

Professional Development Programme

Semester Two 2021



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July - December Programme
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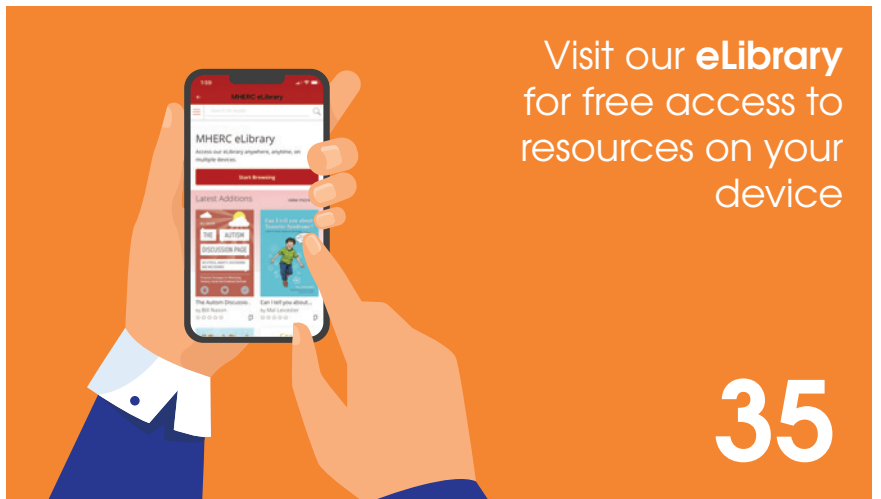
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Foreword

Welcome to our Semester Two Programme for July to December 2021.

We continue the year with the return of two of our well received workshop topics – Improving Client Intervention Through Therapeutic Communication and Dialectical Behaviour Therapy Part Two: Applying Informed Skills.

Returning from Semester One are the very popular Working with People Who Hoard and Autism Spectrum Disorders: Enhancing Understanding and Providing Proactive Interventions. Places in these workshops filled quickly so make sure to register early. We also have Dr Chris Taua facilitating her new workshop Understanding Different Personality and Communication Styles in the Workplace.

Our \$10 early bird discount is available up to eight weeks prior to the workshop date. If available, the discount will be automatically applied at checkout. For group bookings or students, contact our team to see what special prices are available.

MHERC's eLibrary continues to grow. If you haven't tried it yet, check out page 34 for an easy guide on how to access it from your device.

Whatever your wellbeing, mental health or addiction professional development needs, we are excited to work with you. In addition to our Professional Development programme, we also provide Workplace Education. MHERC's specialised facilitators can tailor workshops to meet your unique requirements. Contact our Education Team if you would like to find out more or request a quote.

We look forward to seeing you on a workshop soon.

Anne-Marie Gilmore
Education Coordinator

03 365 5344 or 0800 424 399
learn@mherc.org.nz
mherc.org.nz





Improving Client Interventions Through Therapeutic Communication

Date: Tuesday 6 July 2021, 9.00am - 12.00pm

Cost: \$99 per person | \$89 early bird

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

Aim

This workshop introduces an advanced linguistic model which enables counsellors, therapists and helpers to conversationally assist healing and change in their clients. Through specific words and structured sentences we can create positive change. Once mastered, this model is easily integrated into your specialist field. It helps to bypass resistance and solidify therapeutic interventions.

Overview and Learning Intentions

- Learn/practice a linguistic model of communication that can be used to enhance healing and recovery
- Understand how presuppositional language affects others
- Identify and practice therapeutic/influential language structures
- The importance and effect of rapport
- Learn how to avoid or reduce resistance

Facilitator

Alan Fayter *Neuro-Semantic NLP Master Trainer ISNS, Coach IANLP, Fellow Member Trainer IANLP, Licensed Meta-Coach (ACMC)*

Alan is a Master Trainer specialising in the Neuro-Semantic Self-Actualisation Trainings, based on self-actualisation psychology.

View full profile on pages 28.



Thrive and Revive: Managing Capacity and Reducing Overwhelm

Date: Friday 9 July 2021, 12.30pm - 3.30pm

Cost: \$99 per person | \$89 early bird

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

Aim

In a world that is focused on competence, productivity and efficiency, it is easy to become overwhelmed with the expectations demanded of us. This practical workshop addresses the reality of regularly being overwhelmed. Participants will learn how to reduce overwhelm by assessing and managing their values, workload, behavioural styles and personal capacity.

Overview and Learning Intentions

- The impact of overwhelm on personal

relationships and professional productivity

- The Johari Window and stress
- How to keep operating in the frontal cortex
- How to take control of your brain chemistry in stressful times
- Prioritising the obligations in your life by being clear about your values
- Practice proven mindfulness techniques specifically for overwhelm
- Understand the importance of sleep and how to rest and recharge your brain and body for peak performance

Facilitator

Marina Shearer *BSc. Psychology, Dip.Coach*

Marina has a passion for creating better outcomes for individuals and organisations. She has over 25 years experience in providing training to large corporates, she was a consultant for NZIM for 15 years, and is one of four Master Trainers in NZ with HR Profiling Solutions for Extended DISC.

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Anxiety Disorders: Understanding and Providing Effective Support

Date: Thursday 15 July or Thursday 18 November 2021, 9.00am - 2.30pm

Cost: \$179 per person | \$169 early bird

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

Aim

Gain a fundamental understanding of the various types of anxiety issues that sit within the umbrella term of Anxiety Disorders. These include generalised anxiety, phobias, panic, PTSD, OCD, and other specific issues such as social anxiety. An overview of effective, recommended responses and support strategies will guide participants in supporting individuals who experience anxiety.

Overview and Learning Intentions

- Understand anxiety and the anxiety

cycle including possible risk factors and causes

- The range, presentation, and diagnosis of various anxiety disorders
- Understand the impacts of an anxiety disorder may have on an individual
- Individual and community strategies for support
- Gain a basic awareness of mindfulness and other contemporary strategies
- Effective and safe ways of responding and supporting individuals
- Understand clinical and other therapeutic strategies and management options

Facilitators

Dr Chris Taua PhD, RN, BN, MN(Dist), PGC(MH), CAdTch, FNZCMHN

Chris is a registered nurse by profession and has over 25 years' experience in the health and disability sector.

Paula Rountree Cert.ComPsC

Paula has over 20 years' experience working in the mental health sector and has lived experience of an anxiety disorder.

View full profiles on pages 28 and 30.



Anxiety and Depression in Youth

Date: Tuesday 20 July 2021, 9.00am - 12.00pm

Cost: \$99 per person | \$89 early bird | \$79 subsidised*

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

Aim

Anxiety and depression are two common psychiatric conditions affecting adolescents. Adolescents face a host of pressures, including puberty, questions about identity and where they fit in society, as well as conflicts and challenges as they start to assert their independence towards adulthood. We will consider the complex interplay of biological and environmental processes which contribute to the emergence, progression and improvement of mental health issues in youth.

Overview and Learning Intentions

- Understand what triggers anxiety and depression in adolescents and how it affects the mind and body
- Develop strategies and techniques to reduce anxiety and depression
- Learn useful tools to help improve the mental health of adolescents
- Increase skills in working with youth experiencing mental health issues

Facilitator

Kathryn Eilken RN, RM

Kathryn is a highly experienced Mental Health Nurse with vast experience working with high risk adolescents.

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The content in this workshop is a joint collaboration between Dr Chris Taua and Kathryn Eilken.



Aim

Develop your skills and increase your knowledge around supporting individuals who present with alcohol and other drug (AOD) issues. Learn to recognise problematic AOD use, positive strategies to respond in an empathetic and supportive way, how to access support services in Canterbury and gain an understanding of the impact on the individual and their family/whānau.

Overview and Learning Intentions

- Consider why we use substances and

Navigating Alcohol and Other Drug Services

Date: Thursday 22 July 2021, 9.00am - 12.00pm

Cost: \$99 per person | \$89 early bird | \$79 subsidised

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

identify harmful/hazardous substance use

- Positive strategies to respond in an empathetic and supportive way
- Explore the concept of addiction
- Explore the impact of problematic AOD use on the individual and their family/whānau
- The impact of stigma and discrimination
- Potential barriers for individuals in accessing AOD treatment, and how to support them in overcoming these
- Overview of AOD support and treatment services in the Canterbury region, and how to access these

Facilitator

Samantha Williams BSc (Hons)

Psychology, MSc Professional and Policy Studies, Dip HE (RN) Mental Health

Samantha has worked in acute inpatients, she joined CADS to set up the AOD Central Coordination Service, and now works as a private contractor in Primary Care and Canterbury Prisons.

View full profile on page 30.



Aim

Develop knowledge about the experience of common mental health disorders - mood disorders, psychosis and anxiety disorders. Learn how to best support those with mental illness and their family.

Common Mental Health Disorders: An Overview

Date: Tuesday 27 July 2021, 9.00am - 1.00pm

Cost: \$129 per person | \$119 early bird | \$109 subsidised

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

Overview and Learning Intentions

- Gain insight and increased knowledge of common mental illnesses
- Learn the risk factors, causes and treatment options for these common mental illnesses
- Learn how people manage to live well with mental illness
- Develop a better understanding of how to support people

Facilitator

Dr Chris Taua PhD, RN, BN, MN(Dist), PGC(MH), CAdTch, FNZCMHN

Chris is a registered nurse by profession and has over 25 years' experience in the health and disability sector.

