



merrylandscounselling
Colleen Hirst & Associates

Training Calendar July—December 2011

Wed 24th Aug **“Working with Couples”**
Claudia Chakar

Tues 13th Sept
“Mental Health 101 – A Practical Overview”
Erina Wilkey & Liz Woodcock

Wed 28th Sept
“A Multicultural Perspective of Domestic Violence”
Claudia Chakar

Wed 23rd & Thurs 24th Nov
**“Motivational Interviewing for Addictions
and Challenging Behaviours”**
Marina Knox & Eileen van Dijk

Cost: \$176 per day (inc GST)

To register please contact us at

Phone 9760 1110

Fax 9760 1112

admin@merrylandscounselling.com.au

11 Lowe Street, Merrylands

Training Overviews



merrylandscounselling
Colleen Hirst & Associates

“Working with Couples”

How to understand and assess interactional dynamics when working with couples. Helping couples invest positively in their relationships to override negativity on a long term basis and integrating emotionally focused therapy and Gottman ideas.

“Mental Health 101 – A Practical Overview”

Mental Health 101 will help you identify symptoms and care for someone who is in a crisis or who is developing a mental health problem. This workshop will deliver an overview of the nature and symptoms of common mental health problems. You will also be equipped with tools to support people going through these mental health problems before referring them on for longer term help."

“A Multicultural Perspective of Domestic Violence”

How do we understand the complexities of working with diverse cultures in a domestic violence context? We will look at utilising skills to enhance therapeutic interventions when working within cultural perspectives. We will also explore current trends and case studies.

“Motivational Interviewing for Addictions and Challenging Behaviours”

Motivational Interviewing is an evidence based practice that successfully assists helping professionals to enable their clients to shift in the right direction. In this **two day** workshop you will learn about key principles of Motivational Interviewing, practising core skills and how to implement this in your daily practice. The focus will be on addiction and challenging behaviours.