Counselling & Disability Services
Group Program Semester 1, 2016

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>Mindfulness Meditation Sessions</td>
<td></td>
<td>Mon, Tue, Thurs, Fri 8 - 8.30am 12 - 12.30pm</td>
<td>No registration required.</td>
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<tr>
<td>Demystifying Disability</td>
<td>1</td>
<td>17th March</td>
<td>Thursday 10am-12pm</td>
<td><a href="http://life.curtin.edu.au/health-and-wellbeing/staff_programs.htm">Booking opens 10th March</a></td>
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<tr>
<td>(MBSM) Mindfulness Based Stress Management (Online)</td>
<td></td>
<td></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>(MBCT) Mindfulness Based Cognitive Therapy (T)</td>
<td>8 x 2.5</td>
<td>31st March-19th May</td>
<td>Thursdays 1-3pm</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>Understanding Curtin Access Plans</td>
<td>1</td>
<td>5th April</td>
<td>Tuesday 1-3pm</td>
<td><a href="http://life.curtin.edu.au/health-and-wellbeing/staff_programs.htm">Booking opens 29th March</a></td>
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Single session workshops incur a $20 fee. Multiple session workshops (eg. MBCT) incur a $160 fee for the entire course. (This excludes Mindfulness 30 minute meditation sessions 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.

Mindfulness-Based Online Course

Have you heard of Mindfulness recently? It seems to be THE buzz word, and is meant to be the cure for everything. Well, that is actually not true!

Aha, so what can it do then? Mindfulness can make a difference on a daily basis to your experience of stress, pain, depression, anxiety and many other issues in a different way. For example, it enables us to be more present in the moment, to be with our internal experience, and also to be more attentive. Mindfulness can help to manage difficult emotions, thoughts or sensations rather than fighting or avoiding them.

Now, why would I want to be with something I actually don’t want or don’t like or that is causing me difficulty? Good question!

Let’s imagine the following scenario. Driving in a car and getting stuck in traffic: there is no way out, no exit, no escape. This is it! Any thoughts or memories showing up right now? Rather than getting frustrated and annoyed, tense and shouting (even though nobody could hear you) you might want to welcome this moment.

Why would I welcome being stuck in traffic? Again, very valid question. Answer: because you can practice being responsive rather than reactive. Being reactive doesn’t take oneself anywhere in a long run. All it does is release stress hormones into the body, activating the amygdala for the fight/flight reaction, and getting oneself caught up in the same old patterns of aversion and avoidance.

Curious? Great. That is a good start and already cultivates a Mindfulness attitude.

And this is what we can offer you:
8 weeks of Mindfulness Online for the practice and experience of mindfulness as a tool and attitude for handling the experience of stress. Participants (students, staff, and spouses) will be provided with weekly posts, material and tapes for learning and/or refreshing mindfulness skills. The main ‘work’ of the program is done at home using guided meditations that support you to develop a mindfulness meditation practice in your life.

It is essential that you make a commitment to practice the guided meditation exercises daily so you need to consider this before registering your interest. Please register your interest with the program facilitator Regina Gerlach, r.gerlach@curtin.edu.au. You will be provided with further information about important aspects of the program prior to commencement.

Enquiries to r.gerlach@curtin.edu.au, m.turner@curtin.edu.au

**MINDFULNESS BASED COGNITIVE THERAPY (MBCT)**

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.

The practice of mindfulness meditation allows you to pay close attention to the present moment, noting your thoughts, feelings and body sensations with an attitude of curiosity and non-judgment. This non-reactive stance on your experience creates the possibility of working more wisely with sadness, fear and worry, emotions that are central to the experience of depression and/or anxiety.

In the program, participants meet together as a class for 8 weekly 2-hour classes. 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 the facilitator is a pre-requisite for beginning the program to determine whether it fits your particular goals and/or circumstances.

Enquiries to m.turner@curtin.edu.au
MENTAL HEALTH FIRST AID

The Counselling & Disability Services offer MHFA Courses to adults as authored by MHFA Australia, delivered by Instructors who are currently accredited by MHFA Australia.

The 12-hour Standard Mental Health First Aid (MHFA) course teaches adults (18 years and over) how to provide initial support to adults who are developing a mental illness or experiencing a mental health crisis.

The course is conducted over two days. Participants will receive a course manual and a certificate on completion of the course.

A MHFAider will now have the opportunity to complete an on-line exam in order to become an Accredited MHFAider for 3 years.

Crisis situations covered include:

- Suicidal behaviours, non-suicidal self-injury
- 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 conducted over 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.
DEMYSTIFYING DISABILITY

Ever felt confused or unsure about how to handle disability matters when they arise? Or how they affect your role at Curtin?

This group is aimed at all staff to improve awareness of disability issues for students. This group will also assist staff to provide appropriate relevant and informed support for students with disabilities.

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 MEDITATION SESSION

The Counselling and Disability Service (CDS) is offering mindfulness meditation sessions during the week:

Morning Sessions: Mon, Tues, Thurs, Fri (8am-8.30am)
Lunch Time Sessions: Mon, Tues, Thurs, Fri (12pm-12.30pm)

*** Meditation sessions at CDS do not require any registration required.

For any related queries or if you want to subscribe to our mindfulness community newsletter please contact r.gerlach@curtin.edu.au, or m.turner@curtin.edu.au.