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Empathy Fatigue and Burnout: Real Threats, Real Solutions

Date: Tuesday 3 August 2021, 9.00am - 11.00am

Cost: \$79 per person | \$69 early bird

Venue: Online only

Attend online via Zoom. Register at mherc.org.nz

Aim

Helping people day in and day out can take its toll. Combine this with a time in our lives when we have so many issues all competing for our ability to care, it's no wonder you may be feeling exhausted, and it may start to come at a cost to your mental and physical health. This workshop acknowledges the impact that it may have for those in caring roles especially in these pandemic times when many have also been experiencing 'caution fatigue'. You'll also envelope an awareness of empathy fatigue and its close relation,

burnout, and how you can start to take action to address how this might be affecting you personally.

that drive empathy fatigue as well as replenishing our resources

Overview and Learning Intentions

- Develop a better awareness of empathy fatigue and how it relates to burnout
- Understand the importance of balance not only between work and home life, but also how we spend our personal time
- Learning how connection with others is a key to renewing our empathy resources
- Applying a framework for wellbeing that helps us to manage exposure to factors

Facilitator

Dr Sarb Johal PhD, DClinPsy

Dr Sarb Johal is a clinical psychologist, consultant, commentator, and expert on psychosocial recovery and disaster communication.

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Psychosis: Understanding and Providing Safe and Effective Support

Date: Tuesday 10 August 2021, 9.00am - 1.00pm

Cost: \$129 per person | \$119 early bird | \$109 subsidised

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

Aim

This workshop will provide a general introduction to the experiences and impacts of Psychosis. After exploring what is meant by Psychosis and how it impacts, particular focus will be given to ways to support an individual with active symptoms of Psychosis in relation to support, risk management and referral.

Overview and Learning Intentions

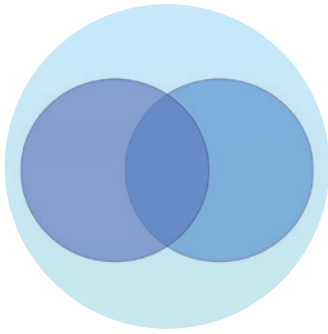
- Develop an awareness of the key features of Psychosis including possible risk factors and causes
- The broad presentation of Psychosis and the impacts on an individual
- Effective and safe responding to support individuals
- Identify referral options and individual and community strategies for support

Facilitator

Dr Chris Taua PhD, RN, BN, MN(Dist), PGC(MH), CAdTch, FNZCMHN

Chris is a registered nurse by profession and has over 25 years' experience in the health and disability sector.

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CEP: Co-Existing Mental Health and Addiction Problems

Date: Thursday 19 August 2021, 9.00am - 12.00pm

Cost: \$99 per person | \$89 early bird

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

Aim

This workshop provides an overview and update of current approaches to working with people with Co-existing Mental Health and Substance Use Problems (CEP). It is designed to upskill those working in mental health services, who want to support people in their addiction recovery.

Overview and Learning Intentions

- Understand substances of misuse and complications associated with CEP
- How to promote a harm reduction

approach with people who have problematic substance use

- Pathways/development of addiction through a lens of CEP; substance categories, triggers, cross-addiction, and coping strategies
- Understand the nature, extent and impact of CEP on people's lives and how services can support recovery
- Apply brief interventions by developing harm reduction skills (including support for those wanting abstinence)
- Latest research and advice on vaping

Facilitator

Di Sargent *Masters of Hlth Sci., PG Dip. Addiction, PG Dip. Social Work, PG Dip. Management, B.A. Psych*

Di has been working in the mental health and addictions sector for 28 years as a social worker/counsellor. She is passionate about supporting people to grow in their hauora/wellbeing and health and teaching and mentoring people.

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NEW



Understanding Different Personality and Communication Styles in the Workplace

Date: Tuesday 24 August 2021, 9.00am - 1.00pm

Cost: \$129 per person | \$119 early bird

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

Aim

In all aspects of our daily lives we are interacting with others, yet so often there are times when there is miscommunication and confusion which can lead to conflict or less than satisfactory outcomes. This is because each of us is conditioned to communicate from our own personality style. Understanding our own communication style is a key step in improving workplace relationships. In this workshop you will explore your own personality style and understand how that

influences the way you interact and communicate with others.

Overview and Learning Intentions

- Understand different personality styles
- Gain an insight into one's own personality style and corresponding ways of communicating
- Understand conflict in relationship styles
- Learn how to work and communicate effectively with each other
- Identify and describe ways to improve engagement in the workplace

Facilitator

Dr Chris Taua *PhD, RN, BN, MN(Dist), PGC(MH), CAdTch, FNZCMHN*

Chris is a registered nurse by profession and has over 25 years' experience in the health and disability sector.

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Clinical Note Writing for Community Support Workers

Date: Thursday 26 August 2021, 9.00am - 12.00pm

Cost: \$99 per person | \$89 early bird | \$79 subsidised

Venue: Christchurch venue to be confirmed

Attend in-person. Register at mherc.org.nz

Aim

Develop your skills to effectively and clearly document your work in supporting people with mental health issues. This interactive workshop will provide you with the knowledge to produce notes that are wholly reflective of the health care relationship and activities, while meeting legislative and workplace requirements.

Overview and Learning Intentions

- Why note writing is important
- Explore the barriers to good note writing
- Correct and factual documentation
- Understand legislative requirements around documentation
- How to write notes that meet requirements of your work
- Critique notes for accuracy, legibility and sensibility
- Practice clinical note writing

Facilitator

Dr Chris Taua PhD, RN, BN, MN(Dist), PGC(MH), CAdTch, FNZCMHN

Chris is a registered nurse by profession and has over 25 years' experience in the health and disability sector.

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De-escalation: Effective Communication to Manage Distress

Date: Tuesday 31 August 2021, 9.00am - 1.00pm

Cost: \$129 per person | \$119 early bird

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

Aim

This workshop will equip you with the skills to identify and de-escalate an agitated person while keeping yourself and others safe. Gain confidence in managing distress and aggression while maintaining self-control. The ability to calm and de-escalate a situation is an essential skill for every person and is important in many work environments.

Overview and Learning Intentions

- Understand why people become angry or defensive
- Recognise early warning signs
- Learn a range of assertive techniques to help people regain control
- Understand the role of communication
- Develop strategies for self-control in the face of aggressive and/or distressed behaviour
- The importance of debriefing following challenging situations

Facilitator

Dr Chris Taua PhD, RN, BN, MN(Dist), PGC(MH), CAdTch, FNZCMHN

Chris is a registered nurse by profession and has over 25 years' experience in the health and disability sector.

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Dialectical Behaviour Therapy: An Overview of Skills

Date: Thursday 2 September 2021, 9.00am - 1.00pm

Cost: \$129 per person | \$119 early bird | \$109 subsidised

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

Aim

Dialectical Behaviour Therapy (DBT) is a treatment based on an overarching concept of emotion dysregulation as the underlying reason for a client's struggles in life. It has a cognitive behavioural therapy basis but with the incorporation of principles of dialectics and mindfulness. It has been effective in treating a wide range of disorders across a range of population and age groups. The aim of this workshop is to introduce DBT and its key components with an emphasis on the skills that DBT teaches.

Overview and Learning Intentions

- Introduction to the DBT model and how this might influence your view of your clients.
- Distress tolerance and emotion regulation skills
- Consider how you use validation with your clients
- Mindfulness as discussed in DBT
- Learn key skills to try with clients

Facilitator

Sarah Drummond LLB/MA (First Class Honours), Dip.Clin.Psych

Sarah has 17 years' experience, predominantly in DHB settings. She is currently a Clinical Educator for the Clinical Psychology Programme at Canterbury University.

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Safer Home Visiting in Community Work

Date: Wednesday 8 September 2021, 9.00am - 12.00pm

Cost: \$99 per person | \$89 early bird | \$79 subsidised

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

Aim

This is an essential workshop for those who provide health and community services in people's home environments, where safety for all involved is paramount. Travelling around the community and working in private homes presents potential risks to staff and clients. This workshop will develop your confidence and skills to decrease risk and manage difficult situations.

Overview and Learning Intentions

- Discuss risks and hazards with others who do similar work
- Identify potential threats to your own safety
- Explore risk assessment and management using a risk matrix
- Learn specific actions that decrease risk and increase confidence in dealing with challenging situations
- Explore professional boundaries
- Review and develop a personal safety plan

Facilitator

Dr Chris Taua PhD, RN, BN, MN(Dist), PGC(MH), CAdTch, FNZCMHN

Chris is a registered nurse by profession and has over 25 years' experience in the health and disability sector.

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Trauma Informed Care: Providing Support to Children and Adolescents

Date: Tuesday 14 September 2021, 9.00am - 1.00pm

Cost: \$129 per person | \$119 early bird | \$109 subsidised

Venue: Christchurch venue to be confirmed

Attend in-person. Register at mherc.org.nz

Aim

Discover current research on trauma, including Complex Trauma, and how this affects development for children and adolescents. Learn about trauma and the relationship to Attachment Theory. This workshop aims to develop practical skills and resources for trauma work and how mental health professionals can support clients.

