



The Bouverie Centre

2023 Professional Development Program

latrobe.edu.au/bouverie

Our professional development courses have been designed for a range of sectors to support professionals in responding to the changing needs of families and communities. These workshops are informed by our practice-research and have a strong focus on practical application.

How we deliver our training

We offer our courses in a variety of formats to allow flexibility in how you access your training.



Workshop

Live interactive training sessions facilitated by subject-matter experts, involving presentation of content, group discussion and small group or pair work activities. Workshops range from a half-day to four days in length and may be delivered either in person or online via live streaming, with the same content presented in each case.



In person workshop

The workshop is delivered face-to-face at The Bouverie Centre in Brunswick, Melbourne. An online platform is used to access pre- and post-learning questionnaires, along with presentation slides, resources, and certificate of completion.



Live stream workshop

The workshop is delivered live over the internet using the Zoom software platform. The facilitator/s deliver the workshop in real time and the content is not recorded or stored. The immediacy of live video and audio means the virtual training room is interactive. Participants require a webcam and microphone in order to connect with the facilitators and other participants. An online platform is used to access pre- and post-learning questionnaires, along with presentation slides, resources, and certificate of completion.



Self-paced online

Self-paced online modules are accessed through The Bouverie Centre Training Portal. Participants may complete the modules any time within a 3-month access period. The content can be paused and closed, and then resumed from where it was left. There is no live interaction in this format. The access period expires 3 months from the date of enrolment.



Webinar

Live online presentations by a selected group of expert panellists, using the Zoom software platform. Participants are not able to see or hear other attendees but can ask questions of the presenters using the 'Question and Answer' feature. Questions are managed by a moderator, and may be shared with everyone or directed to the presenters only. Participants may watch the Webinar in Gallery View (the presenters in a tiled format) or Speaker View (the presenter currently talking). Webinars may be recorded for later viewing.



Blended

Combination of any of the above.



Workforce Research

As an integrated practice–research centre, we collaborate closely with training participants and organisations to continually improve our offerings and to build knowledge about family wellbeing, systems health, and the workforce initiatives that best support these.

We have designed some reflective questions for all participants to complete before and after undertaking training with us. These help participants prepare for new learning and evaluate their own progress.

We also ask for participants' consent to include their anonymous responses to these questions in our workforce datapool, to contribute to our research into workforce needs and training impacts.

Registration

How to register

Follow the web links provided on the workshop pages within this program. You will be directed to [The Bouverie Centre website](#) where you can complete an online registration form. Payments can be made via credit or debit card (Mastercard and Visa only).

Prices

Prices are in Australian Dollars (GST inclusive) and are correct at the time of printing.

Dates and times

Dates and times are correct at the time of printing. For the most up-to-date information, visit [The Bouverie Centre website](#).

Time zones

All times are based on Melbourne time (GMT+10).

Terms and Conditions

By participating in our training, you are agreeing to our [Terms and Conditions](#), including our cancellation and refund policy. You will be asked to confirm your agreement upon registration.

Find out more!

Training at your workplace

We are invested in helping teams and services build capacity and achieve practice change that delivers benefits to clients and their families. Our professional development offerings can be tailored and delivered specifically to your team.

Our service goes beyond the delivery of training to help you determine the practice model that will best fit your organisation. We also look at how new practices can be incorporated and sustained. For example, we can assist with post-workshop supervision, which increases the likelihood your investment will result in the change you seek.

Practice Support

In addition to training, The Bouverie Centre provides several services designed to support practitioners and organisations in relation to their work with their clients. These services are provided in a group format to practitioners.

Practice Implementation and Support

Practice Implementation and Support is provided to support practitioners in the use of a defined practice and is usually provided after participants have completed training in that practice with The Bouverie Centre. Sessions can focus exclusively on the practitioners' use of the practice or can include consideration of the wider integration of the practice within the organisation.

Secondary Consultations

Secondary Consultations are provided to teams or groups of practitioners in relation to a specific family to assist the practitioner in their work with the family as a one-off session, or for an agreed number of sessions. Participants usually take turns to present their work with families and learn from each other and the consultant.

Clinical Supervision

Clinical Supervision delivers a process and structure that builds practitioners' supervisory strengths, skills and capabilities. It is facilitated by a trained clinical supervisor and is provided on a group basis for an agreed number of sessions.

Supervision of Supervision

Supervision of Supervision provides supervision to practitioners who are in a supervisory role. It is provided on a group basis for an agreed number of sessions.

Contact



To discuss professional development options for your team, contact our Business Manager, Penny Wong.



penny.wong@latrobe.edu.au



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Contact Us



Phone

+61 (03) 8481 4800



Email

bouverie.training@latrobe.edu.au



Follow

on Facebook

Self-Paced Online Learning Suites

Access our iconic learning suites anywhere and anytime at your own pace, allowing for reflection and pauses as required. They have been designed to offer you accessibility and flexibility in developing the knowledge and skills to work more effectively with clients.

Enjoy interactive videos, quizzes, and reflective activities. Gain access to a rich collection of resources such as implementation guides and relevant readings.

The Bouverie Centre Training Portal is used to access the materials and is available for a 3-month period. During this period, you can leave the modules at any time and your progress will be saved.

Family violence

Working with First Nations people

Narrative therapy

Family work

Grief

Mental health

Working with children

Supervision and practice support

Specific practice approaches

Trauma-informed practice

Self-Paced Online Learning Suite	Focus Area	CPD Hours	Cost (incl GST)	Page
Family Therapy Foundations: Philosophy, Frameworks and Contemporary Systemic Practice	Family work	TBA	TBA	17
LGBTIQ+ Family Matters	Family work	4 Hours	\$198	18
MERTIL: My Early Relational Trauma Informed Learning	Trauma-informed practice Working with children	12 Hours	\$429	19
Mini MERTIL: An Introduction to Early Relational Trauma	Trauma-informed practice Working with children	2 Hours	\$99	20
No Bullshit Therapy	Specific practice approaches	7 Hours	\$247.50	21
Single Session Family Consultation	Family work	5 Hours	\$225.50	22
Single Session Thinking	Specific practice approaches	7 Hours	\$247.50	23
Single Session Thinking: Families with Children and Youth	Family work Working with children	5 Hours	\$231	24

Coming Soon!

The Bouverie Centre is developing a new online learning suite called *First Nations: Family Work Skills Training*. This course is aimed at building your confidence to work with Australia's First Nations families. [Subscribe to our newsletter](#), Bouverie Connect, to receive training and general Bouverie updates.

Workshops at a glance

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Workshop	Focus Area	Duration	Date/s	Cost (incl GST)	Page
Adolescent Violence in the Home: Systemic Interventions with Families	<p>Family work</p> <p>Family violence</p>	2 Days	16 & 20 Feb 27 & 28 Mar 12 & 13 Jul 1 & 2 Nov	\$480	26
Building Team Resilience	Supervision and practice support	1 Day	16 Aug 11 Oct	\$240	27
Child's Play	Working with children	1 Day	23 Mar	\$240	28
Clinical Supervision Training	Supervision and practice support	4 Days + 10 hours self paced online learning	Dates available via EOJ process	\$1,495	29
Families and Trauma Work: Integrating Key Ideas from Individual and Systemic Practice	<p>Trauma-informed practice</p> <p>Family work</p>	2 Days	2 & 9 May 5 & 12 Sep	\$480	30
Family Focused Approaches to Healing Violence: Understanding Violence's Place within the System and our First Nations Communities, Families, and Individuals	<p>Family violence</p> <p>Working with First Nations people</p>	1 Day	14 Jun	\$240	31
Foundations of Attachment Observations with Infants	<p>Family work</p> <p>Working with children</p>	1 Day	3 May 3 Oct	\$240	32
Foundations of Narrative Attachment Assessment with Adults	Family work	1 Day	24 May 23 Oct	\$240	33
Grief and Family Work	<p>Family work</p> <p>Grief</p>	1 Day	8 Aug	\$240	34

cont.

Workshops at a glance (cont.)

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Workshop	Focus Area	Duration	Date/s	Cost (incl GST)	Page
Group Reflective Practice	Supervision and practice support	2 Days	29 & 30 Mar 31 Aug & 7 Sep	\$480	35
Healing Informed Practices	Working with First Nations people	2 Days	8 & 9 Mar 6 & 7 Sep	\$480	36
Introduction to Narrative Therapy with Families	Narrative therapy	1 Day	5 May	\$240	37
Narrative Therapy Approaches to Trauma	Trauma-informed practice Narrative therapy	1 Day	7 Sep	\$240	38
No Bullshit Therapy in Practice	Specific practice approaches	0.5 Day	29 Mar 15 Nov	\$115	39
Shame, Trauma and Family Relationships	Trauma-informed practice Narrative therapy Family work	1 Day	11 May 12 Oct	\$240	40
Single Session Family Consultation in Practice	Specific practice approaches	0.5 Day	1 Mar 18 Oct	\$115	41
Single Session Thinking: Families with Children and Youth in Practice	Specific practice approaches	0.5 Day	18 May 6 Sept	\$115	43
Single Session Thinking in Practice	Specific practice approaches	0.5 Day	22 Feb 2 Aug	\$115	42

cont.

Workshops at a glance (cont.)

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Workshop	Focus Area	Duration	Date/s	Cost (incl GST)	Page
Systemic Family Work After Family Violence	<p>Family work</p> <p>Family violence</p>	1 Day	27 Apr 31 Aug	\$240	44
Using Narrative Work with First Nations Families	<p>Working with First Nations people</p> <p>Narrative therapy</p>	1 Day	4 May 26 Oct	\$240	45
Working Relationally with Borderline Personality Disorder	<p>Specific practice approaches</p> <p>Mental health</p> <p>Narrative therapy</p>	1 Day	10 May 18 Oct	\$240	46
Working with Traumatised Families: Maintaining Social and Emotional Wellbeing for Ourselves and Our Communities	<p>Working with First Nations people</p> <p>Trauma-informed practice</p>	1 Day	16 Feb 17 Aug	\$240	47

Dates and times are correct at the time of printing. For the most up-to-date information, visit [The Bouverie Centre website](https://www.latrobe.edu.au/bouverie).

