

Relationships Australia

professional development
training programs



january - july 2012

professional development training program

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Parenting between Cultures: Working with Migrant and Refugee Parents **NEW IN 2012**

This workshop examines how parenting is impacted by the issues experienced by families with refugee and migrant backgrounds. We explore how workers can develop the resilience and strength demonstrated by families to enhance parenting.

Fee: \$165
Time: 9.00am – 4.00pm
Date: Wed 14 March.....West Leederville
Mon 21 May.....Rockingham
Thurs 28 June.....West Leederville

Communicate Effectively in the Workplace **NEW IN 2012**

Want to work more effectively with people you work with? Do you want to make your interpersonal relationships at work more empowering, supportive, positive and clear? This two day course covers all areas of communication including attitudes, listening, and speaking skills, as well as conflict resolution.

Fee: \$330
Time: 9.00am – 4.00pm
Date: Wed 21 & 28 MarchWest Leederville

Responding to Bullying and Harassment in the Workplace **NEW IN 2012**

Workplace bullying and harassment occur in all workplaces, from offices to shops, cafes, restaurants, community groups and government organisations. One in six workers will experience bullying and 28 per cent of women and seven per cent of men will be sexually harassed. Many will be bullied or harassed because of their age, sex, race, disability, sexual orientation or religion. This training will explain workplace harassment and bullying, its effects on employees, and what you and organisations can do respond to it.

Fee: \$85
Time: 1.30pm – 4.30pm
Date: Thurs 22 March.....West Leederville

Teachers Enhancing Students' Self Esteem **NEW IN 2012**

Adolescence can be a difficult path for many young people as they attempt to find their own identity in an ever changing and challenging world. Teachers of high-school students can play an important part in assisting students through this tumultuous period by taking an active role in assisting these young people find their own self and become comfortable within that space.

Fee: \$165
Time: 9.30am – 4pm
Date: Tues 3 April.....West Leederville

Narrative Therapy **NEW IN 2012**

The practices of Narrative Therapy transport a person from being a "problem person" to being a person who has a relationship to a problem – a relationship that can be changed. The process of externalising the problem is invigorating for the questioner and empowering for the questioned. The well known practice of "externalising" and the "thickening of unique outcomes" will be explained and demonstrated.

Fee: \$330
Time: 9.00am – 4.30pm
Date: Thurs/Fri 3 & 4 May.....West Leederville

Work and Family Balance **NEW IN 2012**

Do you ever feel you are juggling too many commitments and your well-being is suffering? This seminar will help you find a balance between work and other life demands.

Fee: \$25
Date: Mon 2 April West Leederville (1pm – 3.30pm)
Mon 30 April, Rockingham (1pm – 3.30pm)
Mon 28 May, East Victoria Park (6.30 – 9pm)

Introduction to being a Supervisor

This 2 day introductory workshop will be useful for those who are interested in becoming supervisors, and for those supervisors who are either looking for a refresher, or new to the role and looking to expand their knowledge and skills. Incorporating self reflection, theory and skills practice, the 2 days will include looking at different models of supervision, ethical issues in relation to the supervisor role, and ways to intervene effectively with supervisees to fulfill the requirements of the role.

Fee: \$330
Time: 9.00am – 4.30pm
Date: Thurs 31 May, Fri 1 June.. West Leederville

Couples and Conflict – A Developmental Approach **NEW IN 2012**

How a couple thinks about their difficulties, how they manage their feelings, where they focus their attention, and how they act and communicate under stress, will ultimately determine the quality of their relationship. Participants will have the opportunity to learn Bader and Pearson's model of developmental stages in relationships, and to practice coaching a couple through an Initiator/Inquirer process.

Fee: \$165
Time: 9.00am – 4.30pm
Date: Fri 8 June.....West Leederville

Accidental Counsellor

Have you ever been caught without the words to help a friend, client, customer or co-worker who was dealing with a distressing situation? This one day course will provide you with the knowledge and skills to help you help them.

