FUNDED.

**BetterLife Directions Pty Ltd
Workshops for 2009**

ABOUT THE PRESENTERS

JAMES STOTT, Dip. Psych., Cert IV Ass/Train., currently studying B.Sc.Psych.

James is the Chief Operations Officer & Snr Clinical Counsellor for BetterLife Directions, a psychological & business consulting service.

James has worked in the Counselling, Management and Business industry since 1993. He has advised Government, Business and the Public Sector in the areas of Leadership, Internet and e-Commerce, Business, Management and Retail. An appointment in 1996 with a national retailer saw him oversee a staff of 52 people and manage a budget of \$18M. James has previously held a position on the national board of Suicide Prevention Australia, the national body that represents to Government the interests of people involved in the prevention of suicide, and on the national board of the Australian Junior Chamber of Commerce. James has completed a Diploma of Psychology, and is currently studying a Bachelors Degree in the same field. James' expert interests are in counselling, marriage counselling, men's issues, organisational psychology and counselling, critical incident stress debriefing, training, coaching, treating general health issues, and providing general information to media / government / organisations.

James will keep you entertained during the workshops and you will leave the workshop with greater confidence and knowledge.

ELIZABETH BENSON-STOTT, MScMD, BPsych, DipCouns, CertBus, FIACAPAP, MAPS, MAIJA, MIAC.

Elizabeth is the Clinical Director & Senior Psychologist for for BetterLife Directions, a psychological & business consulting service.

Elizabeth has worked in both USA and Australia in the field of clinical and forensic psychology and has travelled extensively gaining in-depth knowledge of the cultural aspects of her work. In 2004 she won the Australian National Award for Youth Suicide Intervention & Prevention which was sponsored by Suicide Prevention Australia. In 2006 she was awarded the Australian Institute of Management QLD & NT Rural/Remote Manager of the Year (Sunshine Coast), along with the International Association of Child and Adolescent Psychiatry and Allied Professions' Donald Cohen Fellowship for International Scholars in Child and Adolescent Mental Health, recognizing her as an emerging leader in the area of child and adolescent psychiatry.

Elizabeth is currently appointed to the Children's Services Tribunal (Queensland Department of Justice and Attorney General), the Queensland Psychologists' Board Panel of Assessors, and is a national board member for Suicide Prevention Australia. She has previously held appointments on the Ministerial Advisory Council for Domestic and Family Violence, the Expert Reference Group for the Queensland Centre for Mental Health Learning, and the Health Quality and Complaints Commission. She also spent a number of years as Vice Chairperson on the Board of the Indigenous Corporation, Wandiny RAPASS.

Elizabeth will make you think 'outside the box' during the workshop and you will leave the workshop with greater knowledge.

**BetterLife Directions Pty Ltd
Workshop
Registration Form - Part 1**

**Phone: (07) 41244521 to inform of registering
then with registration form either:
1. Fax back to (07) 41941227; OR
Post to: c/- BetterLife Directions Pty Ltd,
PO Box 3704, Hervey Bay QLD 4655**

Registration Cost: Cost for all workshops has been fully funded for participants registered.

Day workshops **Start time:** 0930 **Finish time:** 3.30pm
 Morning Tea: 1030 – 1045 **Lunch:** 1215 – 1315 **Afternoon tea:** 1415 – 1430

FOR PRACTITIONERS ONLY TO ATTEND:

- 1. Working Therapeutically with Aboriginal & Torres Strait Islander clients
 - Thursday 3 December 2009 - Hervey Bay (Elizabeth Benson-Stott)
- 2. CBT for Professionals
 - Saturday 10 October 2009 - Maryborough (Elizabeth Wade)
 - Saturday 17 October 2009 - Bundaberg (Elizabeth Wade)
- 3. Suicide Intervention, Prevention and Postvention for carers and professionals (must attend 2 days)
 - Friday 13 November 2009 & Saturday 14 November 2009
- Hervey Bay Elizabeth Benson-Stott)

FOR CONSUMERS / CLIENTS / GENERAL COMMUNITY TO ATTEND:

- 4. Gaining Ground in Mental Illness
 - Thursday 22 October 2009 - Biggenden (James Stott)
 - Gaining Ground in Mental Illness Parent Program - 9.30am to 12.15pm
 - Gaining Ground in Mental Illness Young People Program - 1.15pm to 3.30pm
 - Sunday 22 November 2009 - Maryborough (James Stott)
 - Gaining Ground in Mental Illness Parent Program - 9.30am to 12.15pm
 - Gaining Ground in Mental Illness Young People Program - 1.15pm to 3.30pm
- 5. Working Through Depression with Uplift
 - Saturday 21 November 2009 - Bundaberg (James Stott)
 - Sunday 22 November 2009 - Hervey Bay (Elizabeth Benson-Stott)
- 6. Pain Management
 - Friday 16 October 2009 - Maryborough (James Stott)
 - Saturday 21 November 2009 - Bundaberg Enterprise Centre (Elizabeth Benson-Stott)
- 7. Youth Life Skills
 - Saturday 17 October 2009 - Maryborough (James Stott)
- 8. Overcoming Trauma
 - Friday 16th October 2009 - Maryborough (Elizabeth Benson-Stott)
- 9. Working Through the Trauma of Relationship breakdown for Men
 - Saturday 14 November 2009 - Maryborough (James Stott)
- 10. Mini workshop series: Stress management, substance abuse, anger, depression, relationship
 - Friday 23 October 2009 - Biggenden (James Stott)
 - Friday 13 November 2009 - Bundaberg Enterprise Centre (James Stott)
- 11. Stress management
 - Thursday 3 December 2009 - Bundaberg (James Stott)
 - Saturday 5 December 2009 - Maryborough (James Stott)

Note: Tea & Coffee, Morning Tea, Lunch, and Afternoon Tea are inclusive of the day.
 Maryborough Workshop Venue: Wide Bay Motel & Conference Centre, 298 Walker Street, Maryborough.
 Bundaberg Workshop Venue: Bundaberg Enterprise Centre, Cnr Quay & Tantitha Streets, Bundaberg.
 Hervey Bay Workshop Venue: TBA
 Biggenden Workshop Venue: TBA

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Personal Details

Title: First Name: Surname:
Organisation:
Occupation:
Postal Address
Town: State: Postcode:
Phone: Mobile: Fax:
Email:

Other Requirements

Dietary Requirements:
Other Requirements: (eg disabled access)

Additional Information

Please note:

Participants will be required to make own accommodation bookings if accommodation is needed.
Booking is essential for these workshops. Registration forms need to be submitted at minimum one week prior to the workshop date.

For your information

BetterLife Directions Pty Ltd does not hold responsibility for any cause of injury, loss of equipment or personal belongings. They are considered to be the responsibility of the individual.

Child Care

While BetterLife Directions Pty Ltd is mindful that some participants may travel with family members, we are not responsible for childminding or childcare activities, nor will children be allowed to sit in during the sessions.

Contact Number For Further Information

BetterLife Directions Pty Ltd Phone: 07 41255521
Postal: PO Box 3704, Hervey Bay QLD 4655
53 Main Street, Pialba, Hervey Bay QLD 4655