Calendar of workshops

Date	Workshop	Time	Format	Page
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February

16 Feb	Working with Traumatised Families: Maintaining Social and Emotional Wellbeing for Ourselves and Our Communities (Round 1)	9:30am – 4:30pm	Live Stream	47
16 & 20 Feb	Adolescent Violence in the Home: Systemic Interventions with Families (Round 1)	9:30am – 4:00pm	In Person	26
22 Feb	Single Session Thinking in Practice (Round 1)	9:00am – 1:00pm	Live Stream	42

March

1 Mar	Single Session Family Consultation in Practice (Round 1)	9:00am – 1:00pm	In Person	41
8 & 9 Mar	Healing Informed Practices (Round 1)	9:30am – 4:30pm	Live Stream	36
23 Mar	Child's Play	9:30am – 4:30pm	In Person	28
27 & 28 Mar	Adolescent Violence in the Home: Systemic Interventions with Families (Round 2)	9:30am – 4:00pm	Live Stream	26
29 & 30 Mar	Group Reflective Practice (Round 1)	9:30am – 4:30pm	In Person	35
29 Mar	No Bullshit Therapy in Practice (Round 1)	9:00am – 1:00pm	Live Stream	39
29 Mar	Free Webinar Building on a Good Foundation: Progress and Future Developments in Single Session Family Consultation	10:00am – 11:30pm	Live Stream	14

April

27 Apr	Systemic Family Work After Family Violence (Round 1)	9:30am – 4:30pm	In Person	44
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May

2 & 9 May	Families and Trauma Work: Integrating Key Ideas from Individual and Systemic Practice (Round 1)	9:30am – 4:30pm	In Person	30
3 May	Foundations of Attachment Observations with Infants (Round 1)	9:30am – 4:30pm	In Person	32
4 May	Using Narrative Work with First Nations Families (Round 1)	9:30am – 4:30pm	Live Stream	45

cont.

Calendar of workshops

Date	Workshop	Time	Format	Page
May (cont.)				
5 May	Introduction to Narrative Therapy with Families	9:30am – 4:30pm	In Person	37
10 May	Working Relationally with Borderline Personality Disorder (Round 1)	9:30am – 4:30pm	In Person	46
11 May	Shame, Trauma and Family Relationships (Round 1)	9:30am – 4:30pm	In Person	40
18 May	Single Session Thinking: Families with Children and Youth In Practice (Round 1)	9:00am – 1:00pm	In Person	43
24 May	Foundations of Narrative Attachment Assessment with Adults (Round 1)	9:30am – 4:30pm	In Person	33
June				
8 Jun	Free Webinar Working in Culturally Safe, Trauma Informed Ways with First Nations Families	10:00am – 12:00pm	Live Stream	14
14 Jun	Family Focused Approaches to Healing Violence: Understanding Violence's Place within the System, Our First Nations Communities and Families, and Individuals	9:30am – 4:30pm	Live Stream	31
July				
12 & 13 Jul	Adolescent Violence in the Home: Systemic Interventions with Families (Round 3)	9:30am – 4:00pm	Live Stream	26
August				
2 Aug	Single Session Thinking in Practice (Round 2)	9:00am – 1:00pm	In Person	42
8 Aug	Grief and Family Work	9:30am – 4:30pm	In Person	34
16 Aug	Building Team Resilience (Round 1)	9:30am – 4:00pm	Live Stream	27
17 Aug	Working with Traumatized Families: Maintaining Social and Emotional Wellbeing for Ourselves and Our Communities (Round 2)	9:30am – 4:30pm	Live Stream	47
31 Aug (and 7 Sep)	Group Reflective Practice (Round 2)	9:30am – 4:00pm	Live Stream	35
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Calendar of workshops

Date	Workshop	Time	Format	Page
August (cont.)				
31 Aug	Systemic Family Work After Family Violence (Round 2)	9:30am – 4:00pm	Live Stream	44
September				
5 & 12 Sep	Families and Trauma Work: Integrating Key Ideas from Individual and Systemic Practice (Round 2)	9:30am – 4:30pm	Live Stream	30
6 & 7 Sep	Healing Informed Practices (Round 2)	9:30am – 4:30pm	Live Stream	36
6 Sep	Single Session Thinking: Families with Children and Youth in Practice (Round 2)	9:00am – 1:00pm	Live Stream	43
7 Sep	Narrative Therapy Approaches to Trauma	9:30am – 4:30pm	In Person	38
14 Sep	Free Webinar A 'No Bull' Way to Work with Those Who Use Violence	10:30am – 12:30pm	Live Stream	15
October				
3 Oct	Foundations of Attachment Observations with Infants (Round 2)	9:30am – 4:30pm	In Person	32
10 Oct	21st Annual Mental Health Mini-Conference Finding and Supporting Their Voice: The challenge for adult mental health services in responding to the children of parents experiencing mental illness	9:30am – 4:30pm	In Person	13
11 Oct	Building Team Resilience (Round 2)	9:30am – 4:30pm	In Person	27
12 Oct	Shame, Trauma and Family Relationships (Round 2)	9:30am – 4:30pm	Live Stream	40
18 Oct	Single Session Family Consultation in Practice (Round 2)	9:00am – 1:00pm	Live Stream	41
18 Oct	Working Relationally with Borderline Personality Disorder (Round 2)	9:30am – 4:30pm	Live Stream	46
23 Oct	Foundations of Narrative Attachment Assessment with Adults (Round 2)	9:30am – 4:30pm	In Person	33
26 Oct	Using Narrative Work with First Nations Families (Round 2)	9:30am – 4:30pm	Live Stream	45

cont.

Calendar of workshops

Date	Workshop	Time	Format	Page
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November

1 & 2 Nov	Adolescent Violence in the Home: Systemic Interventions with Families (Round 4)	9:30am – 4:00pm	In Person	26
15 Nov	No Bullshit Therapy in Practice (Round 2)	9:00am – 1:00pm	In Person	21

Mini Conference

**21st Annual Mental Health Mini Conference:
Finding and Supporting Their Voice: The challenge
for adult mental health services in responding to the
children of parents experiencing mental illness**



Tuesday
10 October 2023



Format
TBA



Time
9:30am – 4:30pm



Cost
TBA



Register &
Save the date

Our 21st Mini-Conference will explore through trialogue, the challenges and opportunities for adult mental health services in including the children of consumers as part of family inclusive practice.

The idea of the trialogue, or three-way conversation, between consumers, family members, and service providers, was developed based on a belief that enabling exchange between these groups would improve relationships, leading to better outcomes for all.

Relevant Audience

Family members and carers supporting people with mental health concerns; mental health practitioners and managers, policy makers, and researchers working in the field.



Webinars

Building on a Good Foundation: Progress and Future Developments in Single Session Family Consultation



Wednesday,
29 March 2023



Format
Live Stream



Time
10:00am – 11:30am



Cost
Free Event



Register

This webinar will provide participants with an account of the development of SSFC and its application across a range of mental health and other services. This will include accounts from representatives of different services that are implementing SSFC. In addition, participants will hear about current and proposed developments of SSFC. These will include adaptations for specific target populations and service delivery settings, and plans for additional modules that will provide detailed guidance about how practitioners can respond to families within consultation sessions.

Working in Culturally Safe, Trauma Informed Ways with First Nations Families



Thursday,
8 June 2023



Format
Live Stream



Time
10:00am – 12:00pm



Cost
Free Event



Register

This two-hour webinar will introduce you to an understanding of culture from a First Nations perspective, especially in the context of colonisation. In particular we will explore the notion of cultural humility and its meaning and relevance when working with First Nations families in Australia.

This webinar will also give you an understanding of the unique and specific ways in which First Nations families have been impacted by colonisation and the consequent trauma effects, including how First Nations families have learnt to survive. This understanding will form the foundation for understanding ways to engage First Nations families effectively, safely, and respectfully. Specific ideas for what you need to be aware of and attend to if you are a non-First Nations worker will be explored.



Webinars

A 'No Bull' Way to Work with Those Who Use Violence



Thursday,
14 Sept 2023



Format
Live Stream



Time
10:30am – 12:30pm



Cost
Free Event



Register

This webinar highlights the relevance, usefulness, and impact of No Bullsh*t Therapy (NBT) ideas for services working with people who use family violence. Staff in a variety of sectors have contact with people who use violence, and this offers opportunities for difficult but important conversations that can be supported by NBT principles. In this webinar participants will learn how NBT offers a way to hold these tricky conversations that is balanced and neither colluding nor confrontational. Participants will also hear how NBT is aligned to other work in this area, such as Alan Jenkins' Invitations to Responsibility, and so is suitable for working with adults who use family violence.





Self-Paced Online Learning Suites

Family Therapy Foundations: Philosophy, Frameworks and Contemporary Systemic Practice



\$110 introductory discount before midnight 30 June 2023!

The *Family Therapy Foundations* training will introduce you to family therapy, its origins in systemic thinking, and its contemporary applications to enhance the wellbeing of individuals, families and communities. This course aims to provide foundations in the rationale and history of family therapy concepts and systemic thinking, as well as core skills for diverse applications.

Course Modules

- **Module 1:** Systemic Thinking: From Individual to Family
- **Module 2:** Foundational Ideas in Family Therapy
- **Module 3:** Conducting a Family Session: Core Conceptual and Practical Skills
- **Module 4:** Individual Development, Family Life Cycle and Family Therapy
- **Module 5:** The Influence of Families' Own Histories: The Generational Context
- **Module 6:** Family Therapy or Family Therapies? Applying Different Frameworks and Lenses
- **Module 7:** What Do I Do If...?
- **Module 8:** Common Factors, Heroic Clients, and Broadening Horizons

What will you learn?

On completion of this course, you will gain foundational knowledge of:

- The origins and evolution of key family therapy concepts and practices
- Contemporary family therapy and systemic thinking and applications to diverse practice settings and presentations
- Core conceptual and practice skills of family therapy

Relevant Audience

Professionals interested in understanding family therapy and systemic thinking, and their applications to enhance outcomes for individuals and families. This includes health care and allied health practitioners, supervisors, and managers from a diversity of disciplines and settings.



3-month
access period



Self-paced
Online



Available
24/7



14 CPD
hours



\$764.50
from 1 July
2023
(inc. GST)



Learn More
& Register

LGBTIQ+ Family Matters is about working respectfully with LGBTIQ+ people and their family members to promote and sustain relational health.

Backed by research and guided by people with lived experience, this course has been created to support LGBTIQ+ people and their families navigate times of stress and pressure, with a view to improving support networks, and the mental health and wellbeing of LGBTIQ+ people. By way of understanding important terminology, history and culture, the experience of minority stress and potential trauma, and the need for support when there is relational pressure around sexuality or gender in the family, *LGBTIQ+ Family Matters* is designed to help practitioners understand the unique needs of LGBTIQ+ people and properly engage family support.

LGBTIQ+ Family Matters is based at The Bouverie Centre, La Trobe University and was produced in collaboration with Thorne Harbour Health.

Course Modules

- **Module 1:** Introduction, course rationale and underlying research
- **Module 2:** Working in a culturally safe way with LGBTIQ+ individuals
- **Module 3:** Working in a culturally safe way with an LGBTIQ+ individual's family members
- **Module 4:** Family work with an LGBTIQ+ lens

What will you learn?

LGBTIQ+ Family Matters introduces you to:

- Working respectfully with LGBTIQ+ people and their families
- Engaging LGBTIQ+ people and their families at an organisational level
- Conducting successful family meetings with LGBTIQ+ people and their families

These modules provide a framework for family therapists to address the unique personal and relational challenges faced by those in the community and improve the mental health and wellbeing of everyone involved. Upon completion, practitioners will be able to create a safe, non-judgemental environment for families to meet, while also advocating for the LGBTIQ+ person.