Overview and Learning Intentions

- Understand trauma and the possible impacts on development

- Develop skills and knowledge to work with young people with a trauma background
- Trauma research – theory and models
- Complex versus Single Event Trauma
- Risks and resiliency
- Relational models of working with trauma
- Learn to apply Trauma Informed Care principles
- Understand the need for reflective practice and professional self-care

Facilitator

Katie Hoek MA (Psychology), PgDip (Child and Family Psychology)

Katie is a Child and Family Psychologist with over eight years experience in working with children, young people, and their families in the areas of mental health, neurodevelopmental disorders, learning needs, and childhood trauma.

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Self-Harm and Suicidal Behaviour: Screening and Management

Date: Wednesday 15 September 2021, 9.00am - 12.00pm

Cost: \$99 per person | \$89 early bird | \$79 subsidised

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

Aim

Develop your confidence in how to manage persons with suicidal ideation and self-harm behaviours. This highly interactive and practical workshop is designed for those new to this area or professionals wanting a refresher. Discover the latest New Zealand statistics of suicide and self-harm rates. Explore models for understanding risk and protective factors and recommendations for management plans.

Overview and Learning Intentions

- Brief overview of definitions
- Discuss recent New Zealand data
- Models for understanding risk
- Screening questions
- Tools for screening and communicating with others about a person's suicide risk
- Develop confidence in how to manage persons with suicidal ideation and self-harm behaviours
- Acute and ongoing management of people with suicidal ideation and self-harm

- Practice carrying out a suicide screening session and skills taught via role play and demonstrations

Facilitator

Mel Johns MASW, B.A. (Hons), Cert. Supervision, Cert. AOD Counselling, RSW

Mel has over 20 years' experience working in the mental health and addictions sector. He has a comprehensive knowledge of assessment processes, therapeutic interventions and risk-management.

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Personality Disorders: The Impact on Thoughts, Feelings and Behaviour

Date: Thursday 16 September 2021, 9.00am - 1.00pm

Cost: \$129 per person | \$119 early bird | \$109 subsidised

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

Aim

The word 'personality' refers to the pattern of thoughts, feelings and behaviour that makes each of us the individuals that we are. How we think, feel, and behave depends on the situations we are in, the people with us and many other factors. This workshop will provide comprehensive information on conditions that affect personality which are so often misinterpreted and misunderstood.

Note: *Borderline Personality Disorder is not included in this workshop - see page 19 for separate workshop.*

Overview and Learning Intentions

- Personality development and how one may develop personality issues or challenges
- The complex aspects of various Personality Disorders
- Overview of the diagnostic criteria and potential causes
- The impacts on individuals and family/whānau
- Challenging misconceptions and discrimination and understanding the impact of these
- Recommended treatments strategies

- Effective and safe strategies and responses for support

Facilitator

Dr Chris Taua PhD, RN, BN, MN(Dist), PGC(MH), CAdTch, FNZCMHN

Chris is a registered nurse by profession and has over 25 years' experience in the health and disability sector.

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Trauma Informed Care: Providing Safe and Effective Support to Adults

Date: Tuesday 21 September 2021, 9.00am - 12.00pm

Cost: \$99 per person | \$89 early bird

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

Aim

Discover current research on trauma and how this affects development for children and adolescents. Learn about trauma and the relationship to Attachment Theory. Discuss a framework for working with trauma including the key principles of Trauma Informed Care. Develop practical skills and resources for trauma work and how mental health professionals can support clients. We will also discuss the need for reflective practice and professional self care.

Overview and Learning Intentions

- Learn about trauma research and theory and models
- Complex versus Single Event
- Understand risks and resiliency
- Understand trauma and possible impacts on development
- Develop skills and knowledge to work with clients with a trauma background
- Learn to apply Trauma Informed Care principles
- Reflective practice and self care

Facilitator

Jackie Moore RegSW, BSW, Post Grad Dip Mgmt, MBA

Jackie has been an active member of the mental health and addiction sector since 2001.

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Aim

Resilience is what gives us the psychological strength to respond and adapt to stress, daily challenges and more significant life events in a healthy and positive way. Resilience needs to be maintained and sustained so that we can draw upon it, replenish it and never fully exhaust it. This workshop acknowledges the realities of the systemic pressures experienced in modern life and explores the required skills and approaches to minimise their negative impact. It will explore how we develop, maintain, adapt

Resilience: Develop, Adapt and Sustain

Date: Wednesday 22 September 2021, 9.00am - 12.00pm

Cost: \$99 per person | \$89 early bird

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

and sustain our resilience in order to preserve our wellbeing in demanding times.

Overview and Learning Intentions

- What constitutes resilience, clarity, psychological strength and efficiency
- Recognising the signs and symptoms of unhelpful responses
- Key elements and specific approaches involved in developing, adapting and sustaining resilience
- Explore ways to adapt, rebound and move forward even stronger

- Learn potential impacts on wellbeing and promote adaptive and healthy responses to these
- Apply clear and concise frameworks to realistic case study scenarios
- Practice new skills in a safe environment

Facilitator

Mel Johns MASW, B.A. (Hons), Cert. Supervision, Cert. AOD Counselling, RSW
Mel has over 20 years' experience working in the mental health and addictions sector.

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Aim

With a focus on the significant adults in children's lives, this workshop aims to provide a basic understanding of anxiety and how it particularly relates to children. Participants will learn how to support parents/workers with anxious children to feel confident and competent to manage anxious behaviours in a way that promotes the child's bravery and wellbeing.

Overview and Learning Intentions

- Making sense of anxiety and how it relates to children (and possibly yourself)

Children's Anxiety: What Adults Need to Know and Strategies for Management

Date: Thursday 23 September 2021, 9.00am - 12.00pm

Cost: \$99 per person | \$89 early bird | \$79 subsidised

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

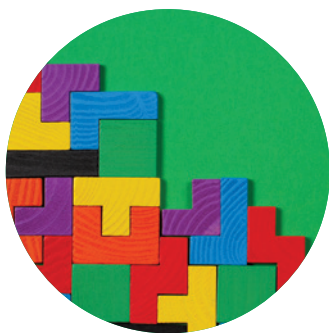
- Why do some 'suffer' from anxiety and others do not?
- Understand why adults are so vital in helping children manage anxiety
- What adults can do to help
- Build confidence around 'what to do when'
- Strategies that children can use directly
- See great gains in children's confidence through taking charge of anxiety and not being afraid of fear
- Opportunities for discussion around specific situations

Facilitator

Catherine Gallagher MA(Hons): Dip. Clin. Psyc. MNZCCP

Catherine is a Registered Clinical Psychologist and has worked with children and their families over the last 18 years.

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Aim

Develop your understanding of people with Autism Spectrum Disorder (ASD), so that you can better respond to, and support them. Learn the common characteristics in ASD and the challenges that these often present, particularly anxiety. What have become known as 'autistic meltdowns' occur when the person's anxiety peaks to a level that is higher than they can manage. In this workshop you will learn how to identify triggers and provide proactive interventions.

Autism Spectrum Disorder: Enhancing Understanding and Providing Proactive Interventions

Date: Wednesday 29 September 2021, 9.00am - 12.00pm

Cost: \$99 per person | \$89 early bird

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

Overview and Learning Intentions

- Learn the common characteristics in ASD; sensory processing issues, difficulties with communication, social relationships and problem-solving
- Learn about the idiosyncratic ways that people with ASD think
- Understand the different challenges that anxiety presents for those with ASD
- Explore different triggers which cause escalation of 'autistic meltdowns'
- Gain knowledge and tools to better understand and minimise distress
- Framework for proactive interventions

Facilitator

Dr Olive Webb ONZM, FNZPsS, PhD, DipClinPsych, DipHSM(dist)

Olive has over 40 years experience working as a clinical psychologist in the area of Intellectual Disability, Autistic Spectrum Disorder and related areas. Olive was made an Officer of the NZ Order of Merit in 2008 for Services to Intellectual Disability.

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Aim

Those who understand conflict and their own reactions to it can manage difficult encounters with diplomacy, credibility and professionalism. Rather than fearing conflict, you can become proficient at handling it with confidence and competence. Understand the impact on the brain when you engage in conflict, and learn how to preserve relationships in a way that shows respect for yourself and others.

Conflict Management: Achieving Solutions and Preserving Relationships

Date: Tuesday 5 October 2021, 9.00am - 12.00pm

Cost: \$99 per person | \$89 early bird | \$79 subsidised

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

Overview and Learning Intentions

- The inevitability of conflict and why you should be prepared, not surprised
- Biological responses to conflict
- Responding to different behavioural responses to conflict appropriately
- Reactive versus proactive; how to be more planned in your responses
- The introvert/extrovert division - impacts of conflict on each behavioural style
- Understand when to get involved and when to walk away
- Learn practical skills for how to sustain relationships and relate to others

effectively during conflict

- Caring for your emotional bank account so you can show resilience when conflict comes knocking at your door

Facilitator

Marina Shearer BSc. Psychology, Dip. Coach

Marina has over 25 years experience in providing training and has a passion for creating better outcomes for individuals and organisations.