Fee: \$165
Time: 9.30am – 4.00pm

Date: Tues 28 FebWest Leederville Working with Adolescents **NEW IN 2012**

What are the developmental tasks of adolescents, and how can we as workers support these in our young clients? This training will present models for thinking about the work and intervening. It will also include -

- How to assess what's going on for the adolescent while establishing an alliance with them.
- How we can roll with the client's 'resistance' to engaging with us.
- How to engage parents as allies in the work.
- Ways of working with adolescents who are depressed and/or behaving aggressively will also be explored.

Fee: \$330
Time: 9.00am – 4.30pm
Date: Thurs/Fri 14 & 15 June....West Leederville

Introduction to Pornography Addiction and Treatment

Pornography addiction is the excessive use of pornography that interferes with a person's daily life. Internet pornography use is on the rise due to the easy availability of pornographic websites where individuals can view in the privacy of their homes. For many, it is an addiction that costs them everything – their jobs, marriages and families. This interactive training outlines how dependence on pornography develops and becomes a problem and introduces counsellors to the skills and techniques to assist their clients through the key steps of recovery.

Fee: \$95
Time: 9.30am – 3.00pm
Date: Tues 19 JuneWest Leederville

Recognising and Responding to Domestic and Family Violence

This training focusses on the knowledge and skills required to identify and respond to family and domestic violence during professional contact with clients. It develops knowledge and understanding of domestic and family violence, an awareness of its effects together with an ability to promote confidence whilst responding appropriately, including providing relevant and timely information and referral.

Fee: \$320 ex-assessment
[\$400 includes assessment]
Time: 9.00am – 4.30pm
Date: Wed/Thurs 20 & 21 June.....West Leederville

CHCDFV301A Recognise and respond appropriately to domestic violence is a unit of competency within the Certificate IV in Relationship Education qualification. Participants who successfully complete the assessment will achieve a Statement of Attainment issued by the Australian Institute of Social Relations.

Engaging Jane **NEW IN 2012**

Jane has lived with abuse and violence. She and others may think of her as lacking assertiveness, having poor boundaries or being enmeshed. She may view herself as a problematic person who should be more this or less that. This workshop will focus on skills for -

- Having conversations with Jane that will transform her responses to the abuse as acts of resistance.
- Highlighting her skills for living and her knowledge of how she wants to be treated.

From being a "problem person" she may see the abuse as the problem.

Fee: \$165
Time: 9.00am – 4.30pm
Date: Fri 22 June.....West Leederville

Engaging John

This one day workshop will be helpful for those who provide counselling to men who are abusive in words and actions towards their partner and/or other family members. It will provide a context for understanding the abuse and provide tools for intervening. The model to be presented engages the man to address his impact on others while treating him with the respect that we hope he will offer to others.

Fee: \$165
Time: 9.00am – 4.30pm
Date: Fri 29 June.....West Leederville

Defusing Angry and Abusive Customers

You're at the front line of service delivery. It may seem that you can do little to respond to angry and abusive clients and customers. *But you can!* This half day seminar shows you key principles and strategies to defuse clients' and customers' anger and reduce abusive behaviour right from the start. It also assists you to reduce your own stress levels.

Fee: \$85
Time: 9.30am – 1pm
Date: Tues 27 March.....West Leederville

Family Patterns

Family patterns are the woven strands handed from the family in which people spend their formative years. By gaining a deeper understanding of this link, which includes methods of communication, resolving conflict and expressing anger. This two-day course will assist in developing strong connections in the workplace and will help professionals guide clients to a deeper self awareness.

Fee: \$330
Time: 9.30am – 4.30pm
Date: Tues 14 & 21 FebWest Leederville

Introduction to Couples Counselling

How is couple counselling different from individual counselling? Why do we as counsellors tend to find couples counselling the more challenging? Participants in this training will be introduced to the key principles of Systems Theory and to a number of the major approaches to working with couples, including Emotionally Focused Therapy

for Couples, and John and Julie Gottman's work. How we develop our understanding of the couple dynamic, how to intervene when the dynamic is repetitively unhelpful, and how to engage couples in the counselling process will also be introduced.