Relevant Audience

This course is suitable for health care and allied health practitioners, supervisors, and managers from a diversity of disciplines and settings.

Presenter



Henry von Doussa



3-month
access period



Self-paced
Online



Available
24/7



4 CPD
hours



\$198
(inc. GST)



Learn More
& Register

MERTIL: My Early Relational Trauma Informed Learning



The MERTIL program offers professional training in identifying and responding to early relational and attachment trauma within parent-child dyads and families. The program was created by infant trauma specialists, Professors Jenni McIntosh AM and Louise Newman AM, along with a team of local and international experts.

The course examines the impact of trauma on the early parent-child relationship, with a focus on complexities stemming from parent mental illness, grief, family violence, substance abuse, and related experiences. Based on current attachment theory, neurodevelopmental science and trauma-informed practice, MERTIL teaches options for effective immediate response by early childhood and family practitioners, in particular early support for repair through every engagement, resonance with both parent and infant, strengths-based conversations and well-targeted practical responses.

The MERTIL project is based at The Bouverie Centre, La Trobe University and operates in partnership with Deakin University.

Course Modules

- **Module 1:** Development in a Relational Context: Infant trauma: A relational, developmental and humanising framework
- **Module 2:** The Significance of Attachment Relationships: Attachment development and the transmission of caregiving trauma
- **Modules 3, 4 and 5:** Understanding and recognising trauma in parents, infants, toddlers and pre-schoolers
- **Module 6:** Conversation: Creating supportive trauma-informed conversations for a shared recognition of risk
- **Modules 7 and 8:** Principles of Trauma Interventions: Responding to trauma – brief and enhanced interventions

What will you learn?

This course offers you opportunities to learn how to:

- Detect earliest signs of relational trauma
- Build trauma-informed conversations with parents of very young children
- More confidently respond to complex sequelae for parents, infants and young children of both intergenerational trauma and current stress

Additional information

Registration includes 3 months' access to the MERTIL Resource Library, which contains a rich collection of podcasts from trauma experts, articles, factsheets, pre-recorded case consultations and webinars, web links and more.

Find out more at <https://www.mertil.com.au> or email MERTIL at enquiries@mertil.com.au

Relevant Audience

Family and early childhood practitioners working with the parents of young children including nurses, midwives and allied health practitioners; psychologists, psychiatrists, and allied infant mental health practitioners; child protection workers.

If you've ever asked yourself any of these or similar questions, then this course is for you:

- How can I help these parents form stronger relationships with their baby?
- What would be helpful for these parents to hear about their baby's development right now?
- When should I think about more formal intervention? What would make these parents really 'see' this baby?
- How can I explain the importance of being present for the baby?

Presenters



Prof. Jenn McIntosh



Prof. Louise Newman



3-month
access period



Self-paced
Online



Available
24/7



12 CPD
hours



\$429
(inc. GST)



Learn More
& Register

Mini MERTIL: An Introduction to Early Relational Trauma

Mini MERTIL: An Introduction to Early Relational Trauma is an introductory course to the full MERTIL (*My Early Relational Trauma Informed Learning*) program.

Mini MERTIL is an engaging 2-hour self-paced online course which offers an introduction to the identification of early childhood developmental delay and to the recognition of early relational trauma in the parent–child relationship. This form of trauma can stem from parent mental illness, grief, family violence, substance abuse, and related experiences.

The MERTIL project is based at The Bouverie Centre, La Trobe University and operates in partnership with Deakin University.

Course Modules

The *Mini MERTIL* course has 3 themes over 8 chapters.

- **Theme 1: Development in a relational context**

Infant trauma: a relational, developmental and humanising framework; Attachment development and the transmission of caregiving trauma

- **Theme 2: Signs and symptoms of early relational trauma**

Recognising relational trauma in caregivers, infants, toddlers and pre-schoolers

- **Theme 3: Effective trauma-informed conversations and interventions**

Creating supportive trauma-informed conversations for a shared recognition of risk; Responding to trauma – brief and enhanced interventions

What will you learn?

You will develop an enhanced capacity to:

- Recognise childhood developmental delay
- Respond to trauma within parent–infant relationships

Relevant Audience

The *Mini MERTIL* course is an ideal introduction to the topics of early relational trauma and attachment theory, and is suitable for a broad array of frontline health services, including nurses, midwives, psychologists, GPs, family support workers, social workers, child protection workers, infant mental health workers, and healthcare workers.

The *Mini MERTIL* course is ideal for those frontline practitioners who:

- Are new to working with families and young children, or don't see them regularly
- Feel they may be seeing relational trauma in the parent–child dyads they see

Additional information

Registration includes 3 months' access to the MERTIL Resource Library, which contains a rich collection of podcasts from trauma experts, articles, factsheets, pre-recorded case consultations and webinars, web links and more.

Find out more at <https://www.mertil.com.au/> or email MERTIL at enquiries@mertil.com.au

Presenters



Prof. Jenn McIntosh



Prof. Louise Newman



3-month
access period



Self-paced
Online



Available
24/7



2 CPD
hours



\$99
(inc. GST)



Learn More
& Register

No Bullshit Therapy

No Bullshit Therapy (NBT) is about being authentic – even in difficult situations and with clients we find challenging.

Turn fearful situations into workable contracts by establishing motivation congruence and clarifying responsibility and accountability, driven by respect and transparent use of non-toxic power to empower.

Creating a context for mutual honesty and directness, sometimes just by stating how you like to work, can be liberating and productive, especially with people who are forced to attend counselling, or are suspicious of the counsellor and distrustful of institutions. When combined with warmth, care, and respect for the constraints of the work, a counsellor who avoids jargon and uses an honest and direct approach can enhance intimacy and trust, especially with haters of therapy.

This training is taught by the leading developer and proponent of NBT, Professor Jeffrey Young, and provides practitioners with practical tips for working with 'hard to engage' clients. [Listen to Professor Jeffrey Young](#) talk about the course with his colleagues, Nick Barrington and Angie Nyland.

Course Modules

- **Module 1:** Introduces NBT, outlines theories of bullshit in the age of spin, fake news, and the loss of faith in care-giving professionals and institutions
- **Module 2:** Unpacks the four NBT clinical guidelines, with simulated examples of engaging angry, dismissive and mandated clients
- **Module 3:** Presents a range of NBT simulated interviews with therapy haters followed by micro-analyses of sessions and expert commentary
- **Module 4:** Provides clinical tools such as self-supervision which enable clients to have tough conversations with significant others
- **Module 5:** Includes interviews with NBT practitioners discussing their work, a course summary and conclusion

What will you learn?

This course offers you opportunities to learn how to:

- Detect earliest signs of relational trauma
- Build trauma-informed conversations with parents of very young children
- More confidently respond to complex sequelae for parents, infants and young children of both intergenerational trauma and current stress

Relevant Audience

Professionals, including counsellors, therapists, case managers, team leaders or managers interested in practical tips for working with 'hard to engage' clients.

Additional information

As well as the 7 CPD hours of required learning, this course is jam packed with up to 8 hours of additional, non-required learning. Enjoy practice tips, video simulations, interviews, micro-analyses of sessions by clients, practitioners and experts, practical tools, interactive exercises, reflective questions and client / practitioner experiences

Related Training

No Bullshit Therapy in Practice is a half-day implementation focused training and a practice companion to the self-paced online training. It provides you with an opportunity to consolidate your knowledge of NBT and enhance the application of these ideas in your clinical practice.

Presenter



Prof. Jeff Young



3-month
access period



Self-paced
Online



Available
24/7



7 CPD
hours



\$247.50
(inc. GST)



Learn More
& Register

Single Session Family Consultation

A key component of the 'From Individual to Families' framework, *Single Session Family Consultation* (SSFC) combines the principles and practices of family consultation with single session thinking.

In this self-paced online training, Dr. Brendan O'Hanlon, a leading developer and proponent of SSFC, provides a clearly articulated practical process for engaging families, which is ideally suited to contexts where a family member is the primary client of an individually oriented service (e.g. adult mental health, alcohol and other drugs, youth services).

SSFC offers timely, accessible support to all family members while retaining a strong client-practitioner relationship. In keeping with single session thinking, it enables practitioners to make the most of each encounter with families.

[Listen to Dr. Brendan O'Hanlon](#) discuss this course and how it provides solid grounding in the practice frame of SSFC.

Course Modules

- **Module 1:** Describes the rationale and practice principles underpinning SSFC and its place within a comprehensive response to families
- **Module 2:** Unpacks the conceptual and practical contributions of Single Session Thinking and Family Consultation to the model
- **Module 3:** Describes and demonstrates the key stages of SSFC: convening, conducting and follow-up
- **Module 4:** Addresses key challenges including translating SSFC training into practice
- **Module 5:** Provides references and tools to aid and support practice

What will you learn?

On completion of SSFC, you will be able to:

- Understand the Single Session Thinking and Family Consultation frameworks that underpin SSFC
- Convene, conduct and undertake follow-up as part of SSFC
- Address challenging situations in sessions with families
- Identify how you can incorporate SSFC into your practice

Relevant Audience

Professionals, including counsellors, therapists, case managers, team leaders, or managers interested in practical tips for working with 'hard to engage' clients.

Related Training

Single Session Family Consultation in Practice is the practice companion to the self-paced online training. It aims to bridge the gap between 'knowing and doing.' It provides participants with the opportunity to consolidate their knowledge of SSFC and enhance the application of the ideas in their clinical practice.

Presenter



Dr. Brendan O'Hanlon



3-month
access period



Self-paced
Online



Available
24/7



5 CPD
hours



\$225.50
(inc. GST)



Learn More
& Register

Single Session Thinking

Single Session Thinking (SST) is an approach which makes the most of each encounter with clients by treating each contact, but especially the first, as though it may be the only contact. At the same time, it lays the foundation for ongoing work, if required and requested by the client.

This fully self-paced online course, taught by Australia's key developers and proponents of SST, Professor Jeffrey Young and Pam Rycroft, provides solid grounding in SST. It will introduce you to the research and clinical observations underlying SST and will take you through a variety of practical applications of the model.

You will receive resources for implementing SST in your own practice, and/or in your organisation, including:

- Implementation guidelines
- Tips and action plans
- Diverse practice examples
- Advice based on years of experience

[Hear more about this training from Professor Jeffrey Young](#), one of Australia's key developers and proponents of SST.

Course Modules

- **Module 1:** Introduces SST
- **Module 2:** Translates SST into practice
- **Module 3:** Unpacks the practice principles and techniques of SST
- **Module 4:** Provides a simulated video example of SST in action, from start to finish, from intake to follow-up
- **Module 5:** Provides references and tools to aid and support implementation of SST into practice, in your work and organisation

What will you learn?