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Cultural Safety and Diversity: Taking Your Practice to a New Level

Date: Wednesday 6 October 2021, 9.00am - 12.00pm

Cost: \$99 per person | \$89 early bird | \$79 subsidised

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

Aim

Each of us have values and beliefs that are unique and important to us. Clients also have unique values and beliefs which may differ or potentially clash from our own. This workshop will guide you to provide support and care that meets the client's needs in a way that maintains their personal, social, and cultural identity and dignity, as well as your own.

Please note: This workshop will not teach you about other cultures, it will help you to explore your own cultural worldview in relation to others.

Overview and Learning Intentions

- Explore your own personal identity, culture, and worldview
- Understand how values, beliefs, attitudes, and assumptions impact on your role
- Identify and discuss the challenges when worldviews clash
- Understand cultural awareness and sensitivity in relation to supporting others
- How you can provide culturally safe support/care for others

Facilitator

Dr Chris Taua PhD, RN, BN, MN(Dist), PGC(MH), CAdTch, FNZCMHN

Chris is a registered nurse by profession and has over 25 years' experience in the health and disability sector.

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Enhancing Skills to Ensure Safe and Supportive Client Focused Relationships

Date: Tuesday 12 October 2021, 9.00am - 12.00pm

Cost: \$99 per person | \$89 early bird | \$79 subsidised

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

Aim

Our lives rely on sound interpersonal skills both personally and professionally. This workshop aims to give you those skills to engage in safe and effective relationships with clients in supportive focused situations while maintaining your own safety and boundaries.

Overview and Learning Intentions

- Explore self (values and beliefs) in relation to impact on others in order to develop and maintain supportive relationships
- Assertiveness – how to say no safely
- Examine and understand safe boundaries within both the extent and limitations of your role
- Demonstrate use of a range of interpersonal skills that can be used in developing and maintaining supportive relationships

Facilitator

Dr Chris Taua PhD, RN, BN, MN(Dist), PGC(MH), CAdTch, FNZCMHN

Chris is a registered nurse by profession and has over 25 years' experience in the health and disability sector.

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Working with People Who Hoard

Date: Thursday 14 October 2021, 9.00am - 12.00pm

Cost: \$99 per person | \$89 early bird

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

Aim

Hoarding is recognised as a distinct mental health difficulty, with specific issues affecting access to services and psychological intervention. Hoarding can have a huge impact on a person's ability to function independently and can carry a high level of risk for themselves and others. In this workshop, attendees will develop an understanding of what compulsive hoarding is, best practice, evidence-based cognitive behavioural intervention strategies and ways to support people who compulsively hoard.

Overview and Learning Intentions

- Develop your understanding of the disorder, based on the model of hoarding
- Prevalence of hoarding in Canterbury and how this relates to international data
- Assessment and ways of identifying impairment and severity using an interview tool and questionnaires
- Intervention – the issues that can be addressed with respect to what people acquire, the meaning they give possessions and why it is difficult to discard
- Do's and Don'ts of working with people who hoard

- When to seek an interagency approach and what services are available

Facilitators

Dr Janet Spittlehouse BSc(Psych), PhD

Janet has 17 years of research experience and her PhD included the only hoarding prevalence study to date in New Zealand.

Juliet Macleod BA, MEd

Juliet has worked as a cognitive behavioural therapist for most of her 33 years of clinical practice.

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Navigating the Mental Health Sector: Specialist Services and NGOs

Date: Thursday 21 October 2021, 9.00am - 12.00pm

Cost: \$99 per person | \$89 early bird | \$79 subsidised

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

Aim

Gain an insight into the inner workings of the Mental Health system and how to access services. Explore the Canterbury District Health Board (CDHB) Specialist Mental Health Service, non- government organisations (NGOs), and other community and voluntary agencies that can support people in the community. In a vibrant and ever changing sector, this workshop is an essential tool in the orientation of those who are new to the sector, from outside the sector, or those wanting a refresher.

Overview and Learning Intentions

- Understanding what and where the system and sector have been influenced
- Overview of Primary Health initiative 'Te Tumu Waiora'
- Overview of CDHB Specialist Mental Health Services
- Overview of NGOs, specifically contracted by the CDHB to provide community based alternatives for people living with mental health
- Overview of community and voluntary based services that could support people living with mental health issues

- How to connect with each agency - access, processes and procedures
- How a combination of service provisions can provide the people you support to live well in the community

Facilitator

Jackie Moore RegSW, BSW, Post Grad Dip Mgmt, MBA

Jackie has been an active member of the mental health and addiction sector since 2001.

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Borderline Personality Disorder: Enhancing Understanding and Providing Support

Date: Tuesday 26 October 2021, 9.00am - 2.00pm

Cost: \$169 per person | \$159 early bird | \$149 subsidised

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

Aim

The diagnosis of Borderline Personality Disorder (BPD) is often misinterpreted and misunderstood. Gain a broad understanding of what is considered a BPD, recognise the impact, and discover why those diagnosed present differently. Learn strategies for how to support each individual effectively and safely.

Overview and Learning Intentions

- Describe the complex aspects of a Borderline Personality Disorder

- Overview the diagnostic criteria and potential causes
- Understand the role of trauma and other adverse life events in relation to BPD
- Describe the impacts on individuals and family/whānau
- Challenging misconceptions and discrimination and understanding the impact of these
- Identify recommended treatments strategies
- Identify effective and safe strategies and responses for support

Facilitator

Dr Chris Taua PhD, RN, BN, MN(Dist), PGC(MH), CAdTch, FNZCMHN

Chris is a registered nurse by profession and has over 25 years' experience in the health and disability sector.

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The Treaty of Waitangi and Healthcare

Date: Wednesday 27 October 2021, 9.00am - 12.00pm

Cost: \$99 per person | \$89 early bird | \$79 subsidised

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

Aim

The Treaty of Waitangi/Te Tiriti o Waitangi is a founding document of Aotearoa. This workshop encourages participants with little or no previous knowledge to explore the reality of the Treaty, the issues it presents for healthcare and its implications for practitioners and services in the broader healthcare setting.

Overview and Learning Intentions

- Develop a balanced overview and understanding of te Tiriti o Waitangi
- Explore the meaning of te Tiriti and identify some of the common and less common myths and facts
- Understand some of the key issues in healthcare presented by te Tiriti
- Process the implications of te Tiriti in your own healthcare context
- Articulate how you are/will apply te Tiriti in your own healthcare context

Facilitator

Lee Tuki PGDipPH

Lee has worked as a Māori health promoter and in an advisory role on how to engage with Māori and contributed to strategic directions both nationally and regionally. She is currently Team Leader in the Public Health Unit and President of the Public Health Association of New Zealand.

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Alcohol and Other Drugs: Screening and Brief Intervention for Mild Alcohol Problems

Date: Wednesday 3 November 2021, 9.00am - 4.00pm

Cost: \$229 per person | \$219 early bird | \$209 subsidised

Venue: Christchurch venue to be confirmed

Attend in-person. Register at mherc.org.nz

Aim

The first part of this workshop will provide participants with an overview of different types of substances of misuse, their effect and how to assess for intoxication and withdrawal. There will be a brief introduction into options of screening tools to use for young people and adults.

The second part will be a skills-based workshop focusing on providing brief intervention for mild alcohol problems which can be used in any work setting.

This will include information on using core motivational interviewing skills as a key component of providing brief interventions.

Overview and Learning Intentions

- Introduction to substances, classification of substances and their effects
- Practice utilising screening tools and how to refer on if needed
- What is the criteria for Substance Use Disorders, and what to look out for
- Gain an understanding of substance misuse and associated complications

- Practice utilising core skills for providing brief assessment and intervention

Facilitator

Mel Johns MASW, B.A. (Hons), Cert. Supervision, Cert. AOD Counselling, RSW

Mel has over 20 years' experience working in the mental health and addictions sector.

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Motivational Interviewing: Evoking and Planning for Change

Date: Thursday 4 November 2021, 9.00am - 1.00pm

Cost: \$129 per person | \$119 early bird | \$109 subsidised

Venue: Christchurch venue to be confirmed

Attend in-person. Register at mherc.org.nz

Aim

This interactive workshop will provide participants the opportunity to further develop their Motivational Interviewing (MI) skill set, with a focus on enhancing evoking and change talk. Participants will learn skills to help them become more focused in their interactions and apply MI to their practice while developing their MI skills.

Overview and Learning Intentions

- Moving from focusing to evoking
- Learning and practicing evoking change talk
- How to deal with sustain talk and discord
- Discuss how MI can be integrated into everyday practice

Facilitator

Dr Sharon Bennett RN, RM, BHSc, Dip Bus(HRM), BSc(Hons), PGDipHealSc

Sharon has a background in health (nursing and midwifery), with over 20 years' experience in education and training. Her passion lies in supporting personal and professional development of others.

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**This workshop is designed for those who have previously done MHERC's "Motivational Interviewing: An Introduction" workshop or equivalent.*



Aim

This practice-based workshop will provide essential skills for those working in a health or social service setting that supports people who may present behaviours that challenge. Interactive tasks will help participants to explore issues and apply their learning to case-based scenarios to enhance client and staff safety. Participants are encouraged to bring real life situations to discuss, which will be treated with the utmost confidentiality.

