

3 day Course

Psychological first-aid skills for youth professionals & outdoor leaders



The *Psychological 'First-Response' Course (adolescents)* is a practical training specifically designed for outdoor leaders, teachers, youth workers who teach, counsel, supervise or facilitate mainstream or special client groups. In Australia, the incidence of mental health problems in the general population of adolescents has been found to be 1 in every 6. Almost half of those - 42% (or 1 in 13 of *all* adolescents) - seriously consider attempting suicide within any 12-month period¹. **Surprisingly, 3 out of 4 adolescents with mental health problems do not receive any formal counseling or professional support¹.** These statistics behave professionals who work with young people to know how to respond professionally – within the limits of their expertise & professional role – to ensure the best outcome for the young people in their care. This course outlines the appropriate response for a number of the more commonly occurring issues with straightforward and practical guidelines. A detailed manual covering all areas is included. Key learning objectives are for participants to gain confidence in (a) **Detection**, (b) **Response** to, and (c) **Referral** of adolescents with mental health & behavioural problems.

North Coast NSW 2008

Details

Dates for 2008:

Monday 19th to Wednesday 21st May

Location & Venue:

Community Connections North Coast, 17 Keen Street LISMORE

Enquiries:

Email: training@neopsychology.com.au

Tel: (03) 9810 3067

This training forms part of the



and is adopted by
Outward Bound® Australia



Participant feedback*

"The best thing about the course was having a greater understanding of the various disorders – I am already able to apply it to certain kids and with good tips for practical application"

"Real life cases – excellent!"

"Theory was excellent..."

"Humor!"

"...the Psych First Response was a great help as the next week I had to counsel a quite depressed young woman and felt much more secure in the interaction, armed as I was, with a bit of knowledge"

"The presenter was interesting and funny, good examples always help me maintain knowledge"

"The best thing was the practicality, intimate nature and real cases..."

"The course gave me a set of procedures and guidelines that will be immediately useful for my organization."

¹ Commonwealth of Australia (2000). The mental health of young people in Australia – Child & adolescent component of the National Survey of Health & Wellbeing

* This course has been run with hundreds of participants across Australia with an excellent response – if you would like feedback results please email for a copy: training@neopsychology.com.au

Course Facilitator:

Dr. Simon Crisp

BA, DipEdPsych, MPsyCh (Child & Ed), DPsyCh (Clinical Child Adol. & Family), MAPS

Simon is a Clinical Adolescent & Family Psychologist, has been working with young people for over 25 years, and has been a practicing clinical psychologist since 1990. Formerly the Director of the acclaimed Brief Intervention Program (BIP) at the Child & Adolescent Mental Health Service, Austin Hospital. Previously an outdoor educator with Outward Bound Australia and a youth worker, he specialises in adolescent and family mental health and wellbeing, and has a broad training in family therapy, psychoanalytic psychotherapy and brief therapies including cognitive-behavioural therapy. He has lectured in post-graduate Counselling, and Ethics & Professional Issues at Monash University. Simon has been a Post-Doctoral Research Fellow at Monash where he investigated new approaches to early detection and treatment of clinical disorders in adolescents within schools, as well as researching the benefits of wilderness adventure therapy.

Simon consults to clinical and educational professionals on behavioural interventions and psychological health issues, and specialises in developing, implementing and evaluating innovative programs for adolescents and families. Simon is a frequent conference presenter nationally and internationally, and runs workshops and supervision on group therapy, team leadership and innovative models of psychological health service delivery. Simon is the founder and Director of Neo Psychology, a consultancy organisation that promotes psychological health and development in young people and families through client assessment & counselling services and group programs, training for professionals, and research and evaluation for youth programs and agencies.



Course Outline:



Day 1: • Professionalism, duty of care, consent, confidentiality issues

- Risk & protective factors for psychological & behavioural problems
- Adolescent development: the resilient adolescent – myths & facts
- Risk assessment & management
- Framework for Psychological First-Aid
- Longer-term management, barriers to service use & referral on
- The importance of understanding the young person's perspective
- Identifying common psychological and behavioural problems:
 - Depression
 - Suicide & self-harm

Day 2: – Anxiety disorders, acute stress reactions, PTSD & adjustment disorders

- Disruptive behaviour: ADHD, oppositional behaviour & anti-social problems
- Aggression & homicidal threats
- Substance abuse
- Eating disorders

Day 3: - sexual abuse, reporting suspected abuse or neglect,

- emerging personality disorder, Asperger's syndrome
- Psychiatric disorders: psychosis, bi-polar & OCD
- The Mental Health Act
- Staff self-care, de-briefing, organisational support



Registration:

Fee: \$450 (inc GST)

- Early Bird rate \$425 before April 25th
- Includes comprehensive course booklet
- Up to 10% off for group bookings

Please note that places are limited

For a registration form please email:

training@neopsychology.com.au

Note: that the PFR course can be run in-house for your school or organisation. Also ask about these related training options:

psychsafe

for schools & youth organisations
[a whole organisation psychological safety management approach]

good mate

workshops for adolescents
[peer psychological first-aid]

→ go to www.neopsychology.com.au for more about other training & consultation

Detect > Respond > Refer