On completion of SST, you will have an understanding of:

- The history, development and theory of SST
- How to translate SST into practice
- The SST practice guidelines
- How an SST session unfolds, including pre- and post-session events
- How to implement SST into your own practice and/or organisation

Relevant Audience

Professionals, including counsellors, therapists, case managers, team leaders and managers who are interested in understanding and/or applying an SST approach. This can either be applied in their individual clinical practice or as a treatment modality within their agency.

Related Training

Single Session Thinking in Practice is the practice companion to the self-paced online training. This implementation-focused workshop aims to help participants as they begin applying SST in their work. Emphasising the direct clinician–client relationship, it will recap key points from the self-paced course and guide the participant through experiential activities to help embed SST into their own practice.

Presenters



Prof. Jeff Young



Pam Rycroft



3-month
access period



Self-paced
Online



Available
24/7



7 CPD
hours



\$247.50
(inc. GST)



Learn More
& Register

Single Session Thinking: Families with Children and Youth

Learn to adapt Single Session Thinking principles to working with families with children aged 5–17 years.

Narrated by clinical child psychologist Professor Jenn McIntosh, *Single Session Thinking: Families with Children and Youth* (SST FCY) builds upon the learnings of the self-paced online course, *Single Session Thinking* (SST).

In SST FCY, you will have the opportunity to learn to adapt SST principles to working with families with children, aged 5–17 years, who present with behavioural, social, and emotional difficulties. The content will draw on the current peer-reviewed research on childhood internalising and externalising conditions. On a practical level, this course shows ways in which you can incorporate a single session approach into family work with children present in the room.

You can expect interviews with leading family therapists and resources to help you implement these practices in your work. The program also features clinical insights from Karen Story and Dr. Paul Denborough, leading practitioners in this space.

[Watch this 'sneak peek' to learn more](#) about the course.

Course Modules

- **Module 1:** Be introduced to SST and its underpinnings in family therapy and systems thinking, and learn about the rationale, family and service benefits, and evidence for SST FCY
- **Module 2:** Build your foundations of SST FCY using Family Systems Theory and techniques, and develop the skills for applying SST to work with families in the childhood years
- **Module 3:** Use the research evidence on childhood mental health disorders to support SST with families
- **Module 4:** Learn to have meaningful engagement with children, adolescents and their families and pick up practical strategies and tools for working with them in a session
- **Module 5:** Hear Bouverie therapists reflect on working with families with children and adolescents and find out how you can make the most of a single conversation

What will you learn?

On completion of SST FCY, you will have an understanding of:

- The foundations of SST
- How to apply SST to work with families with children and youth
- Use the mental health research evidence to support SST working with families
- How to engage young people – with SST-friendly strategies and resources

Recommended prior learning

Single Session Thinking is recommended as a precursor to this training.

Relevant Audience

A diverse range of practitioners working in the child and adolescent mental health field.

Related Training

Single Session Thinking: Families with Children and Youth in Practice is the practice companion to the self-paced online training.

Presenter



Prof. Jenn McIntosh



3-month
access period



Self-paced
Online



Available
24/7



5 CPD
hours



\$231
(inc. GST)



Learn More
& Register



Workshops

Adolescent Violence in the Home: Systemic Interventions with Families

This two-day workshop provides participants an understanding of family history, context and dynamics in relation to adolescent violence in the home (AVITH). The training covers assessment and safety planning for all family members; explores how to maximise engagement with adolescents and parents/carers; and provides a methodology for working with the family system to support positive change and enhance family trust, respect and safety.

Theoretical frameworks covered include:

- Systemic family work
- Motivational interviewing
- Trauma-informed practice



2 Days



11 CPD
hours



Learn More
& Register

What will you learn?

On completion of this workshop, you will be able to:

- Identify the determinants which contribute to the use of violence by adolescents against parents/carers, including their own experience of family violence
- Understand the systemic and relational context to adolescent violence in the home
- Consider assessment and safety planning
- Learn skills to enhance engagement in change with adolescents and parents/carers
- Learn and practice a model of intervention that is developmental, trauma-informed and relational

Workshop Style

This workshop is led by a subject matter expert, who will help you explore key concepts and theoretical and practical frameworks. Small group activities including discussions, case studies and roleplays are aimed at ensuring the workshop material is relevant to you and your specific work context.

Relevant Audience

Therapists, youth and family services practitioners, as well as other direct care workers supporting young people, parents or families, who are seeking to build their confidence in working with young people who use violence and their parent/s or carers.



Between 2014/15 & 2018/19 Victorian police responded to over 33,000 incidents of adolescent violence in the home (AVITH).

12%↑

The number of AVITH incidents police responded to increased by almost 12% over the five year period.



Nearly half of fathers who were victims had a history as an aggressor of family violence. (These statistics include intimate partner violence in adolescent relationships.)

Building Team Resilience

This workshop explores the concept of team resilience and what managers and supervisors can do to promote positive and meaningful relationships within teams. It includes consideration of the challenges for staff working in the helping professions, and personal, professional and organisational responses that sustain team resilience and trauma-informed practice. Theory and research are interwoven with experiential exercises, aimed at resourcing you with tools to identify and respond to the impacts of the work on team relationships and organisational culture.

What will you learn?

By attending this workshop, you will be able to:

- Describe key characteristics of resilient teams
- Identify how trauma-informed responses can build and sustain resilient teams
- Identify an activity/process for implementation to promote positive and meaningful working relationships within teams
- Identify an activity/process for implementation to promote team resilience in the workplace

Workshop Style

Two subject matter experts will help you explore key concepts and theoretical and practical frameworks. Small group activities aim to keep the course content relevant to you and your specific work context. Implementation guides will help you put your knowledge into practice.

Relevant Audience

Team leaders, program managers and supervisors in the helping professions. To assist with implementation, we encourage more than one participant from within the same service to attend.



1 Day



6 CPD
hours



Learn More
& Register



Resilience operates at both the individual and team level.
Individual resilience is not synonymous with team resilience.
(Alliger et al., 2015, p. 176)



Being a resilient team is more than overcoming a challenge. It is about supporting long-term team viability.

This experiential workshop focuses on creative and expressive ways of working systemically and therapeutically with children and families. Therapists and workers often work with children or adult members of families, but do not feel confident in seeing younger children in sessions with parents and adolescent older siblings. This workshop considers the rationale for including children and play in family therapy and explores a range of creative techniques for involving all family members in sessions where there are children present. We will also be considering guidelines and resources for the use of telehealth when working with children in families.

What will you learn?

By attending this workshop, you will be able to:

- Describe the therapeutic rationale for using play and other creative techniques in the context of clinical work with families with children
- Describe a range of child-focused activities and therapeutic modalities and apply these to your work with families

Workshop Style

In this workshop, subject matter experts will help you explore key concepts and theoretical and practical frameworks. Demonstrations and activities make this an interactive and engaging workshop. Art and drawing, sand play, the use of hand puppets, St. Luke's cards and storytelling are some of the fun and therapeutic interventions we will be using. Participants are invited to share their practice wisdom and ideas for integrating play and work with families.

Relevant Audience

Clinicians who are working therapeutically with families and wish to enhance their skills in play and creative therapies that consider the needs and expressive capacities of children.



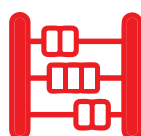
1 Day



6 CPD
hours



Learn More
& Register



Play is the language of children.

Quality supervision is consistently identified as a practice that directly benefits workers, agencies, and clients. Effective supervision increases job satisfaction and morale, ensures clients are receiving optimal care through better communication and collaboration, enables reflection and learning, and builds a culture of best practice and innovation.

This course is comprised of a mixture of theory and practice relating to supervision and covers a range of topics, including supervision models, trauma-informed supervision, contracting, feedback, legal and ethical issues, power, diversity, use of self, and action methods.

Reference is made to the difference between line management and clinical supervision, though the training emphasis is on clinical supervision. Group supervision is not covered as a specific area in this course, though the frameworks shared will be relevant.

What will you learn?

This training will enable you to:

- Describe a range of supervision modes, methods, and models, and begin to identify your own supervision practice model
- Identify the roles and tasks within supervision, and factors which enhance the process and ensure professionalism
- Apply a range of techniques for giving and eliciting feedback in supervision
- Identify and respond to issues such as culture, power, class, age, and gender in supervision
- Consider the organisational context of supervision
- Apply a range of skills relating to 'use of self' within supervision
- Describe compassion fatigue and satisfaction, and develop a self-care plan

Relevant Audience

Practitioners already providing clinical supervision, psychologists, social workers, family therapists, counsellors, and anyone in the helping professions who is currently or soon to be providing clinical supervision, and who has the capacity to practice supervision for the duration of the course.

Workshop Style

Live stream option:

Training commences with a self-paced online module (5 hours) to complete within a two week time frame. There are then two days of live stream training, followed by another self-paced online module (5 hours). This module needs to be completed within a two week window. This is followed by a further two days of live stream training.

In person option:

Training commences with a self-paced online module (5 hours) to complete within a two week time frame. It will be followed by 4 days of in-person sessions, alongside another self-paced online module.

In general, the first half of each training day covers theory and research, and the afternoon involves practice exercises in small groups. Live supervision exercises are recommended to be carried out between each of the training days. Participants will receive course material including reading and resources packed with rich content. Demonstrations and activities keep the days interactive and engaging.



Workshops
4 days

**Self-paced
online modules**
10 hours



34 CPD
hours



**Learn More
& Register**



Not all supervision is regular or organised formally. Opportunities for incidental supervision exist in everyday work and, while not a replacement for regular clinical supervision, can provide a valuable opportunity for learning and support.

Families and Trauma Work: Integrating Key Ideas from Individual and Systemic Practice



Working with families and individuals where there has been trauma can present considerable challenges as our usual therapeutic processes may be interrupted by the intrapersonal and interpersonal impacts of the trauma.

This two-day workshop presents an integration of theoretical and practical ideas from both individually oriented and systemic approaches: systems theory, neurophysiology, attachment theory, and internal family systems therapy. Useful features of each of these frameworks will be presented and then integrated into a comprehensive approach for trauma-informed assessment and intervention, applicable to different phases of therapeutic engagement. Specific focus will be given to culture and diversity, therapist self-care, and the potential contribution of single session principles to service delivery.



2 Days



**12 CPD
hours**



**Learn More
& Register**

What will you learn?

By attending this two-day workshop, you will be able to:

- Articulate important and useful features of a systems approach, trauma-related neurophysiology, attachment theory, and internal family systems therapy
- Assess how the impacts of trauma may be interfering with the therapeutic process, including how to integrate trauma-informed history-taking
- Develop appropriate systemic interventions based on a trauma-informed assessment
- Create and maintain engagement with clients while addressing difficult issues
- Utilise single session principles as they apply to trauma-informed practice

Workshop Style

The workshop includes didactic and practical components to build integration of theory and skill. Your work contexts will inform the clinical material used in discussion and roleplay demonstration (i.e. alcohol and other drugs, family violence, mental health). Small group activities will ensure the workshop material is relevant to you and your specific work context. Discussions of case examples and a collection of relevant readings, along with implementation guides, will help you put your knowledge into practice.

