Counselling & Disability Services

Group Program Semester 1, 2015

STAFF
### Staff

Please be aware:
Some workshops are **multi session** workshops that require your **commitment** to attend all **sessions**!

<table>
<thead>
<tr>
<th>Topic</th>
<th>No of sessions</th>
<th>Dates</th>
<th>Time</th>
<th>Registration</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Relaxation</strong></td>
<td>8 x 1.0hr</td>
<td>Mondays 12-1pm</td>
<td></td>
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<tr>
<td>R1</td>
<td>1</td>
<td>23rd March</td>
<td>Bookings open 16th March</td>
<td></td>
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<tr>
<td>R2</td>
<td>1</td>
<td>30th March</td>
<td>Bookings open 23rd March</td>
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<tr>
<td>R3</td>
<td>1</td>
<td>20th April</td>
<td>Bookings open 13th April</td>
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<tr>
<td>R4</td>
<td>1</td>
<td>4th May</td>
<td>Bookings open 27th April</td>
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<tr>
<td>R5</td>
<td>1</td>
<td>11th May</td>
<td>Bookings open 4th May</td>
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<td>R6</td>
<td>1</td>
<td>18th May</td>
<td>Bookings open 11th May</td>
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<td>R7</td>
<td>1</td>
<td>25th May</td>
<td>Bookings open 18th May</td>
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<tr>
<td>R8</td>
<td>1</td>
<td>1st June</td>
<td>Bookings open 25th May</td>
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<tr>
<td><strong>Demystifying Disability</strong></td>
<td>1</td>
<td>18th March</td>
<td>Wednesday 10am-12pm</td>
<td>Booking opens 11th March</td>
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<tr>
<td>(MBSM) Mindfulness Based Stress Management</td>
<td>8 x 2.0</td>
<td>28th May-16th July</td>
<td>Thursdays 12-2pm</td>
<td>Enquiries to <a href="mailto:m.turner@curtin.edu.au">m.turner@curtin.edu.au</a></td>
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<tr>
<td>(MBCT) Mindfulness Based Cognitive Therapy (T)</td>
<td>8 x 2.5</td>
<td>15th April-3rd June</td>
<td>Wednesdays 9-11am</td>
<td>Enquiries to <a href="mailto:r.gerlach@curtin.edu.au">r.gerlach@curtin.edu.au</a></td>
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<tr>
<td><strong>Understanding Curtin Access Plans</strong></td>
<td>1</td>
<td>23rd April</td>
<td>Thursday 1-3pm</td>
<td>Booking opens 16th April</td>
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<tr>
<td>Topic</td>
<td>No of sessions</td>
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<tr>
<td>Mindfulness (ongoing)</td>
<td>N/A</td>
<td>3rd Feb - 9th Jun</td>
<td>Tuesdays 12-1pm</td>
<td>No Booking Required</td>
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<tr>
<td>Screening event ‘The Connection’</td>
<td>1</td>
<td>6th March</td>
<td>Friday 5-7pm</td>
<td>RSVP to <a href="mailto:r.gerlach@curtin.edu.au">r.gerlach@curtin.edu.au</a></td>
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Single session workshops incur a $20 fee. Multiple session workshops (eg. MBCT) incur a $120 fee for the entire course. (This excludes Relaxation, Mindfulness (ongoing), Intro to Mindfulness and Disability Workshops).

If attending a Therapeutic group (T next to workshop name) you will need to attend an assessment session prior to acceptance into the program.

Go online to book at http://unilife.curtin.edu.au/health_wellbeing/GroupProgramsForStaff.htm
Relaxation

Stress and worry can lead to physical tension in the body as well as physical and emotional un-wellness. Relaxation is a good antidote and it’s a skill that can be learned. Relaxation increases wellbeing and helps us to manage stress. Over eight weeks we will be offering some different methods of relaxation. Come along and enjoy some or all of these sessions to find a method that best works for you.

