

Mental Illness Awareness – Wellbeing in the Workplace

Earn 14 CPD Points

3 & 4 April, 2014 or 25 & 26 September, 2014

Location: Moreno Collegium, Coorparoo QLD Price: \$385 incl. GST



THEMES EXPLORED

OBJECTIVES

- **The impact of stress on wellbeing**
- **Supporting colleagues in the workplace**
- **Mental illness explored – Depression, Anxiety, Post Traumatic Stress Disorder, Psychosis**
- **Exploring stigma and de-stigmatising mental illness**
- **Looking after self – boundaries and role expectations**
- **Avoiding organisational burn out**

This two day workshop explores concepts integral to understanding mental illness especially in relation to supporting colleagues in the workplace. Mental illness affects 1:4 persons in the community and as such everyone is likely to be affected by it in some way.

Despite the prevalence of mental illness, stigma and shame continue to negatively impact a) individuals seeking support in the workplace, b) support being offered to colleagues who experience a mental illness.

This workshop provides a place for participants to discuss and explore creating & developing a workplace culture that allows dialogue about mental illness. The facilitator has over thirty years experiences as a psychiatric nurse. She integrates contemporary research with experiential learning and sharing of stories throughout the two days.

A major focus of the workshop is supporting colleagues in the workplace, so it is recommended to those working in Management, Supervisory and Human Resource roles. Acknowledging however that mental illness affects 1:4 of the population, this workshop is important for employees in all roles. Looking after the self enables us to support colleagues and/or clients who experience mental illness.

Facilitator: Dr Wendy McIntosh PhD (RGN, Grad Dip MH, MN, Group Leadership Cert, Cert IV Workplace Assessment & Training) is also an advanced trainee of Psychodrama which features strongly in her work.

Wendy has over 30 years experience in mental health (clinical, research and education). She has been facilitating workshops on a broad range of topics related to mental illness and mental wellbeing (such as workplace bullying, aggression minimization and mental illness awareness) through her business Davaar Consultancy.

With more than 12 years clinical experience working with adults who experienced childhood trauma, Wendy is an innovative and engaging facilitator who has presented papers and workshops at a number of conferences, both national and international. Wendy has written two published articles on professional boundaries. Wendy also offers individual and group supervision.



Davaar Consultancy Training and Development Pty. Ltd

Professional Boundaries: Your Safety, Our Business

Mental Illness Awareness - Wellness in the Workplace

About this workshop

An essential part of creating a safe and healthy workplace is recognising and promoting good mental health. Organisations, managers and all employees have a responsibility to create a safe working environment that is supportive of employees experiencing a mental illness. According to Deakin University Resource – Mental Health in the Workplace: a psychologically healthy workplace demonstrates:

- promotion of a culture that is inclusive and emphasises abilities (strengths/resilience), not limitations
- aims to eliminate stigma and discrimination through use of respectful language
- understands its Duty of Care and OHS responsibilities
- has policies and procedures that encompass mental health in the workplace
- offers staff programs and resources to educate and inform them about mental health (it's impacts and strategies to address and support them)
- promotes collaborative decision making and/or problem solving amongst all levels of staff
- ensures everyone is treated with consideration & respect

By attending this workshop participants should feel more comfortable and competent to:

- provide practical guidance for those engaging with staff who have mental health concerns
- encourage discussion surrounding stigma of mental illness and how to address stigma in the workplace
- expand upon and deepen understanding surrounding common mental illnesses such as depression & anxiety
- supporting colleagues who are suicidal (distinguishing when it is necessary to talk and listen and when it is necessary to act)
- highlight the importance of appropriate use of language when discussing mental health concerns (with an emphasis on assisting colleagues to bring their issue or concern forward, and to recognise mental health concerns of clients / residents)
- discuss the importance of maintaining a professional role whilst engaging with staff members. Specifically maintaining clear boundaries when issues around transference and duty of care may emerge in relation to mental health concerns

**Location: Moreno Collegium,
45 Clarence St, Coorparoo QLD
3 & 4 April or
25 & 26 Sept
Cost - \$385.00 incl GST**

This is an experiential two day workshop. A number of interventions will be used to assist to deepen and integrate the content that will be presented during the workshop. Prepare to be involved in role plays, small group discussions and larger group explorations.

Recent feedback from participants who have attended similar training:

- ✓ "very patient, knowledgeable, approachable presenter"
- ✓ "though a prepared program was followed, Wendy was wonderful at allocating time to explore with staff their particular topics of interest and how certain situations could be managed and handled"
- ✓ "Wendy was a wonderful person to broach these topics with. You instantly felt comfortable speaking with her about the topics that are so rarely spoken about"
- ✓ "Well presented in a way that made sense. Very engaging and good group environment"

Visit davaar.com.au for registration and more information about our workshops

Facilitator: Dr Wendy H McIntosh PhD (RGN, Grad. Dip. MH., MN, Group Leadership Cert, Cert IV Workplace Assessment & Training). Wendy conducts training on a number of themes including boundaries, mental illness in the workplace and working with clients who have experienced childhood trauma. Wendy has presented workshops on a number of themes at state, local and international conferences. She has a number of publications and writes a regular blog. With an extensive history of working in mental health (clinical, research & education), Wendy conducts regular individual and group supervision and is Past President of the Australian, Aotearoa New Zealand Psychodrama Association, Qld Region.