Relevant Audience

This workshop will be most useful for those with a therapeutic role in working with families where there has been trauma. It may also benefit a range of other professionals working with individuals or families where trauma is a key organising factor in clients' presentation. Psychologists, social workers, mental health workers, youth workers, drug and alcohol workers, psychiatric nurses, child protection workers, and those working in the areas of justice and homelessness are encouraged to attend.

80%

Around 80% of people in alcohol and other drug treatment report a history of trauma.
(*Guidelines for Trauma-Informed Family Sensitive Practice in Adult Health Services*
p1 (2013))

Family Focused Approaches to Healing Violence: Understanding violence's place within the system and our First Nations communities, families, and individuals



Family Focused Approaches to Healing Violence aims to provide an understanding of the context of violence, making sense of the prevalence and nature of violence; and importantly, to explore ways to keep First Nations communities, families, and individuals safe. The importance of culturally congruent ways of healing for First Nations communities and families will be explored and addressed.



1 Day



6 CPD
hours



**Learn More
& Register**

What will you learn?

By attending this workshop, you will:

- Gain a systemic understanding of the nature and impacts of colonisation
- Assess how the impacts of trauma may prevent people from engaging with the healing processes, including understanding culturally congruent healing methods
- Develop appropriate systemic ways of working based on a trauma-informed mindfulness
- Create and maintain engagement with clients while addressing difficult issues
- Utilise Single Session principles as they can apply to trauma-informed practice

Workshop Style

The workshop includes theoretical ideas from trauma theories and practical components to build integration of theory and skill. Your work contexts will inform the clinical material used in discussion and roleplay demonstration (i.e. alcohol and other drugs, family violence, mental health). Small group activities will ensure the workshop material is relevant to you and your specific work context. Discussions of case examples and a collection of relevant readings, along with implementation guides, will help you put your knowledge into practice.

Relevant Audience

This workshop will be most useful for those with a healing role in working with communities and families impacted by effects of colonisation. It will be helpful for workers attempting to run groups for parents, children and adolescents who are disconnected from family and community. It will also be helpful for workers attempting to create safe pathways for children, adolescents and adults needing to heal from past traumas, make connections with family and community and make safe and healthy choices in life.



Line artwork – Detail of egg tempera canvas
Artist: Robyne Latham

Foundations of Attachment Observations with Infants

This workshop takes you through user-friendly approaches to understanding the Ainsworth systems for observing attachment, and brings them to life with observational footage of attachment interactions. Methods for observing attachment in clinical and home settings are described, and interventions to support attachment health are detailed.

What will you learn?

You will be exposed to Gold Standard observational and narrative methods that are invaluable assets in any clinical tool kit, when supporting relational security is a shared goal.

Relevant Audience

Practitioners from a diverse spectrum of service contexts across the life-course, involved in supporting relational health between parents/carers and infants, children, and teens, and between adult family members.

Familiarity with foundational attachment concepts is an advantage but not a pre-requisite.

Workshop Style

This is full day interactive workshop. The art and science of attachment observation across the life-course is described and practiced in large and small groups. There is an opportunity for questions about the application to diverse contexts and populations.

Related Training

Foundations of Narrative Attachment Assessment with Adults



1 Day



**6 CPD
hours**



**Learn More
& Register**



The construct of attachment lies at the heart of relational health, but is subject to misunderstanding and misuse in clinical contexts, at times with serious consequence for families.



This workshop distills the knowledge conferred by these methods into an essential clinical primer for observing and describing attachment behaviours across the life-course.

Foundations of Narrative Attachment Assessment with Adults



This workshop takes you through narrative, projective and questionnaire methods for assessing teen and adult attachment, with case examples. Validated methods for including attachment in clinical assessments are described and practiced, and interventions to support dyadic attachment security in families are detailed.

Prof. Jenn McIntosh shares ideas for clinical application of the Gold Standards Frameworks including the Strange Situation, the Adult Attachment Interview and scales designed for clinicians to observe and monitor the progress of attachment relationships.



1 Day



6 CPD
hours



Learn More
& Register

What will you learn?

You will be exposed to Gold Standard observational and narrative methods that are invaluable assets in any clinical tool kit, when supporting relational security is a shared goal.

Relevant Audience

Practitioners from a diverse spectrum of service contexts across the life-course, involved in supporting relational health between parents/carers and infants, children, and teens, and between adult family members.

Familiarity with foundational attachment concepts is an advantage but not a pre-requisite.

Workshop Style

This is full day interactive workshop. Art and science of attachment observation across the life-course is described and practiced in large and small groups. There is an opportunity for questions about the application to diverse contexts and populations.

Related Training

Foundations of Attachment Observations with Infants



The construct of attachment lies at the heart of relational health, but is subject to misunderstanding and misuse in clinical contexts, at times with serious consequence for families.



This workshop distills the knowledge conferred by these methods into an essential clinical primer for observing and describing attachment behaviours across the life-course.

With very few exceptions, the family therapy literature has not attended well to issues of loss and grief; and the grief literature is, by and large, focused on the individual. This workshop explores not only bereavement grief, but also the impact on families of the grief associated with experiences of mental illness, disability such as acquired brain injury, chronic illness, and the many other life events which lead to non-finite (disenfranchised) grief.

What will you learn?

By attending this workshop, you will be able to:

- Gain a conceptual knowledge of frameworks for understanding and working with families experiencing loss and grief
- Understand the concepts of disenfranchised grief and ambiguous loss
- Form ideas for tasks that can contribute to relational work in the area of loss and grief
- Develop a sense of what you can bring to this work and how to sustain yourself

Workshop Style

The workshop utilises a combination of theoretical input, filmed examples, and interactive exercises in considering the implications of grief in its various forms for family members and for family functioning generally. Demonstrations and small group activities are aimed at ensuring the material is relevant to you and your specific work context.

Relevant Audience

Health and welfare professionals who engage with families and/or are interested in working relationally with loss and grief.



1 Day



6 CPD
hours



Learn More
& Register



Research into families attending a palliative care unit indicates that family therapy can reduce complicated grieving (Kissane, 2016).

Group Reflective Practice

This two-day workshop focuses on delivering supervision in groups to promote meaningful and inclusive processes. Our structured model, that sits at the heart of this training, aims to support growth and empowerment through intentional and reflective practice.

Content includes:

- Introduction and practice of our Structured Cooperative Group Supervision process
- Ideas that support groups to embrace reflective practice
- How to cultivate a learning culture in groups

This workshop includes an introduction to group supervision, as well as the opportunity to practice skills and increase confidence in facilitating and managing supervision with groups.



2 Days



12 CPD
hours



Learn More
& Register

What will you learn?

By attending this two-day workshop, you will be able to:

- Deliver group supervision in a structured yet flexible way
- Establish, review and close a group supervision arrangement
- Understand the role and purpose of reflection
- Develop skills for providing both support and challenge in supervising groups

Workshop Style

This is a two-day workshop with subject matter experts exploring key concepts and theoretical and practical frameworks. Demonstrations and activities are designed to keep the day interactive, engaging and applicable.

Relevant Audience

Practitioners who are currently or soon to be providing group supervision or group reflective practice to others.



Reflective practice can help turn information into wisdom,
keeping reflection in action, reflection on action and
reflection for action in mind.

Healing Informed Practices

This workshop will develop the confidence and skills of practitioners to respond to the needs of First Nation community members who are experiencing distress and have experienced transgenerational trauma. The workshop will provide participants with a common language and strength-based framework for understanding and responding to the needs of community members and facilitating cultural safety and wellbeing in our work.

Through the process of colonisation and past policies and procedures, First Nation people, as individuals and within their families and communities, have been profoundly hurt socially, emotionally and spiritually. This experiential workshop provides a safe space to explore healing families through methodologies which are embedded in cultural practices and protocols.



2 Days



12 CPD
hours



Learn More
& Register

What will you learn?

This workshop explores a framework for understanding and responding to the impact of colonisation upon First Nation peoples and families and ways of working with expressions of trauma, grief and loss.

You will explore:

- Dadirri, Deep Listening
- What is Culture? Cultural Safety
- A historical context of trauma
- Six stages of healing
- Trauma and resilience
- Managing anger
- Grief and loss
- Nurturing unmet needs
- Moving from blaming workplaces to trauma-informed workplaces

Workshop Style

This is an experiential workshop, going beyond passive information sharing, so you can expect to be involved and learn together with other participants.

"Tell me and I will forget, show me and I may remember, involve me and I will understand" – Chinese Proverb

Relevant Audience

This workshop will be most useful for those with a healing role in working with communities and families impacted by effects of colonisation. It will be helpful for workers attempting to create safe pathways for children, adolescents and adults needing to heal from past traumas, make connections with family and community and make safe and healthy choices in life.



By firstly experiencing safety ourselves, we learn its value and can transfer the same approach into our work with families.

Introduction to Narrative Therapy with Families

This workshop provides a practice-based introduction to the school of Narrative Therapy (NT) founded by Michael White and David Epston. You will have the opportunity to discuss its principles, philosophies and concepts, and how they compare to other models. You will gain an understanding and have the opportunity to practice two main introductory techniques of 'externalising conversations' (working with the problem) and identifying 'unique outcomes' (finding solutions). The workshop also touches on the next step, 're-authoring,' which refers to building the new story, and also how to start and end the session NT style. Depending on participant needs, witnessing responses and therapeutic documents may also be covered within training.



1 Day



6 CPD
hours



Learn More
& Register

What will you learn?

On completion of this workshop, you will be able to:

- Comprehend the theory and philosophy behind narrative therapy
- Practice core techniques of narrative therapy: externalising the problem and finding 'unique outcomes' (positives)
- Identify a range of narrative therapy skills and apply these to your work with clients

Workshop Style

This workshop is led by an experienced presenter in the Narrative Therapy model who is both a clinician and a teacher. It includes demonstrations of approaches, discussion and debate on Narrative Therapy concepts and philosophies and guided exercises for you to practice your skills.

Relevant Audience

Counsellors, therapists and health and community workers who are interested in exploring the use of Narrative Therapy.



The school of Narrative Therapy was founded and developed in Australia and New Zealand.

Narrative Therapy Approaches to Trauma

This workshop introduces and explores concepts and techniques of the Narrative Therapy approach (of Michael White and David Epston) to working with families and family members who have experienced trauma. You will have the opportunity to practice these approaches in a supportive environment. Particular focus will be given to the use of Narrative Therapy with families. Prior knowledge of Narrative Therapy is recommended but not required.

What will you learn?

By attending this workshop, you will be able to describe and begin to apply the narrative therapy techniques of:

- 'Double listening', i.e. simultaneously listening for both the effects of trauma and the client's responses to trauma
- Externalising the effects of trauma
- Eliciting and highlighting a person's responses to trauma
- Building the person's preferred story with their responses
- Using the person's responses to restore their sense of self and identity following the effects of trauma

Relevant Audience

Counsellors, therapists, and health and community workers who are interested in exploring the use of Narrative Therapy.