Fee: \$330
Time: 9am – 4.30pm
Date: Thurs/Fri 8 & 9 March...West Leederville

Change and Loss

Work changes, retirement, illness and the more serious upheavals such as separation and death are all accompanied by a degree of loss. In this all-day workshop learn how to recover your emotional equilibrium, make positive adjustments and grow towards a fresh frame of mind.

Fee: \$165
Time: 9.30am – 4.30pm
Date: Wed 27 JuneWest Leederville

Group Facilitation Skills

From 2011 onwards, this course is now embedded into Module 1 of the Certificate IV in Relationship Education (see overleaf for further details). This course can also be run as an in-house 5 day non-accredited course for specific organisations.

For further information contact Fiona McDonald 9489 6322 or email fiona.mcdonald@wa.relationships.com.au

EI – Emotional Intelligence

Emotions can play a strong and constructive role in individual thought, decision-making and in handling of relationships. It's not a question of taking an emotional or an intellectual approach – we show how you can do both. Intelligent recognition and acceptance of your emotions, and other people's, is the aim. Learning from this process is the goal.

Fee: \$165
Time: 9.30am – 4.30pm
Date: Tues 6 MarchWest Leederville

Couples Counselling and Domestic Violence

How do we work with couples when one partner is intentionally controlling their partner? The abuse may or may not include physical violence. This workshop will give a brief overview of the deficit based models and strength based models that are being used in this work. Through demonstrations and practice, participants will have the opportunity to develop practical skills to engage with the person using the abuse behaviours, while keeping in mind the safety of the person being abused. Alan Jenkins' invitational model will be the basis of the skills training.

Fee: \$330
Time: 9.00am – 4.30pm
Date: Thurs/Fri 5 & 6 JulyWest Leederville

Feedback Informed Therapy **NEW IN 2012**

Recent research identifying the most significant factors influencing the effectiveness of therapy and therapists will be presented. Participants will be introduced to a simple way of monitoring these factors by eliciting and acting on client feedback throughout the therapy process. With a particular focus on how feedback can be of value in couples' therapy, participants will have opportunity to practice using some simple process and outcome measures with clients.

Fee: \$330
Time: 9.00am – 4.30pm
Date: Thurs/Fri 26 & 27 July....West Leederville

Cultural Fitness Training- Aboriginal culture

Cultural Fitness Training for companies and other organisations can help raise awareness of Aboriginal issues and bring changes in workplace attitudes and practice.

The training is delivered over one day by Aboriginal and non-Aboriginal facilitators. The cost and time frame are negotiable, though a minimum of four hours is recommended.

Outcomes include

- Learning the significance of Welcome to and Acknowledgement of Country
- Understanding the history of Aboriginal people before and after colonisation and learning about issues impacting on the community today
- Adopting culturally respectful behaviour towards Aboriginal people generally, and Aboriginal clients specifically.
- Committing to ways that participants, as employees, can support their organisation being a culturally safe workplace.
- How to access and assess resources and training tools for working with Aboriginal people.

For information, please call Angela Ryder on 9489 6328 or 0417 901 788.

For more information please call us on 9489 6322 or book online on www.wa.relationships.com.au

NATIONALLY RECOGNISED TRAINING 2012

The Australian Institute of Social Relations (registration number 102358) in collaboration with Relationships Australia (WA) offers training and recognition in:

Certificate IV Relationship Education (CHC42408)

- Group Facilitation Skills

Relationships Australia (WA) offers Certificate IV in Relationship Education, a nationally recognised qualification that aims to develop the skills, knowledge and attitudes necessary for effectively facilitating psycho-education groups in the broad field of family, relationship and personal development education. The types of groups that students will be trained to facilitate could include, but are not limited to, communication, self worth, anger management and conflict resolution courses, parenting programs, personal and relationship enrichment courses, health related education sessions and working with a range of participants including young people and culturally and linguistically diverse communities.

