



MENTAL HEALTH RECOVERY-ORIENTED PRACTICE:

Placing value on lived experience and supporting individual recovery journeys.

Living with a mental health condition can impact on a person's life and that of their family, often leading to pain, loss and isolation. Mental health conditions can affect many areas of life including relationships, physical health, employment and financial security. Recovery begins when the resolve to regain and rebuild becomes a determination. This is also when a sound support network is imperative to the process which may include family, friends, health professionals and community in its varying aspects.

Recovering from mental health conditions does not just mean 'getting better' or finding a 'cure'; it is also about moving into a satisfying and fulfilling life. For many, recovery is full of twists and turns, ups and downs, as the journey is not always a straight and direct route. The process of recovery can be enlightening as people learn about themselves in a new light and understand their own strengths and qualities that are helping them on their unique recovery journey.

The purpose of this workshop is to provide a context for understanding recovery in relation to mental health. The workshop aims to highlight the principles underpinning recovery and recovery-oriented support. The value of the lived experience and the importance of promoting self-determinations will be a focus of the workshop. The workshop will be structured around a set of handouts, which will include up-to-date resources as well as tools for assessing recovery needs and supporting wellness.

Learning objectives of this training:

1. Understanding the context of recovery and recovery-oriented practice
2. Exploring principles underpinning mental health recovery
3. Discussing strategies and tools for supporting recovery
4. Addressing challenges to recovery
5. Exploring the role of supports for recovery.



Alison Bell has a background in Nursing and Psychology and has worked in the alcohol and other drug and mental health fields since 1987. She has been facilitating training on topics including Motivational Interviewing, mental health, addictions and gambling. Known as an enthusiastic and engaging trainer with a passion for providing participants with an opportunity to reflect on their work practices and to enhance their skills for supporting people to change. Alison has been involved in the development of motivational interviewing since 1989, when she became involved in researching the clinical application of the model in collaboration with Dr Stephen Rollnick at the National Drug and Alcohol Research Centre. Alison has published a number of papers and book chapters, particularly in relation to the application of motivational interviewing in health care settings. Having conducted hundreds of training courses on motivational interviewing for a broad range of groups, Alison is considered to be among the leading trainers on this subject in Australia.

This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

We'll bring this training to your team at your workplace anywhere in Australia or New Zealand. We can also deliver to your team by live webcast no matter where you and they are located.

Our continuing professional development events meet the quality standard recognised by relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

We recommend checking with your association for the correct calculation of points.

A certificate of attendance for 6 hours of face-to-face training is issued for all participants.

Morning Session

The context of mental health recovery
Principles of recovery
Foundations of recovery-oriented practice

Afternoon Session

Tools for assessing recovery needs
Strategies for supporting recovery
Natural and professional support for mental health recovery.
Evaluation and closing.

“Placing value on lived experience and supporting individual recovery journeys are essential when working with people living with mental health conditions.” Alison Bell

How will you benefit from attending this training?

- Gain a greater understanding mental health recovery
- Identify the core principles of recovery-oriented practice
- Increase confidence in assessing recovery needs
- Build an awareness of strategies for supporting wellness
- Work more effectively with the care network to support mental health recovery

Booking process:

1. Choose face-to-face or online delivery.
2. Request a quotation.
3. Agree upon a date and venue.
4. Finalise booking with payment.
5. Let us make it easy for you!

We include:

- Presenter travel and accommodation costs.
- Soft copy of resources.
- Individual attendance certificates.

Contact our in-house program director 1300 887 622 or info@PDPseminars.com.au for information, quotation or to have a helpful chat about the needs of your team.

This seminar has been designed to extend the clinical knowledge and applied skill of Counsellors, Psychotherapists, Coaches, Psychologists, Hypnotherapists, Social Workers, Community Workers, Mental Health Nurses and Psychiatrists.

Feedback form Alison’s recent presentations of this training:

“Alison’s knowledge was especially apparent reflective of a deep understanding of Motivational Interviewing.”

“Fun, educational and engaging.”

“Alison has a warm engaging and respectful style. I really liked the mix of theory, video, personal stories and practical application”

“Fantastic presentation and very worthwhile training. “Excellent application of theories to a wide range of disciplines.”

“Highly enjoyable and beneficial course for anybody who works in a counselling role”

“Thank you for your insights and experiences which enhanced the learning”

“Very happy with this seminar - very useful and I gained a new awareness of key elements in therapy that I can apply immediately- wonderful presenter”

“Alison was delightful and enjoyable. The training was relevant and engaging- related theory well to practice”

“I have recommended this seminar to colleagues as I have learned so much.”

“Great workshop and presenter!”

“This seminar provided an excellent opportunity for a new graduate and new community corrections officer to learn ways to motivate behaviour change for offenders. The discussion with other participants was especially useful to think of different ways to apply MI skills to different social cohorts in the community.”