Workshop Style

This workshop is led by an experienced presenter in the Narrative Therapy model who is both a clinician and a teacher. It includes demonstrations of approaches, discussion and debate on Narrative Therapy concepts and philosophies and guided exercises for you to practice your skills.



1 Day



6 CPD
hours



**Learn More
& Register**



Free, interesting, and relevant resources on Narrative Therapy can be found at: www.narrativeapproaches.com and www.dulwichcentre.com.au.

No Bullshit Therapy in Practice

This half-day workshop complements our new and popular *No Bullshit Therapy* (NBT) self-paced online course. It supports the content of the self-paced online modules by building on your existing knowledge of NBT as a way to work respectfully with all people, including those reluctant to engage.

NBT is about being authentic – even in difficult situations and with clients we find challenging. Creating a context for mutual honesty and directness, sometimes just by stating how you like to work, can be liberating and productive, especially with people who are fearful of counselling. When combined with warmth, care and respect for the constraints of the work, a counsellor who avoids jargon and uses an honest and direct approach can enhance intimacy and trust, especially with haters of therapy.

The workshop will offer the opportunity to embed new ideas, ask an expert trainer your questions, and hone practice through a range of engaging activities.



Half Day



3.5 CPD
hours



Learn More
& Register

What will you learn?

By attending this workshop, you will:

- Practice skills of NBT in a supportive small group setting where you will receive relevant and helpful feedback
- Work through the issues of how to get started in making NBT part of your current practice in your work role and setting
- Be able to apply NBT concepts that can make you 'practice ready' in the use of NBT

Workshop Style

This is an implementation-focused workshop led by a subject matter expert. There will be small group practice activities, discussion of case examples and exploration of ideas around applicability to your workplace and role.

Prerequisite

Completion of The Bouverie Centre's *No Bullshit Therapy* self-paced online suite in the last 12 months.

Relevant Audience

Professionals, including counsellors, therapists, case managers, team leaders or managers interested in understanding and/or applying a NBT approach either in their individual clinical practice or as a treatment modality within their agency.



Most therapeutic models are designed by people who love therapy for people who love therapy.
Not all of our clients love therapy!

Shame, Trauma and Family Relationships

This one-day workshop explores shame as a by-product of complex relational trauma. It draws on attachment and trauma theories, and narrative and family therapy concepts to explore how shame manifests through the experience of trauma. It explores the role of shame as a constraint to change in family work, particularly where there are wellbeing and protective issues with children.



1 Day



6 CPD
hours



Learn More
& Register

What will you learn?

By attending this workshop, you will be able to:

- Understand the relationship of shame to childhood trauma and as a manifestation of complex relational trauma
- Identify how shame manifests in your client group
- Explore how the experience of shame can impact the individual and adversely affect family relationships
- Learn specific strategies to discuss shame with clients and families and to move away from the influence of shame
- Practice ways to support clients to move away from the influence of shame

Workshop Style

The workshop uses teaching, roleplay and experiential exercises to enhance your understanding of the role of shame as a consequence of trauma, and explores strategies and interventions you can use to support clients to move from shame towards self-efficacy, independence and empowerment.

Relevant Audience

Practitioners who are working with clients and/or families who have experienced trauma, and where practitioners have the opportunity to have 'therapeutic conversations' with clients.



"Given that shame can lead us to feel as though our whole self is flawed, bad, or subject to exclusion, it motivates us to hide or to do something to save face."
(Mary Lamia, *Psychology Today*, 4 April 2011)



Shame is one of the most pervasive barriers to clients making change.



Shame is a product of early childhood trauma, it impacts how a person sees themselves and on all relationships.

Single Session Family Consultation in Practice

This half-day workshop is the practice companion to The Bouverie Centre's *Single Session Family Consultation* (SSFC) self-paced online course that aims to bridge the gap between 'knowing' and 'doing.' It provides you with an opportunity to consolidate your knowledge of SSFC and enhance the application of these ideas in your clinical practice.

Put into practice the skills at the convening, conducting and follow-up stages of SSFC in a supportive small group context. Particular attention is paid to the feedback process so that your learning is maximised.



Half Day



3.5 CPD
hours



Learn More
& Register

What will you learn?

By attending this workshop, you will:

- Build on your existing knowledge of SSFC as a practical, doable model of family engagement and inclusion
- Have a unique opportunity to practice skills of SSFC in a supportive small group setting where you will receive relevant and helpful feedback
- Become 'practice ready' in the use of SSFC
- Be able to work through the issues of how to get started in making SSFC part of your current practice

Workshop Style

This is an implementation-focused workshop led by a subject expert who is also a clinician. There will be small group practice activities and case discussions, along with the exploration of ideas to help make SSFC part of your practice repertoire.

You will have the opportunity to ask questions about any aspect of SSFC and its applications and receive advice about how to start using SSFC within your work role and setting.

Prerequisite

Completion of The Bouverie Centre's *Single Session Family Consultation* self-paced online suite in the last 12 months.

Relevant Audience

SSFC in Practice is relevant for those who want a clear and straightforward practice model for engaging and including families in their work, but who are not family therapists. It is particularly suitable for those working in individually oriented services for adults and young people (such as mental health and alcohol and drug services) where working with families is not the primary focus.



Lyman Wynne, the originator of 'Family Consultation' (and important figure in family therapy) proposed the then 'radical' idea that families who had a member experiencing schizophrenia should be first asked about what they needed – rather than assuming they all needed or wanted family therapy.



SSFC has been implemented in a diverse range of services and nationally across Australia's headspace services and New Zealand's mental health and addiction services.

Single Session Thinking in Practice

This half-day workshop is the practice companion to The Bouverie Centre's *Single Session Thinking* (SST) self-paced online course. This training is designed to consolidate your SST knowledge and enhance the application of these ideas in your clinical practice.

SST involves approaching the first session as if it will be the last, whilst creating opportunities for further work if requested by the client. This implementation-focused training aims to meet your needs as you begin applying SST in your work.



Half Day



3.5 CPD
hours



Learn More
& Register

What will you learn?

By attending this workshop, you will be able to:

- Articulate what SST is and how it can be applied to the work that you do
- Identify potential barriers and resources to support the integration of SST into everyday practice
- Demonstrate the use of a Single Session approach (attitudes and skills) in your work with clients

Workshop Style

This is an implementation-focused workshop. Emphasising the direct 'clinician–client' relationship, it will recap key points from the self-paced course and guide you through experiential activities to embed SST into your own practice. There will be small group practice activities using a range of reflective processes and case discussions.

Prerequisite

Completion of The Bouverie Centre's *Single Session Thinking* self-paced online suite in the last 12 months.

Relevant Audience

SST in Practice is relevant for those who would like further opportunities for skills practice and the exploration of ideas for embedding SST into their work.



Single session thinking does not involve limiting clients to one session.



The client/therapist relationship (alliance) has been shown to be one of the best predictors of therapeutic outcomes, and 7 times more influential to change than the model or technique used.



Sigmund Freud was the first to document examples of Single Session therapy.

Single Session Thinking: Families with Children and Youth In Practice



Single Session Thinking: Families with Children and Youth in Practice builds on the online self-paced module and is aimed to bring together concepts from working with the whole family with children and young people within a Single Session framework.

Applicable for practitioners in the child and adolescent field, it has a focus on how to include parents and carers to adopt a whole of family approach for better outcomes. This in practice component incorporates practicing single session principles and techniques for meaningful engagement of children and adolescents and how to make the space safe for all involved.



1 Day



3.5 CPD
hours



**Learn More
& Register**

What will you learn?

By attending this workshop, you will be able to:

- Articulate what SST is and how it can be applied to your work with children aged 5–17 years and their families
- Identify potential barriers and resources to support the integration of SST FCY principles into everyday practice
- Demonstrate the use of a single session approach, attitudes and skills in your work with children and families

Workshop Style

This is a practice-focused workshop. Emphasising the direct 'clinician–client' relationship, it will recap key points from the self-paced course and guide you through experiential activities to embed SST into your own practice with children aged 5–17 years and their families. There will be small group practice activities using a range of reflective processes and case discussions.

Prerequisite

Completion of The Bouverie Centre's *Single Session Thinking: Families with Children and Youth* self-paced online suite in the last 12 months.

Relevant Audience

SST FCY in Practice is relevant for practitioners working with families with children and young people aged 5–17 years, who would like further opportunities for skills practice and the exploration of ideas for embedding SST into their work.



"Evidence before the Commission indicates that mental illness often emerges early in life, with some estimates suggesting that half of all mental illness develops before the age of 14 years, and that 75 per cent of mental health conditions emerge by 24 years of age."
(Royal Commission into Victoria's Mental Health System. Final Report – Volume 2 – Collaboration to support good mental health and wellbeing)

Systemic Family Work After Family Violence

This workshop focuses on working systemically with families (non-offending parent, children, grandparents, and so on) in the aftermath of domestic and family violence. Once the safety of non-offending clients and their children has been established there is usually a sense of relief on the part of clients and workers. In many instances there is also disappointment and despair that significant difficulties within the family remain, change or get worse. This workshop aims to offer an understanding of why relationship difficulties between family members remain or escalate, despite now being in a safe environment.



1 Day



6 CPD
hours



Learn More
& Register

What will you learn?

By attending this workshop, you will be able to:

- Describe the impacts of family and domestic violence using Trauma and Attachment frameworks
- Identify behaviours leading to relationship difficulties in the aftermath of family and domestic violence
- Demonstrate the ability to assess problematic interactions between family members
- Outline the challenges for the non-offending parent in responding to and managing the behaviour of their children
- Apply interventions to reduce the effects of trauma related to domestic and family violence and promote relationship repair

Workshop Style

This workshop is delivered by two subject matter experts who will explore with you a range of interventions to assist families to understand and manage the difficulties often experienced in the aftermath of family and domestic violence.

Relevant Audience

Practitioners who are dealing with non-offending parents and children who are survivors of domestic and family violence, and who are finding that despite safety having been established, family members are struggling with as many or more relationship difficulties.

175,700



Over the 4-year period from 2016–17 to 2019–20, the overall number of children who received child protection services in Australia rose by 3.8%—from around 168,300 children to around 174,700 children.
(Australian Institute of Health and Welfare, 2022)

Using Narrative Work with First Nations Families

This workshop provides a practice-based introduction to using narrative therapy and other creative processes with First Nations families. You will get to explore the principles, philosophies and concepts underpinning the narrative approach.

This workshop includes experiential exercises which enable you to practice these skills in a supportive environment, and to get a sense of what it might feel like from a client and family perspective.

What will you learn?