Please arrive on time as latecomers will not be accepted in order to minimise the disruption to other participants. Thank you for your understanding.

Mindfulness Based Cognitive Therapy for Depression

This group is designed for people who have had at least one episode of depression and are interested in developing some skills to prevent or better manage future episodes. In the MBCT program, participants meet together as a class for 8 weekly 2.5 hour classes. The main ‘work’ of the program is done at home between classes, using CDs with guided meditations that support participants’ developing practice outside of class. In each class, you have an opportunity to talk about your experiences with the home practices, the obstacles that inevitably arise, and how to deal with them skilfully. Each class is organized around a theme that is explored through both group inquiry and mindfulness practice. It is essential that participants make a commitment to practice the 45-minute guided meditation exercises daily so you need to consider this before registering your interest. Also, a brief discussion with one of the facilitators is a pre-requisite for beginning the program to determine whether it fits your particular goals and/or circumstances. Information shared by participants in the pre-group meeting and classes will remain confidential.

Please contact (r.gerlach@curtin.edu.au) to discuss attending an assessment session to determine suitability and provide further information about the group.
Disability Awareness: Demystifying the process

Ever felt confused or unsure about how to handle disability matters when they arise? Or how they affect your role at Curtin? This session is run by Disability Counsellors for Curtin staff who would like know more about working with students with disabilities. Feel free to come along and ask a question you have always wanted to ask.

The session will include:

- information about disability
- relevant Curtin polices and disability legislation
- making 'reasonable adjustments' including alternative fieldwork and examination arrangements
- case studies and an opportunity for discussion/Q & A.

Understanding Curtin Access Plans

This group aims to assist academic staff to understand how the Curtin Access Plan facilitates the process of providing reasonable academic adjustments for students with disabilities/medical conditions. The group will include case studies and examples of reasonable adjustment to assist students to access their course. Staff are welcome to bring their own case studies to the group (de identified to ensure confidentiality) for discussion.
Mindfulness- Based Stress Management (MBSM)

The MBSM program is designed for people who have experienced difficulty in managing stress and/or are interested in developing some mindfulness techniques to prevent or better manage stressful situations in future.

Participants meet together as a class for 8 weekly 1.5 hour classes. The main 'work' of the program is done at home between classes, using CDs with guided meditations that support participants' developing practice outside of class.

It is essential that participants make a commitment to practice the guided meditation exercises daily so you need to consider this before registering your interest. Also, a brief discussion with one of the facilitators is a pre-requisite for beginning the program to determine whether this program fits your particular goals and/or circumstances.

Please contact m.turner@curtin.edu.au to arrange a pre-group screening assessment.
Discover the power you have to change your mind and change your health.

The Connection is a feature documentary revealing the ground breaking research by world leading experts in mind body medicine and true stories of recovery. For further information please go to https://www.theconnection.tv/

RSVP: R.Gerlach@curtin.edu.au.
Please RSVP your attendance by Thursday, 5 March.
Early responses are appreciated.

Counselling will also provide information about Mindfulness-Based Programs at CDS after screening this documentary.
Mental Health First Aid

Mental Health First Aid (MHFA) is a 12 hour course conducted over 2 days, teaching people how to provide initial support to someone experiencing a mental health crisis or developing a mental illness. Participants will receive a course manual and a certificate on completion of the course.

The MHFA program is based at the Orygen Youth Health Research Centre at the University of Melbourne. It has been well evaluated and is now run across Australia and internationally. Training is provided by accredited MHFA instructors. This is the first time the course has been offered at Curtin.

Crisis situations covered include:

- Suicidal behaviours
- Acute stress reaction
- Panic attacks
- Acute psychotic behaviour

Mental health problems covered include:

- Depression
- Anxiety disorders
- Psychosis
- Substance use disorder

For more information see the MHFA website: www.mhfa.com.au

Please note this course is 2 FULL days- you MUST complete both days to receive an attendance certificate.

Please Note: This course can be used for PD points for various professions. Please check the MHFA website for further details.