Responding to Behaviours that Challenge: Considering Health and Human Developmental Impacts

Date: Tuesday 9 November 2021, 9.00am - 4.00pm

Cost: \$229 per person | \$219 early bird | \$209 subsidised

Venue: Christchurch venue to be confirmed

Attend in-person. Register at mherc.org.nz

Overview and Learning Intentions

- Identify and understand challenging behaviour in a health or social service context
- Impact of negative attitudes and misunderstandings
- The interrelationship of bio-psychosocial factors and behaviours of concern
- Functional behaviour assessment using the ABC framework
- Effective and safe responding to behaviours that challenge
- Developing and monitoring safe management plans

- Navigating the maze of service delivery

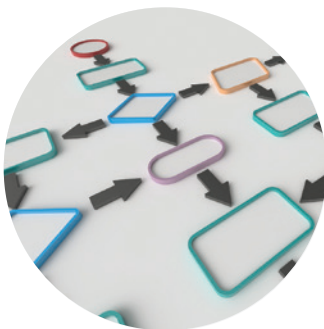
Facilitator

Dr Chris Taua PhD, RN, BN, MN(Dist), PGC(MH), CAdTch, FNZCMHN

Chris is a registered nurse by profession and has over 25 years' experience in the health and disability sector.

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Attend in-person



Aim

The Intervention Web presents an engaging exploration into the world of an individual who is experiencing complex impacts on their mental health and wellbeing. In this interactive workshop, you will have the opportunity to take on the role of a staff member supporting an individual to plan an effective response. Faced with a series of options you will need to decide what actions to take. Each decision leads to a new situation and a further set of options. The Web is an enjoyable and stimulating experience

The Mental Health Intervention Web: Responding to Complex Issues

Date: Wednesday 10 November 2021, 9.00am - 12.00pm

Cost: \$99 per person | \$89 early bird | \$79 subsidised

Venue: MHERC, 116 Marshland Road, Shirlwey, Christchurch

Attend in-person. Register at mherc.org.nz

which raises many important service delivery issues for many who access mental health care.

Overview and Learning Intentions

- Examine the relationship between the individual and the environment in context
- Identify new skills for coping to teach the individual
- Identify safe reactive and proactive ways to respond to complex situations
- Explore team roles and functions and appropriate referrals

Facilitator

Dr Chris Taua PhD, RN, BN, MN(Dist), PGC(MH), CAdTch, FNZCMHN

Chris is a registered nurse by profession and has over 25 years' experience in the health and disability sector.

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Attend in-person



Aim

This workshop will focus on individual sessions and incorporating Dialectical Behaviour Therapy (DBT) skills as well as other DBT strategies into practice. It aims to enhance participant's knowledge of applying DBT skills into their daily practice with clients, particularly in individual sessions.

**This workshop is designed for those who have previously done MHERC's "Dialectical Behaviour Therapy: An Overview of Skills" (page 12) or equivalent.*

Dialectical Behaviour Therapy: Applying Informed Skills

Date: Thursday 11 November 2021, 9.00am - 12.00pm

Cost: \$99 per person | \$89 early bird | \$79 subsidised

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

Overview and Learning Intentions

- Reminder of key aspects of DBT therapy
- Distress tolerance and emotion regulation skills in individual sessions
- Assessing problem behaviours and generating solutions
- Sytlistic strategies
- Gain confidence in working with clients and managing difficulties with regulating emotions
- Identify several key skills the clinician may be able to try with clients

- Effectively evaluate problem behaviours and generate solutions with clients

Facilitator

Sarah Drummond LLB/MA (First Class Honours), Dip.Clin.Psych

Sarah has 17 years' experience, predominantly in DHB settings. She is currently a Clinical Educator for the Clinical Psychology Programme at Canterbury University.

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Methamphetamine and Synthetic Drugs: What You Need to Know

Date: Tuesday 16 November 2021, 9.00am - 1.00pm

Cost: \$129 per person | \$119 early bird

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

Aim

Gain essential skills for providing support and care when you encounter users of methamphetamines and new psychoactive substances. This workshop will support your knowledge and understanding to recognise use and develop strategies to minimise harm.

Overview and Learning Intentions

- Background of methamphetamine and synthetic drugs - what are they and where do they come from?

- How these substances have come to be used so frequently in today's society
- The different drugs currently available
- Understand common, acute and long-term effects.
- Common signs and symptoms of use
- Symptoms of withdrawal and how best to manage it
- Learn screening tools
- Strategies for harm minimisation and ways to engage people safely
- How to offer support and what services are available

Facilitator

Michael Donaldson RN, BN, P.G. Dip Nursing (MH)

Michael has worked in the area of AOD since 1995. He has since completed a graduate diploma in mental health nursing and currently works for the Christchurch Opioid Substitution Treatment Programme.

View full profile on page 29.



Aim

Working in health and community services can involve complex and challenging personal and professional situations. This workshop explores the complicated notions around ethical practice in relation to recognition of ethical dilemmas and responding safely. It will also delve into the multifaceted world of professional boundaries guiding contemporary practice in health and social service community settings in Aotearoa/New Zealand.

Boundaries and Ethics in Health and Community Settings

Date: Wednesday 17 November 2021, 9.00am - 1.00pm

Cost: \$129 per person | \$119 early bird | \$109 subsidised

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

Overview and Learning Intentions

- Understand the importance of professional boundaries and ethics in human service practice
- Explore health related ethics and the complexity around them
- Discuss ethical dilemmas and strategies and protocols that can be applied to reach safe responses
- Gain a working knowledge of acceptable boundaries in health and social service delivery.
- Explore problematic issues associated with boundary violations

- Learn how to contextualise boundaries regardless of the uniqueness of the relationship

Facilitator

Dr Chris Taua PhD, RN, BN, MN(Dist), PGC(MH), CAdTch, FNZCMHN

Chris is a registered nurse by profession and has over 25 years' experience in the health and disability sector.

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Aim

Gain a fundamental understanding of the various types of anxiety issues that sit within the umbrella term of Anxiety Disorders. These include generalised anxiety, phobias, panic, PTSD, OCD, and other specific issues such as social anxiety. An overview of effective, recommended responses and support strategies will guide participants in supporting individuals who experience anxiety.

Anxiety Disorders: Understanding and Providing Effective Support

Date: Thursday 15 July or Thursday 18 November 2021, 9.00am - 2.30pm

Cost: \$179 per person | \$169 early bird

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

cycle including possible risk factors and causes

- The range, presentation, and diagnosis of various anxiety disorders
- Understand the impacts of an anxiety disorder may have on an individual
- Individual and community strategies for support
- Gain a basic awareness of mindfulness and other contemporary strategies
- Effective and safe ways of responding and supporting individuals
- Understand clinical and other therapeutic strategies and management options

Facilitators

Dr Chris Taua PhD, RN, BN, MN(Dist), PGC(MH), CAdTch, FNZCMHN

Chris is a registered nurse by profession and has over 25 years' experience in the health and disability sector.

Paula Rountree Cert.ComPsC

Paula has over 20 years' experience working in the mental health sector and has lived experience of an anxiety disorder.

View full profiles on pages 28 and 30.

Overview and Learning Intentions

- Understand anxiety and the anxiety



Aim

This workshop will develop your knowledge and understanding of relevant health-related legislation to protect your client's rights. Aotearoa has several pieces of legislation that impact access to mental health services and influence the care and treatment provided by these services. You will explore the legislation in place to protect the rights of those accessing services and how those laws give power to the state in particular circumstances.

Mental Health Legislation: Understanding Laws, Client's Rights and Privacy

Date: Tuesday 23 November 2021, 9.00am - 1.00pm

Cost: \$129 per person | \$119 early bird | \$109 subsidised

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

Overview and Learning Intentions

- Gain a basic understanding of each piece of legislation in relation to its application in their work with others
- The Mental Health (CAT) Act 1992
- The Intellectual Disability Compulsory Care and Rehabilitation Act 2003
- The Privacy Act 1993
- Discrimination and Human Rights Acts
- In exploring those Acts you will develop your knowledge to ensure you are managing your individual role within the boundaries of this legislation

Facilitator

Dr Chris Taua PhD, RN, BN, MN(Dist), PGC(MH), CAdTch, FNZCMHN

Chris is a registered nurse by profession and has over 25 years' experience in the health and disability sector.

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Aim

This is an advanced workshop suited to those with a level of training and experience in screening and managing youth and adults with self-harm and suicidal behaviours. Participants will gain skills and practice in a model for formulating risk and tools for intervention. This will be a highly interactive, practical workshop and participants will be provided with the opportunity to practice skills taught via role play and demonstrations.