By attending this workshop, you will be able to:

- Understand the theory and philosophy behind narrative therapy, including what makes a session a narrative one; 'the problem is the problem not the person', narrative politics and ethics towards client and worker, local versus expert knowledge and promoting a person's preferred story
- Describe the core concepts of narrative therapy: externalising the problem, and building the new preferred story
- Adapt and identify the range of creative processes and activities, and apply these to make them relevant for your workspace and the families you work with

Workshop Style

This is an interactive workshop that explores the application of narrative therapy theory using practical and engaging activities. There are hands-on components to this day. Some basic art materials will be required; the list will be sent to registrants prior to the workshop date.

Relevant Audience

Counsellors, therapists, case managers, and health and community workers who are interested in exploring the use of this model for their work.



1 Day



**6 CPD
hours**



**Learn More
& Register**



A culturally informed and safe practice keeps us all safe. In addition, when we are not aware if we are working with First Nations and families from Collectivist cultures, a culturally safe lens helps to build connections and effective therapeutic practices.



The Gap
Artist: Robyne Latham

Working Relationally with Borderline Personality Disorder

One of the significant challenges facing mental health and community-based services over the last few decades has been responding to the complex needs of people and families living with borderline personality disorder (BPD). Although there have been developments in treatments for people living with BPD, appreciating the impacts on caring relationships, along with consideration and support for families, has remained a marginalised area in mental health care.

This workshop will consider the significance and challenges of the relational system in responding to BPD/complex needs. In an attempt at breaking the code surrounding this system, we will consider the value of working mindfully, relationally, and collaboratively to support clients living with BPD, supporters/carers, family relationships and ourselves.

Drawing from a number of therapeutic traditions, we will sample key practices of relational mindfulness, 're-stor(y)ing' the conversation, re-starting reflection, validating communications and relational limit setting.



1 Day



6 CPD
hours



Learn More
& Register

What will you learn?

By attending this workshop, you will be able to:

- Reflect on and share your challenges, experiences, understandings, and learnings from working with this complex-needs client group
- Increase your understanding of the role of the relational system in responding to BPD/complex needs
- Relate the value of working mindfully and relationally with better outcomes for clients, supporters/carers, family relationships and the service system
- Be able to apply key relational mindfulness practices

Workshop Style

This workshop will provide a space to share our experiences, challenges and learnings. It will encompass small group activities, discussions of case examples, and an implementation guide to help you put your knowledge into practice.

Relevant Audience

A range of practitioners working with clients living with BPD and their families, including community counsellors; family, housing, AOD and outreach workers; and mental and community health practitioners.



Recent estimates indicate that around 26% of people presenting to emergency departments for mental health crisis have a personality disorder, while 25-43% of adult inpatients and 23% of adult outpatients in mental health facilities meet the criteria for BPD.
(Australian BPD Foundation Limited, 2019)



Borderline Personality Disorder is estimated to affect between 2 to 6% of Australians.

Working with Traumatised Families: Maintaining Social and Emotional Wellbeing for Ourselves and Our Communities

This workshop explores First Nations ways of understanding relationships and healing processes unique to the cultural places of living and working. It aims to help learners begin to understand the types of trauma reactions in individuals and the ways these affect family relationships and connections and impact on the workers.

What will you learn?

By attending this workshop, you will:

- Gain a systemic understanding of the nature and impacts of colonisation
- Gain an understanding of vicarious trauma processes
- Understand and appreciate vicarious trauma and vicarious resilience
- Understand and develop ways to heal and grow while being present for our communities

Workshop Style

The workshop leaders will guide you in connecting with yourself in the context of culture, and who your mob and country are. Importantly, they will guide you to include First Nations' ways of making sense of pain and disconnection, and explore with you ways to heal while keeping culture and your own strengths and wisdom in mind.

Relevant Audience

This workshop will be most useful for those with a healing role in working with communities and families impacted by effects of colonisation. It will be helpful for people working with families who have and are experiencing trauma, and for workers who have had past experiences of burn out.



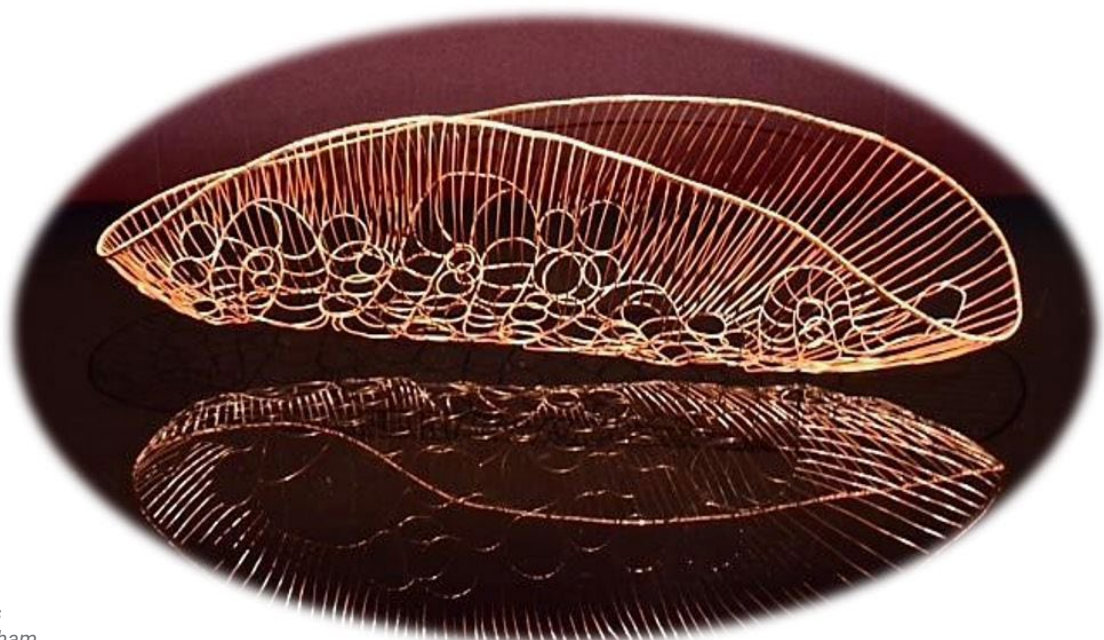
1 Day



6 CPD
hours



Learn More
& Register



Empty Coolamons
Artist: Robyne Latham

Our Facilitators



Alison Elliott

Alison Elliott is a Clinical Family Therapist and Workforce Development Trainer, and is the First Nations Team Leader at The Bouverie Centre. Alison's grandmother's country is Wiradjuri (Central NSW), and she also has strong connections to her Celtic heritage from Ireland. She grew up on Darug country (Hawkesbury River, NSW). Alison holds a Bachelor of Applied Science in Health Promotions and a Master of Indigenous Studies (Wellbeing) in addition to a Graduate Diploma in Clinical Family Therapy. Alison is a qualified facilitator of the We Al Li Training Programs, which provide Culturally Informed Trauma Integrated Healing Approach (CITIHA) Trainings to individuals, families, communities and organisations. At Bouverie, Alison applies her skills, knowledge and passion to a number of programs, through the Workin' with the Mob and Strengthening Connections initiatives, and in the Graduate Certificate of Family Therapy: First Nations as a trainer and reflective practice facilitator. Areas of particular interest include research, working with traumatised and grieving individuals to help restore meaning and purpose by recreating old practices with contemporary rituals and ceremonies, and working with young children using play and other creative techniques.



Allie Bailey

Allie Bailey is a family therapist, trainer and clinical supervisor at The Bouverie Centre. She has provided family violence consultation, training and research to the community, academic and government sectors for over twenty years, particularly in the area of screening and risk assessment. Allie is also a family dispute resolution practitioner and child consultant, has worked as a Practice Specialist in family law, child and family services, and youth mental health to augment family sensitive and family inclusive practice in these areas.



Angie Nyland

Angie Nyland is a social worker and trainer at The Bouverie Centre. She has over 20 years' experience leading teams and delivering outreach and centre-based counselling, casework and case management in the alcohol and drug, mental health, community health, Aboriginal health, youth, and justice sectors. Angie enjoys working with organisations to strengthen and sustain strong supervision practice and is committed to enabling accessible and collaborative services that can improve the wellbeing of communities.



Dr. Brendan O'Hanlon

As Manager for Practice and Service Development, Brendan is responsible for guiding The Bouverie Centre's work in building the capability of practitioners and organisations to provide family responsive and effective services. Brendan is passionate about making the involvement of families a routine part of service delivery. He is a leading proponent of Single Session Family Consultation and has also championed the use of pragmatic and effective family psycho-educational approaches, such as Behavioural Family Therapy and Multiple Family Groups. He is committed to a comprehensive response to the challenge of practice change and has extensive experience in training, consultation and service development. This includes working with individual services, designing state-wide implementation projects, and working at a national level. Brendan has been recognised for his contribution to mental health services in Australia.

Our Facilitators



Clarisse Slater

Clarisse is a proud Yorta Yorta, Kamilaroi and Wiradjuri woman, with strong Aboriginal connections on both maternal and paternal sides of her family. She grew up on Wurundjeri country in Melbourne and has been involved with local First Nations communities during the entirety of her youth. Clarisse now continues her connection to community through professional work as a First Nations therapist and facilitator.

Clarisse holds a Graduate Certificate in Family Therapy: First Nations and has been supporting vulnerable Aboriginal families in the Workin' with the Mob and Women in Prisons teams at The Bouverie Centre. She also delivers cultural supervision to Aboriginal staff in a number of organisations across Victoria and has extensive experience delivering training in the areas of cultural safety, social-emotional wellbeing, and trauma-informed practice to a wide range of organisations and participants. Clarisse is passionate about passing on awareness and knowledge to others who work with Aboriginal families and holds a firm belief that this is key to supporting greater justice and safety across our social systems.



Colleen Cousins

Colleen Cousins is a psychologist, family therapist and educator. She is a member of the Academic team at The Bouverie Centre where she co-ordinates the Graduate Certificate of Family Therapy program, lectures and provides supervision to students undergoing clinical training. Colleen also works as a therapist at Bouverie with families impacted by trauma. Colleen has considerable clinical experience in community, hospital and private practice settings including work in child and adult sexual assault services. Colleen has a keen interest in the application of individually orientated trauma treatment approaches within a systemic framework.



Elizabeth George

Elizabeth George is an occupational therapist and family therapist at The Bouverie Centre. She enjoys working collaboratively with families across all life stages. Her work with families is informed by her extensive clinical experience in the public mental health sector in a range of acute and community settings, with older persons, adults, and youth. Her main interests include working with families where a person has mental illness, group work, professional supervision, and exploring different approaches of supporting families who have experienced trauma. In her current role she works with families at The Bouverie Centre and provides training, consultation and support to clinicians and organisations.



Franca Butera-Prinzi

Franca Butera-Prinzi is a social worker, family therapist, and Team Leader (Practice and Service Development) at The Bouverie Centre. She has 25 years' experience as a clinician, trainer and consultant in a variety of settings including acute, rehabilitation and community health. Franca has extensive experience working with individuals, couples and families who have been impacted by trauma, mental health and disability including acquired brain injury.