This Certificate consists of four modules and is delivered over a 12 month period. Module: Group Facilitation Skills builds on our original 5-day course in Group Facilitation Skills. This Module can be attended as a stand alone course.

Participants may elect to attend training without being formally assessed. All training is conducted at Relationships Australia in West Leederville.

Certificate IV Relationship Education

Module: Group Facilitation Skills (9 days in 2012)

When: Wed & Thurs 9 & 10 May; Wed & Thurs 16 & 17 May; Wed & Thurs 23 & 24 May; Wed 30 May; Wed 6 June; Wed 13 June 2012

Fee: \$1350 including assessment fee
\$1080 excluding assessment fee

Module: Relationship Education: know your participants (5 days in 2012)

Working with men, women, couples, parents and culturally diverse clients

When: Wed & Thurs 15 & 16 Aug; Wed 22 August; Wed 29 August; Wed 5 Sept 2012

Fee: \$750 including assessment
\$600 excluding assessment

Module: Recognising and responding to domestic and family violence (2 days in 2012)

When: Wed & Thurs 21 & 22 Nov 2012

Fee: \$400 including assessment fee
\$320 excluding assessment fee

Module: Working effectively in relationship work (4 days in 2013)

When: Wed & Thurs 13 & 14 Feb; Wed 20 Feb; Wed 27 Feb 2013

Fee: \$650 including assessment
\$520 excluding assessment

FEE WHEN ALL 4 MODULES ARE UNDERTAKEN - including assessment = \$2775

For more information contact Marion Dunn (08) 9489 6322 or email to marion.dunn@wa.relationships.com.au

(CHC80308) Vocational Graduate Diploma of Family Dispute Resolution (FDR)

This qualification is for those with a background in law, psychology, social work or dispute resolution, and who are interested in

- Gaining accreditation for a career in FDR or
- Gaining points for PD as an already accredited FDRP or
- Completing the Vocational Graduate Diploma

This qualification will be offered through intensive face to face training as well as on line.

Module 1

Wednesday 15 Feb, 16 Feb, 17 Feb, 20 Feb and 21 Feb
Wednesday 25 July, 26 July, 27 July, 30 July and 31 July

Module 5

Wednesday 20 June, 21 June, 22 June, 25 June and 26 June

Wednesday 14 Nov, 15 Nov, 16 Nov, 19 Nov and 20 November

Module 1 and 5 will be intensive face to face modules.

Modules 2,3,4 will be completed online.

For cost and more information contact Natalie Ciccotosto on 9489 6313 or natalieciccotosto@wa.relationships.com.au

Recognition

Recognition is available for either course modules or full qualification and is conducted through The Australian Institute of Social Relations. This is available for individuals who are able to provide evidence of relevant previous experience or qualifications. For further information contact RTO@rasa.org.au

Customised Courses

We can customise training opportunities to suit your particular workplace needs. We have provided training to private business, the defence forces, lawyers, nurses and other health professionals, community and government organisations, psychologists, social workers and teachers. For more information on customised courses for your workplace, phone Fiona McDonald on 9489 6322.



COURSES AND SEMINARS ARE HELD AT:

WEST LEEDERVILLE

Relationships Australia,
15 Cambridge Street (cnr Southport St)

FREMANTLE

Relationships Australia, 1 Ord Street

JOONDALUP

Relationships Australia, Lotteries House,
cnr Davidson Tce & Boas Ave

PERTH

Family Relationship Centre, Sheffield House,
Level 1/713 Hay Street Mall

MIDLAND

Relationships Australia, 27 The Crescent

ROCKINGHAM

Relationships Australia, Lotteries House
6 Civic Boulevard

**EAST VICTORIA PARK FAMILY & COMMUNITY
CENTRE**

cnr Kent & Gloucester Street, East Victoria Park

Relationships Australia.

www.wa.relationships.com.au

1300 364 277