Advanced Self-Harm and Suicidal Behaviours: Models and Strategies for Interventions

Date: Wednesday 24 November 2021, 9.00am - 1.00pm

Cost: \$129 per person | \$119 early bird | \$109 subsidised

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

Overview and Learning Intentions

- Practice using a model to formulate the suicide risk via case study in groups
- Discover evidence based strategies for reducing suicidal ideation
- Develop confidence in communicating and managing a client's suicide risk concerns
- Brainstorm collectively a plan for individual and systemic interventions to reduce suicide risk
- Understand the role of trauma and other adverse life events in relation to BPD

Facilitator

Mel Johns MASW, B.A. (Hons), Cert. Supervision, Cert. AOD Counselling, RSW
Mel has over 20 years' experience working in the mental health and addictions sector Aotearoa New Zealand and the UK.

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Aim

Despite the advent of medications and other therapies over the last 50 years, rates of mental illness have been on the rise. Scientists have been uncovering that what we eat is affecting our mental health. Discover the food choices and dietary patterns serving as risk factors to psychiatric problems, supported by scientific evidence. Julia will then introduce the recent paradigm shift of using broad based micronutrients to address these challenges, suggesting an alternative course of action.

The Connection Between Nutrients, Nutrition and Mental Health

Date: Tuesday 30 November 2021, 9.00am - 12.00pm

Cost: \$99 per person | \$89 early bird | \$79 subsidised

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

Overview and Learning Intentions

- Discover current research on broad spectrum micronutrients and dietary patterns in the expression and treatment of mental health problems
- Learn why it is essential to consider the role of nutrition/diet in understanding and treating psychiatric illness

Facilitator

Julia Rucklidge BSc, MSc, PhD

Julia is a Professor of Clinical Psychology in the Department of Psychology at the University of Canterbury and the Director of the Mental Health and Nutrition Research Lab.

View full profile on page 28.



Aim

This workshop will explore current information about suicide risk in New Zealand. Participants will develop their understanding, skills and confidence to recognise and care for people experiencing psychological distress or who may be at risk of suicide. Learn how to apply support plans for at-risk people and develop office protocols for the management of mental health and suicide crises.

Managing Psychological Distress and Suicide Risk

Date: Wednesday 1 December 2021, 9.00am - 4.00pm

Cost: \$229 per person | \$219 early bird | \$209 subsidised

Venue: Christchurch venue to be confirmed

Attend in-person. Register at mherc.org.nz

Overview and Learning Intentions

- Understand mental health problems commonly associated with suicide
- Understand risk and protective factors for suicide and identify high-risk population groups
- Understand best practices for crisis intervention and postvention support
- Apply evidence-based depression and suicide risk screening tools
- Apply support/safety plans including counselling about access to lethal means
- Develop office protocols for management of mental health and suicide crises.

Facilitator

Dr Annette Beautrais PhD

Annette is New Zealand's most experienced suicidologist, an academic who has been studying suicide research and prevention and teaching about suicide prevention for the past 27 years.

View full profile on page 28.



De-escalation Refresher and Breakaway Techniques

Date: Thursday 2 December 2021, 9.00am - 12.00pm

Cost: \$99 per person | \$89 early bird

Venue: Christchurch venue to be confirmed

Attend in-person. Register at mherc.org.nz

Aim

This workshop firstly revisits verbal de-escalation strategies, and environmental considerations before teaching practical and evasive techniques to ensure that both you and your client are kept as safe as possible in an actual or potential physical assault situation.

Attendees must have completed a "De-escalation: Effective Communication to Manage Distress" workshop in the past two years.

Overview and Learning Intentions

- Risk in the environment Facilitators
- Recollection of effective verbal communication for de-escalation
- Physical disengagement and effective breakaway techniques
- Legislation in relation to workplace safety and self defence

Please wear comfortable clothing and footwear for movement.

Facilitator

Dr Chris Taua PhD, RN, BN, MN(Dist), PGC(MH), CAdTch, FNZCMHN

Chris is a registered nurse by profession and has over 25 years' experience in the health and disability sector.

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Depression and Bipolar: Understanding Mood Disorders and Providing Support

Date: Tuesday 7 December 2021, 9.00am - 12.00pm

Cost: \$99 per person | \$89 early bird | \$79 subsidised

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

Aim

Moods are about our emotions and how they affect us. Sometimes we're sad, other times we're happy, but sometimes people's mood can get 'stuck' or become 'extreme'. When this happens, it affects an individual and their family. This workshop provides an overview of common mood disorders in order to understand and respond to same.

Overview and Learning Intentions

- Describe mood on a continuum and what is meant by a mood disorder
- Gain an understanding of the impacts on individuals and their family/whānau
- Identify ways of providing effective support

Facilitator

Dr Chris Taua PhD, RN, BN, MN(Dist), PGC(MH), CAdTch, FNZCMHN

Chris is a registered nurse by profession and has over 25 years' experience in the health and disability sector.

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Self-Care and Professional Practice When Working with Trauma and Tragedy

Date: Wednesday 8 December 2021, 9.00am - 12.00pm

Cost: \$99 per person | \$89 early bird | \$79 subsidised

Venue: Christchurch venue to be confirmed

Attend in-person or online via Zoom. Register at mherc.org.nz

Aim

Develop skills to be the best you can be when practising support during a tragedy. Learn how to offer support without burn-out and be able to support your colleagues and agency. This workshop will focus on recognising and acknowledging traumatic experiences and how to work through them effectively.

Overview and Learning Intentions

- Understand Trauma in the context of your professional practice and personal boundaries
- How acknowledging trauma and using trauma informed practice can provide effective support
- Understand grief, loss, change and adjustment
- The nature of Vicarious Trauma
- How to be empathetic and compassionate without taking on the experience
- Recognising the signs of compassion fatigue and burn-out in yourself and others
- Gain tools and resources to use when working amongst trauma
- How to keep yourself well and safe

- The importance of mindful practice

Facilitators

Jackie Moore *RegSW, BSW, Post Grad Dip Mgmt, MBA*

Jackie has been an active member of the mental health and addiction sector since 2001.

Julie Grenfell *BSW, Cert. Clinical Teaching, RegSW*

Julie has been in the area of Health and Welfare in the NGO sector for 20 years.

View full profiles on page 28 and 29 .



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Facilitator Profiles

Dr Annette Beautrais PhD

Annette is New Zealand's most experienced suicidologist, an academic who has been studying suicide research and prevention, and teaching about suicide prevention, for the past 27 years. She has worked in New Zealand and internationally, has published extensively and has won international awards for her research. Annette is Adjunct Professor at the University of Canterbury and Suicide Prevention Coordinator at the South Canterbury DHB. In addition, she works as an educator and consultant to a range of organisations, and runs training programmes in suicide prevention throughout the country.

Alan Fayter Neuro-Semantic NLP Master Trainer ISNS, Coach IANLP, Fellow Member Trainer IANLP, Licensed Meta-Coach (ACMC)

Alan is a Master Trainer specialising in the Neuro-Semantic Self-Actualisation Trainings, based on self-actualisation psychology. He trained under the tutelage of psychologist Dr L. Michael Hall PhD, the developer of Neuro-Semantics. He has a Doctorate in Clinical Hypnotherapy (Distinction) and runs a private therapy and coaching practice in Christchurch. In 2015 Alan published his first book; 'How To Chill Out', a book on stress management and communication techniques based on coaching and training he developed after the Christchurch earthquakes.

Catherine Gallagher Registered Clinical Psychologist, MNZCCP, MA(Hons)

Catherine has worked in both public and private work settings, primarily focused

on child and family issues. Currently she has a small private practice and is also the clinical practice manager at START.

Dr Chris Taua PhD, RN, BN, MN(Dist), PGC(MH), CAAdTch, FNZCMHN

Chris is a registered nurse by profession with a background in mental health. She has over 25 years' experience in the health and disability sector. Her education portfolio includes mental health, disability, ethics and boundaries, communication, de-escalation, collaborative note writing, and recovery focused practice. Her PhD explored the mental health inpatient experiences of people with intellectual disability and she continues to publish on this and other topics including cultural diversity and safety. She is currently Director of Pumahara Consultants and holds an honorary senior lecturer role with The University of Queensland.

Di Sargent Masters of Hlth Sci., PG Dip. Addiction, PG Dip. Social Work, PG Dip. Management, B.A. Psych

Di is passionate about working with people to support hauora/wellbeing and health, and also teaching and mentoring people for their professional development and growth. She has been working in the mental health and addictions sector for 27 years as a social worker/counsellor. Di was the clinical manager of Stepping Stone Trust for 13 years and is in her sixth year at the Bridge addiction service in Christchurch.

Jackie Moore RegSW, BSW, Post Grad Dip Mgmt, MBA

Jackie has been an active member of the mental health and addiction sector

since 2001 and held the co-chair role at Navigate Waitaha (Canterbury Mental Health and Addiction NGO Leadership Group) for four years. Her experience across a range of roles and organisations provides insight into mental health service delivery, strategic health direction and organisational development.

Dr Janet Spittlehouse BSc(Psych), PhD

Janet has 17 years of research experience in the United Kingdom and New Zealand. Her PhD included a study of hoarding prevalence in 50 year old Cantabrians. To date this is the only hoarding prevalence study in New Zealand. Janet's research interests include hoarding, depression, mental health, the health and wellbeing of young people, personality and sexuality. Janet is a Research Fellow with the Christchurch Health and Development Study at the University of Otago, Christchurch and she is the research and evaluation manager at the Collaborative Trust, an NGO committed to assisting the healthy development of young people.

