



## Recognising and responding to Mental Health issues at work

**A workshop for creating well-informed, responsive and supportive workplaces.**

Would you recognise a mental health issue in a client or a co-worker or? And, if you did, would you know how to communicate with the person effectively? Mental health issues affect almost half of all Australians at some stage in their lives, yet, patterns of even the most common mental health issues might not be recognised by professionals and co-workers. This lack of recognition can lead to unhelpful communication that, in turn, may worsen the situation for the person affected by a mental health issue.

This seminar will provide an understanding of the most common mental health issues, including depressive disorders, anxiety disorders, and substance use and addictive disorders, as well as other mental health issues, such as bipolar disorders, obsessive-compulsive disorder, schizophrenia, post-traumatic stress disorder, dementia, and eating disorders.

The focus of the seminar will be on learning to identify patterns of symptoms, understanding the lived experience, and distinguishing between helpful and unhelpful communication.

The morning session of the seminar will focus on: major depressive disorder; anxiety disorders, such as generalised anxiety disorder, social anxiety disorder, panic disorder and specific phobias; obsessive compulsive disorder; and post-traumatic stress disorder.

The afternoon session will focus on: bipolar I and bipolar II disorder; schizophrenia; early symptoms of

dementia; substance use disorders, such as alcohol use and stimulant use disorder; and eating disorders, such as anorexia and bulimia.

Three areas will be explored in relation to all these mental health issues; (1) clusters of symptoms, (2) the lived experience, and (3) helpful and unhelpful communication. The presentation style will be interactive, encouraging participant questions and contributions, and both sessions will include case studies and audio-visual material.

### Learning objectives of this training:

1. Recognising key characteristics of the most common mental health issues, including depressive disorders, anxiety disorders, and substance use disorders.
2. Recognising key characteristics of other mental health issues, including bipolar disorders, obsessive-compulsive disorder, post-traumatic stress disorder, schizophrenia, dementia, and eating disorders.
3. Understanding the lived experience.
4. Learning to distinguish between helpful and unhelpful communication when interacting with people affected by mental health issues.

***Please Note: This training may be tailored to focus upon specific mental health issues that are relevant for your team workplace challenges.***



**Renata Porzig-Drummond** is a lecturer at the Australian College of Applied Psychology in Sydney, specialising in the fields of mental health and psychology. She uses an interactive presenting style that encourages participation, and focuses on the practical relevance of the topic for participants' context. Renata holds a PhD in Clinical Psychology and a BSc Psychology (Hon) from Macquarie University; a GradDip in Psychology and a BA from the University of Sydney; and a Certificate of Holistic Counselling from Nature Care College. Renata's research has focused on behaviour change and her research has been published in leading academic journals, including Behaviour Research and Therapy, Australian Social Work and Social Science & Medicine. Renata's clinical experience includes crisis counselling, psychological assessment, and working with clients with depressive and anxiety disorders, OCD and ADHD. Renata is a member of the Australian Psychological Society (APS) and the International Coaching Federation (ICF).

**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.**

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**ACA:** Members can accrue 12 CPD points.

**AASW:** Members can accrue 6 CPD hours.

**APS:** Activities do not need to be endorsed by APS. Members can accrue 6 active hours.



**ACWA:** Members can accrue 6 CPD hours.

**PACFA:** Members can accrue 6 CPD hours.

### **Morning Session**

Patterns of symptoms, lived experience, and helpful communication related to:

- major depressive disorder
- generalised anxiety disorder
- social anxiety disorder
- panic disorder
- specific phobias
- obsessive compulsive disorder
- post-traumatic stress disorder

### **Afternoon Session**

Patterns of symptoms, lived experience, and helpful communication related to:

- bipolar I and bipolar II disorder
- schizophrenia
- dementia
- alcohol use disorder
- stimulant use disorder
- anorexia nervosa
- bulimia nervosa

Questions, evaluation and closing.

***“This seminar will focus on skills in recognising (1) patterns of symptoms related to mental health issues and (2) helpful and unhelpful communication when interacting with people affected by mental health issues.”*** Renata Porzig-Drummond

### **How will you benefit from attending this training?**

- Learn to identify patterns of symptoms relating to: depressive disorders, bipolar disorders, anxiety disorders, obsessive-compulsive disorder, post-traumatic stress disorder, schizophrenia, dementia, substance use disorders, and eating disorders.
- Understand the lived experience of the person with the disorder.
- Learn to distinguish between communication that is helpful and unhelpful when interacting with people affected by these

### **Booking process:**

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

### **We include:**

- Presenter travel and accommodation costs.
- Soft copy of notes and resources and evaluation.
- Individual attendance certificates for all participants.

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

The presentation is designed for anyone without prior training or experience in mental health who may encounter people with mental health issues in their professional lives. These may include: coaches; HR professionals; some counsellors, psychotherapists and social workers (depending on their training); volunteers; community workers; and allied health professionals.

### **Feedback form Renata's recent presentations:**

*“Renata’s enthusiasm, attention to detail, going over and beyond expectations made it an absolute pleasure.”*

*“Excellent course and thoroughly enjoyed it. Renata has a warm and friendly style and was professional and engaging. She clearly knows her stuff. It was great to hear real life examples as well as the video segments of this work in action.”*

*“The day was well paced and informative with skills and awareness I can use in my work with clients and in my own personal life. I enjoyed the interactive activities discussed and the videos.”*

*“Renata’s enthusiasm makes such a difference to the training. She is a very knowledgeable and positive trainer.”*

*“Thank you, today was very engaging, practical and informative, really clear and I will apply it to my practice.”*

*“Renata was very encouraging of us to ask questions and engaging with her knowledge in that way was fantastic and contributed to everyone’s learning. Just great!”*

*“The enthusiasm, knowledge on this subject and in general an engaging teaching ability made this an enjoyable and valuable training. Thank you!”*

*“Renata’s knowledge and experience is impressive! She was well prepared, approachable and helpful throughout.”*