Training 2016

Counselling and Disability Services can provide training for faculties/schools in 2016.

We have a range of current programs ready to be delivered. Examples include but are not limited to:

**Dealing with Mental Health in the Workplace**

This 3 hour workshop will give you an introduction and some guidelines on how to deal with some mental health issues which you may encounter in the workplace. When faced with difficult, disturbing or unusual behaviours in either our colleagues or students, it is helpful to know what to do in the moment, and equally as important, knowing what not to do.

This workshop will expand your knowledge and skills, within the context of your role and responsibilities, in providing initial assistance to someone dealing with mental health issues in the workplace.

**Dealing with Distressed Students**

What work with your students causes you stress/is distressing? What is stress? What creates stress? How do I implement self-care strategies that work so I can adequately look after myself at work/home?

This 4 hour workshop will discuss and answer the above questions as well as provide information on how to respond to distressed, disturbed, dangerous or drugged persons. Some practice of specific responses to problematic student issues will be discussed combining self-care strategies, setting boundaries and debriefing.

Training can be tailored specifically to the needs of the department.

**Fees**

$200 per hour inclusive of facilitators, resources and morning/afternoon tea.

Numbers up to 14 can be catered for onsite in the CDS training facility.

Larger numbers will require a room booking and catering at an alternative venue and is the responsibility of the faculty/school requiring the training.

For further information please contact Melanie Turner (Group Program and Training Coordinator)

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