Juliet Macleod BA, MEd

Juliet is a senior Occupational Therapist who has worked as a cognitive behavioural therapist for most of her 33 years of clinical practice within the Specialist Mental Health Services (SMHS) in Canterbury. For the past 28 years she has been a member of the Anxiety Disorders Service, SMHS working in providing psychiatric assessment and treatment for adults with a severe Anxiety Disorder. She has developed a special interest in assessing and treating adults with Compulsive Hoarding and can provide psychoeducation, consultation

and training for Compulsive Hoarding both within the Mental Health Services and community over recent years. Juliet and Janet Spittlehouse are currently working on developing Canterbury guidelines for personnel across services who are asked to intervene in cases of Compulsive Hoarding leading to severe domestic squalor, based on work by psychiatrist Professor John Snowdon.

Professor Julia Rucklidge BSc, MSc, PhD

Julia is a Professor of Clinical Psychology in the Department of Psychology at the University of Canterbury and the Director of the Mental Health and Nutrition Research Lab. In the past decade, she and her lab have been running clinical trials investigating the role of broad-spectrum micronutrients in the treatment of mental illness, specifically ADHD, mood disorders, anxiety and stress. Julia has over 100 peer reviewed publications, given talks all over the world on her work on nutrition and mental health and is frequently featured in the media on her work. She is currently on the Executive Committee for the International Society of Nutritional Psychiatry Research. She has been the recipient of many awards, including the Ballin Award from the NZ Psychologist Society, and a Braveheart Award for her contribution to making Christchurch a better place to live. She was named in the top 100 Most Influential Women in New Zealand in 2018.

Julie Grenfell BSW, PGCertCT

Julie has been in the area of health and welfare in the NGO sector for 20 years as a practicing, and now registered, social worker. Julie was Clinical Manager at Relationships Aotearoa and provided support and clinical guidance to social workers, counsellors and psychologists who were providing much needed earthquake support following February

2011. Julie has had opportunities to provide part time lecturing in Social Work at the University of Canterbury and Ara over the last decade. Continuing her role in social work, Julie is now working at Nurse Maude Hospice and Palliative Services.

Katie Hoek MA (Psychology), PgDip (Child and Family Psychology)

Katie is a Child and Family Psychologist with over 8 years experience in working with children, young people, and their families in the areas of mental health, neurodevelopmental disorders, learning needs, and childhood trauma. Katie's particular area of passion and interest focuses around providing trauma informed care for children and young people who have experienced chronic relational and developmental trauma.

Kathryn Eilken RN, RM

Kathryn is a highly experienced Mental Health Nurse with vast experience working with high risk adolescents. She has experience and expertise working in various specialised mental health and general health inpatient settings across the lifespan. She has worked in youth residential services and various NGO settings, as a family/youth worker for marginalised youth and has provided clinical supervision for NGO youth mental health staff.

Sharon Bennett RN, RM, BHSc, DipBus(HRM), BSc(Hons), PGDipHealSc

Sharon has a background in health (nursing and midwifery), with over 20 years experience in education and training of a variety of subjects, topics and issues. Her particular passion lies in supporting personal and professional development of others. She believes that effective communication is at the heart of both personal and professional success; looking at and addressing internal and external dialogue is essential for creating positive outcomes.

Lee Tuki PGDipPH

Lee descends from Tainui waka, Ngati Maru, Raukawa and Maniapoto iwi. She has worked as a Māori health promoter for CPH/CDHB and He Oranga Poutama Kaiwhakahaere for Ngāi Tahu and is currently Team Leader in the Public Health Unit and President of the Public Health Association of New Zealand having formerly been one of the Māori Caucus representatives. Lee has taught the Health Promotion 500 and 600 papers at ARA (formerly CPIT) incorporating Te Tiriti o Waitangi and Māori Models of Health. Lee has worked in an advisory role on how to engage with Māori and contributed to strategic directions both nationally and regionally. She is a member of the STIR – Stop Institutional Racism group and recently co facilitated a Te Tiriti o Waitangi-based Practice in Health Promotion workshop with Dr Heather Came in Auckland.

Marina Shearer BSc Psych

With a 30 year career providing training and facilitation to large New Zealand corporates, including 15 years as contract consultant/facilitator for the NZ Institute of Management, Marina has a wealth of experience to draw on. Equipped with a Business Communication Certificate – Trinity College London, a postgraduate Business Communication study with Massey University and certification as an extended DISC Accredited Master Trainer, Marina has a passion for creating better outcomes for individuals and organisations.

Mel Johns MASW, B.A. (Hons), Cert. Supervision, Cert.AOD Counselling, RSW

Mel has over 20 years' experience working in the mental health and addictions sector in Aotearoa New Zealand and the UK. Throughout his career, he has held a number of diverse roles, working alongside a broad client

base within both statutory and NGO services. He possesses clinical practice, leadership, teaching, management, supervision and governance experience. Mel has a comprehensive knowledge of assessment processes, therapeutic interventions and risk-management approaches. He demonstrates a relentless commitment to the principles of social justice, along with a strong passion for developing services that are truly recovery focused.

Michael Donaldson RN, BN, P.G. Dip Nursing (MH)

Michael completed his Registered Nurse training in 1995 and started to work within the mental health field. After completing an alcohol and other drug (AOD) paper through Otago University in 1999 he decided to specialise in the AOD area. Michael has worked in the area of mental health/AOD both in New Zealand, London and Melbourne. Michael has held positions as Associate Nurse Unit Manager, team leader and Unit Manager. He completed his graduate diploma in mental health nursing whilst in Melbourne. Since 2013 Michael has been working at the Christchurch Opioid Substitution Treatment Programme.

Dr Olive Webb ONZM, FNZPsS, PhD, DipClinPsych, DipHSM(dist)

Olive has over 40 years experience working as a clinical psychologist in the area of Intellectual Disability, Autistic Spectrum Disorder and related areas. She has published widely in these specialist fields, focussing on sexual education, challenging and offending behaviour by people who have intellectual disabilities, adults and children with high and complex needs, and various aspects of the healthcare of people who have intellectual disabilities. Olive was made an Officer of the NZ Order of Merit in 2008 for Services to Intellectual Disability.

Paula Rountree Cert.ComPsC

Paula has been employed by the Mental Health Education and Resource Centre (MHERC) since 1998, and has also worked as a community support worker in the intellectual disability field for over 20 years. She has lived experience of an anxiety disorder which led her to become involved in facilitating workshops to community agencies, tertiary institutes and co-presenting at an overseas conference. Paula also has 12 years' experience in a voluntary coordination role for an anxiety-related peer support organisation.

Samantha Williams BSc (Hons) Psychology, MSc Professional and Policy Studies, Dip HE (RN) Mental Health

The early part of Samantha's career was spent in the South of England working in mental health acute inpatients, ICU and community teams after graduating from the University of Portsmouth in 1994 with BSc (Hons) Psychology and then in 1997 with MSc Professional and Policy Studies and Dip HE (RN) Mental Health. Moving to Christchurch in 2003, Samantha initially worked in acute inpatients then joined CADS setting up the AOD Central Co-ordination Service. As well as working as a private contractor in Primary Care and Canterbury Prisons, she continues to work on various AOD projects.

Sarah Drummond LLB/MA (First Class Honours), DipwClin.Psych

Sarah has 17 years' experience, predominantly in DHB settings where she has worked across Child and Adolescent Mental Health, Child Development, and First Episode Psychosis Services. Other experience includes the University Counselling Centre and Clinical Educator, Clinical Psychology Programme at Canterbury University. The basis of Sarah's therapeutic work has been CBT but she has branched into family therapy and more recently undertook intensive

training in Dialectical Behaviour Therapy. Sarah also supervises fellow psychologists as well as other clinicians.

Dr Sarb Johal PhD, DClinPsy

Sarb is a clinical psychologist, consultant and commentator who brings a psychological lens to the light, the dark and the intriguing aspects of the human experience. He turns complex psychological theory into simple tools for solving everyday problems, helping people and organisations navigate tough times with greater wellbeing and equilibrium. An expert on psychosocial recovery and disaster communication, Sarb has advised the UK and New Zealand governments and the World Health Organisation through major national and international crises, including helping to shape the communications campaign for NZ Government's work on Covid-19. He has a column on the world's biggest and most widely read mental health site: Psychology Today, and is the author of Steady: Keeping Calm in a World Gone Viral. Sarb has a PhD from the School of Psychology at the University of Cardiff and a Doctorate in Clinical Psychology from University College London.

Sharon Bennett RN, RM, BHSc, DipBus(HRM), BSc(Hons), PGDipHealSc

Sharon has a background in health (nursing and midwifery), with over 20 years' experience in education and training on a variety of subjects, topics and issues. Her particular passion lies in supporting personal and professional development of others. She believes that effective communication is at the heart of both personal and professional success; looking at and addressing internal and external dialogue is essential for creating positive outcomes.

Workshop Information

About MHERC

The Mental Health Education and Resource Centre (MHERC) is a registered Charitable Trust providing information, education and professional development 'about' and 'for' mental health and wellbeing. MHERC provides this service to support frontline workers, students, mental health practitioners (e.g social workers, nurses, psychologists, counsellors, case workers) and anyone who is affected by mental illness including families/whānau and friends.

Workshop Types

Our workshops are designed to accommodate a range of learning styles, audiences and timeframes. We offer Introductory, Intermediate and Advanced workshops. It is preferable that you have attended an Introductory session before attending an Intermediate workshop. These types are to help you make an informed decision about which workshop suits both your own, and your organisation's learning needs best.

Introductory

These are workshops aimed at participants who have no or little prior knowledge in the topic. Introductory workshops resonate with NZQF levels four and five.

Intermediate

Intermediate workshops are aimed at participants who have had prior training, or have knowledge or experience in the topic. Intermediate workshops resonate with NZQF level six.

Advanced

Advanced workshops are aimed at participants who have a high level of understanding of the topic and have previous knowledge or extensive experience. Advanced workshops resonate with NZQF level seven.

Workshop Levels

Professional development is provided to the mental health sector in a variety of ways and with a broad spectrum of audiences in mind. There are four workshop levels to support you in selecting one that is right for you. The levels identify consistently with the New Zealand Qualifications Framework (NZQF) levels four to seven. The workshops are not NZQF approved however, they do represent equivalent knowledge, skills and application to the levels.

Level Four

- Broad operational or theoretical knowledge on the topic
- Describe solutions to familiar and sometimes unfamiliar problems
- Teach a range of standard and non-standard processes relevant to the topic
- Allow for self-management of learning and performance under broad guidance

Level Five

- Broad operational, technical and theoretical knowledge on the topic
- Describe solutions to familiar and sometimes unfamiliar problems
- Teach a range of standard and non-standard processes relevant

to the topic

- Complete self-management of learning and performance within defined contexts

Level Six

- Specialised technical or theoretical knowledge on the topic
- Provides opportunities to analyse and generate solutions to familiar and unfamiliar problems
- Teach a range of standard and non-standard processes relevant to the topic
- Complete self-management of learning and performance within dynamic contexts

Level Seven

- In depth specialised technical or theoretical knowledge on the topic
- Select, adapt and apply a range of processes relevant to the field of work or study
- Analyse, generate solutions to unfamiliar and sometimes complex problems
- Advanced generic skills and/or specialist knowledge and skills in a professional context or field of study

Let's Get Real

Let's Get Real is a framework that describes the values, attitudes, knowledge and skills required for working effectively with people and whānau experiencing mental health and addiction needs.

MHERC's professional development supports the Let's Get Real framework by

delivering effective workforce development
At the top of each workshop in this book, a key is displayed to show which of the seven Let's Get Real skills are applicable. These skills are also listed in full on our website for each workshop.

- 1. Working with people experiencing mental health and addiction needs**
- 2. Working with Māori**
- 3. Working with whānau**
- 4. Working within communities**
- 5. Challenging discrimination**
- 6. Applying law, policy and standards**
- 7. Maintaining professional and personal development**

Facilitators

Educational research indicates learning is enhanced by a skilled facilitator who provides a learning experience which builds on a participant's existing knowledge base. MHERC's facilitators are highly experienced and skilled professionals in their respective fields, committed to providing a quality learning experience. Some facilitators have their own personal experiences of mental illness whilst others work directly with family members supporting a loved one living with a mental illness. Other facilitators have specialist qualifications in health and/or education related occupations, especially nursing, social work, counselling, psychology, education and psychiatry.

Cost

The prices in this book and on our website are GST inclusive.

Subsidised Rates

If a subsidised rate is available, it will be indicated on the workshop page. To check if you are eligible for this rate, please see page 33. When registering online, complete the 'Subsidised rate eligibility' section to apply your discount.

Early Bird Discount

MHERC offer a \$10.00 early bird discount on applicable workshops up to eight weeks prior to the workshop date. This discount will be visible on our website and will automatically be applied at checkout if available. Register early to take advantage of this offer.

Venue

MHERC's workshops are usually held onsite. Due to possible relocation of our premises, venues will be confirmed at a later date. See our website for updates. If a venue change does occur, registrants will be notified via email.

Terms and Conditions

Agreeing to our terms is part of the online registration process. For full terms and conditions please see our website - mherc.org.nz

- **Cancellations made up to 10 working days before a workshop will incur a \$39 service fee.**
- **Cancellations (or non-attendance) made 10 working days or less will not be refunded and the full workshop fee will be charged.**
- **No fee applies if you are able to find a replacement participant.**
- **MHERC reserves the right to cancel a workshop at any time due to unforeseen circumstances or insufficient registrations.**
- **Workshops may be moved to online delivery due to changes in Covid-19 alert levels.**

- **Subsidised rates, early bird discounts, or any other offers cannot be used in conjunction with each other.**
- **It is the registrant's responsibility to apply applicable discounts when registering. MHERC is not required to refund or credit participants who have not applied a discount, including subsidised rates.**

Disclaimer

The Mental Health Education and Resource Centre has done its best to ensure information contained in this booklet was correct at the time of printing.

The views and opinions expressed in any workshop, or material provided, are those of the facilitator.

Photographs used in this booklet are for illustrative purposes only. Photographs, and any models used, are not necessarily reflective of the subject matter, nor are they endorsing or supporting the Mental Health Education and Resource Centre.

Subsidised Rate Eligibility

Who is eligible?

- Canterbury District Health Board (CDHB) Specialist Mental Health Service staff
- Non-government organisations who hold current mental health service delivery contracts with the CDHB
- Mana Ake Kaimahi

Which workshops are eligible for a subsidised rate?

The workshop information will state if a subsidised rate is available.

How to apply your discount:

When registering online, you must complete the “Subsidised rate eligibility” section to apply this discount. Please tick the applicable box and select your organisation, or student, from the drop-down menu.

Organisations with eligibility include:

- Ashburton Community Alcohol and Drug Service
- CDHB - Specialist Mental Health Services
- Christchurch City Mission Foundation
- Christchurch Methodist Mission
- Christchurch Primary Health Organisation
- Christchurch Resettlement Services
- Comcare Charitable Trust
- Community Wellbeing North Canterbury Trust
- Depression Support Network
- Emerge Aotearoa
- Familial Trust
- He Waka Tapu Limited
- Kowhai Rest Home
- Mental Health Advocacy and Peer Support (MHAPS)
- Mental Health NZ
- Mind and Body Consultants Ltd
- Nova Trust Board
- Odyssey House - Christchurch
- Pasifika Futures (E tu Pasifika)
- Pathways Health
- Pegasus Primary Health Organisation
- Pukeko Blue
- Purapura Whetu Trust
- Radius
- Rodger Wright Centre
- Royal NZ Plunket Society Inc
- Salvation Army - Christchurch (Bridge Programme)
- Sarona Community Trust
- Span Charitable Trust (Skillwise)
- St John of God Hauora Trust (Community, Youth and Child Services)
- St Luke's Centre Inc
- Step Ahead Trust
- Stepping Stone Trust
- STOP Trust
- Supporting Families in Mental Illness - Canterbury
- Kakakura Health Services
- Te Puawaitanga ki Ōtautahi Trust
- Te Tai O Marokura Charitable Trust
- Waitaha Primary Health
- Werry Workforce Whāraurau

Mana Ake Kaimahi from the following organisations are also eligible:

- Barnardos NZ
- Christchurch Methodist Mission
- Family Help Trust
- He Waka Tapu
- Hornby Presbyterian Support
- Kaikoura Healthcare
- Pasifika Futures (E tu Pasifika)
- Presbyterian Support
- Purapura Whetu
- St John of God Trust – Waipuna
- Stand Children's Services
- Wellbeing North Canterbury Trust (Waimakariri District Community Development)
- Youth Alive Trust

For more information and terms see page 32.

Workplace Wellbeing



Research shows promoting wellbeing in the workplace is not just the right thing to do, it's good for business.

We work with businesses nationwide to build and maintain healthy workplaces, tailoring a best-fit solution for your needs and budget. Our expertise in workplace psychology and education enables us to provide a solution to help increase wellness, engagement and productivity in your workforce.

Our education can support you with; recognising and responding to psychological distress in the workplace, reducing stress and overwhelm, strengthening resilience, positively managing redundancy and change, improving interpersonal skills, and addressing alcohol and drug-related risks.

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A vehicle to better health and wellbeing



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Zoom to Noon groups are free, easy to join and all are welcome.

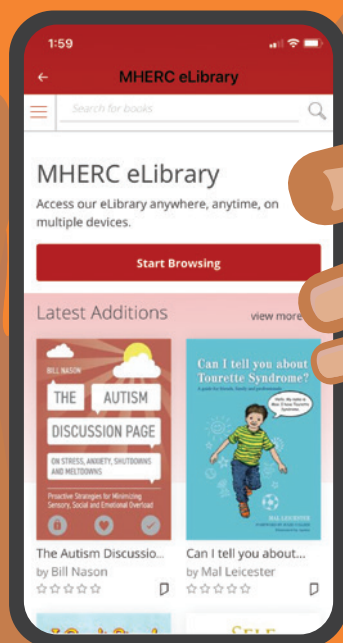
Visit our website to view the current schedule and click the link provided to join at the allocated time.

mherc.org.nz/zoom

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