Our Facilitators



Greg U'Ren

Greg U'Ren is a family therapist and trainer with over 30 years' experience working with families, and has been at The Bouverie Centre since 1998. His work roles include providing training and supervision to various organisations, teaching in Clinical Practice Groups and the Masters Program, and providing clinical family therapy. He is also a part of a research project aiming to better understand relationship repair in families where everyone is adult.

Greg has a collaborative approach to working with families which includes making sense of difficulties and empowering families to change patterns of concern in complex circumstances. His interests include the impact of mental health issues, the experiences of fathers and children, the impact of family violence, the link between childhood experiences and current concerns, and teaching and supervision.



Hanna Jewell

Hanna Jewell is a social worker and family therapist with a focus on working with families where a person experiences a mental illness. She has worked in The Bouverie Centre's mental health team as a family practice consultant, providing workforce training, practice support, clinical supervision and implementation to improve the way mental health services respond to families. She currently coordinates the state-wide Victorian FaPMI program (Families where a parent has a mental illness), a capacity-building program across area mental health services. Further to this, she has an interest in Behavioural Family Therapy, family psychoeducation, systemic supervision, and developing training to engage workforce in the joy of working with families.



Henry von Doussa

Henry von Doussa is a social researcher in the area of sexuality and sexual health. He has worked with lesbian, gay, bisexual, transgender, queer and intersex (LGBTQI+) communities for over twenty years. His recent work has included studies that support healthcare providers to be inclusive of the needs of LGBTQI+ people, and supporting families of young LGBTQI+ people as they come out.

Henry believes that when families are supported to affirm the gender and sexual identities of their loved ones, everyone in the family, especially the LGBTQI+ person, has increased positive mental health outcomes. Henry worked closely with LGBTQI+ community members and their families to develop the LGBTQI+ Family Matters family training resource. He hopes that in time such a resource will not be needed as families, mental health practitioners and communities embrace and celebrate diversity.

Henry is also a published author of literary fiction and non-fiction and an artist. His visual art is underpinned by a curiosity about the socio-political structures that form and hold us.



Prof. Jeffrey Young

Jeff Young (PhD) is the former Director of The Bouverie Centre. He is a clinical psychologist and family therapist. Jeff has an interest in responsive and contextually compassionate health services. He has contributed to the development of Single Session Therapy and reflecting teams, understanding blame, and conceptualizing change in chronic conditions. Jeff is the developer and leading proponent of No Bullshit Therapy.

Our Facilitators



Prof. Jenn McIntosh

Jenn McIntosh (PhD, AM) is the inaugural Professor of Systemic Practice and Family Therapy at The Bouverie Centre, La Trobe University, and is the Director of the Melbourne Attachment and Caregiving Lab, Australian Temperament Project – Generation 3 study. Jenn is a clinical psychologist, family therapist and researcher, with a particular interest in translation, specifically making developmental and family theories 'user friendly'.

Over 35 years, Jenn has also developed and delivered extensive training programs nationally and internationally. She has worked closely with the child and adolescent mental health, child protection and out-of-home care, family law, and family relationships sectors. In 2019, she was awarded a Member of the Order of Australia for her services to developmental psychology.



Jo Howard

Jo Howard is a social worker and family therapist. She has worked with families, particularly those experiencing family violence, for over 30 years in service delivery, clinical supervision, training and research and policy. She first published on the emerging issue of adolescent family violence in 1994. In 2009 she gained a Winston Churchill Fellowship to research best practice responses to adolescent family violence across the United States and Canada.

Her contribution to adolescent and adult family violence includes developing and leading research projects, practice and practice development and guidance, contributing to several books and key journals, working to build cross agency partnerships, and training practitioners.



Julia Oxley

Julia Oxley is an occupational therapist and family therapist with over 20 years of experience in clinical (public) mental health services for adults and youth. She specialises in working with families of people with serious mental illness, supporting them to adjust to having a family member with a new diagnosis and coming to terms with the impact of this on their family and relationships. Alongside clinical work, she has developed new services in early psychosis and youth mental health, and introduced family interventions and therapy within clinical mental health settings. Another area of interest is working with groups such as multiple family groups, and family psychoeducational models such as Behavioural Family Therapy.

Julia is a workforce development trainer at The Bouverie Centre, offering many years of experience in consultation and training, within local and international contexts.



Julie Beauchamp

Julie Beauchamp is the Manager of Clinical Services at The Bouverie Centre. She has a wide range of experience in teaching and training, supervision and clinical practice with individuals, couples and families. Her current role includes clinical family therapy, management, teaching in academic programs and providing clinical consultation and training for professionals in other organisations.

Our Facilitators



Karen Story

Karen Story B.A., Dip. Soc. Stud. (Social Work), MCPP, MCFT is qualified social worker, teacher, child and adolescent psychotherapist and family therapist. Karen joined Bouverie staff (ABI team) in 2011 after extensive clinical, group therapy and consulting experience in child and adolescent mental health, foster care, teaching and community and public welfare. She has extensive experience in training, consultation and service development both locally and interstate.

In her current role at The Bouverie Centre, Karen is involved with teaching and facilitating training and workforce development in the areas of family inclusive practice and single session work, among others. She sees families in the clinical family therapy program. Areas of particular interest include Single Session philosophy and practice in short- and long-term work, working with children and adolescents in the context of their families, use of narrative tools such as the Tree of Life, emotion coaching and emotion intelligence, group work, and research.



Kate Cordukes

Kate Cordukes is a family therapist and works both on the Clinical and Academic teams at The Bouverie Centre. Kate has worked as a therapist for the past 20 years with diverse populations and settings such as Youth Justice, drug and alcohol, and mental health. She has also presented and lectured at RMIT University, MIECAT Institute, and at various conferences and workshops. Kate's area of passion is working with children and adolescents in families where there is conflict. She is particularly interested in brain development, its relationship to emotional regulation, and how to work with this so family members are able to communicate with one another in more responsive ways.



Kelly Tsorlinis

Kelly Tsorlinis is a trained social worker and clinical family therapist. She has worked in the community sector in the areas of community health, family-based services, sexual assault, child protection, and child and adolescent psychiatry.

Kelly currently works as The Bouverie Centre's Intake Program Coordinator. She has clinical interests in working with children and adolescents and their families; single session work; working with family members with ASD within a systemic framework; and trauma-focused EMDR and Havening techniques and how these can be integrated within systemic approaches.

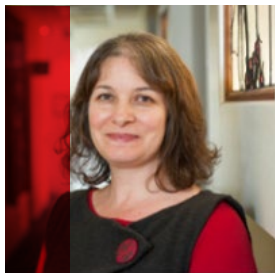


Prof. Louise Newman

Louise Newman (AM) is a Professor of Psychiatry at the University of Melbourne and former Director at the Centre for Women's Mental Health, Royal Women's Hospital Victoria.

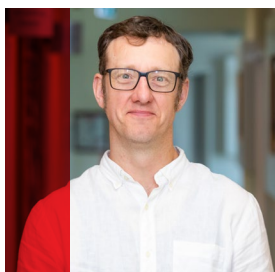
She is a practicing infant psychiatrist with expertise in disorders of early parenting and attachment difficulties in infants. Her research has explored the issues confronting parents with histories of early trauma and neglect. Her work has focussed on evaluation of infant-parent interventions in high-risk populations, parental reflective functioning in mothers with borderline personality disorder, and the neurobiology of parenting disturbance.

Our Facilitators



Nella Charles

Nella Charles is a family therapist and clinical psychologist at The Bouverie Centre, where she has worked as a clinician and teacher in family therapy for over 20 years. She has a breadth of experience working with families, particularly in the areas of disability, acquired brain injury, and child welfare. Nella has a particular interest in the treatment of trauma and use of creative methods in family work, group work and supervision.



Nick Barrington

Nick Barrington is a workforce development trainer at The Bouverie Centre, providing training to the mental health and community services workforces, as well as supporting implementation and practice change activities. As a psychiatric nurse and family therapist he has over 15 years' experience in the mental health sector across a range of settings. Nick's appreciation for the complex and interconnected nature of human experience drives his passion for family therapy and systemic practice. Combining this with his experience in child and adolescent wellbeing, Nick is particularly interested in how these ideas can improve the lives of young people and their families.



Pam Rycroft

Pam Rycroft is a trained psychologist and specialises in family therapy. She provides training, supervision and consultation to various professional groups.

Pam's areas of interest include grief and families, Single Session philosophy and practice, aged issues, and working with children in their families. She has published work in these areas as well as in grief and mental illness, the impact of suicide, engaging workers in family work, and on the place of theory in practice.



Peter McKenzie

Peter McKenzie (PhD, MA ClinFamTher, BA (Honours) Social Sciences) is an anthropologist, clinical family therapist and academic/research fellow. He currently holds the Carer Academic (mental health) position at The Bouverie Centre, School of Psychology and Public Health, La Trobe University, which focuses on families, caring & the lived experience workforce. He has significant personal caring as well as professional experience as a family practice consultant, supervisor and trainer in the professional development of the clinical and lived experience mental health workforces. He is currently the Chair of TANDEM, a Board member of Mental Health Carers Australia, a former Board Member of the Australian BPD Foundation and a member of the Australian Association of Family Therapy.

Our Facilitators



Robyn Elliott

Robyn Elliott is coordinator of the Academic Program, supervising the development and delivery of Bouverie's La Trobe University accredited courses as well as conducting teaching in the Master of Clinical Family Therapy course. Robyn also provides non-accredited training and consultation to government and non-government organisations in the health and welfare sector. She is a clinical member of AAFT, AASW (AMHSW with clinical credentials), an accredited consultant with EMDR Australia and a certified trainer in Havening. Robyn's area of special interest is trauma, and she has been learning, teaching and practicing in this area for the past 18 years. She is particularly interested in EMDR and Havening and how these can be integrated with systemic approaches.



Ron Findlay

Ron Findlay is a medical practitioner who works as a family therapist with a strong interest and experience in the narrative approach. He has over 30 years' experience in practicing, consulting, teaching, and providing supervision in family and narrative therapy.

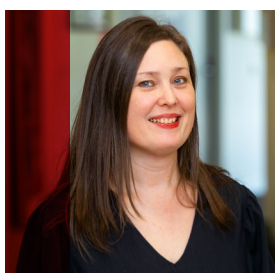
Ron coordinated The Bouverie Centre's Narrative Therapy programs for 10 years. He is a guest lecturer at La Trobe University in the Master of Family Therapy program. In recent years, he has worked in single session family therapy using a narrative approach at a Headspace in Melbourne's south-east.

Ron also co-founded the Men's Responsibility Group (MRG), a men's attitudinal and behavioural change program with a narrative therapy influence, which ran at a Melbourne community health centre for 20 years. He has also worked in Victorian community psychiatric centres, community health centres, and Aboriginal physical and mental health services.



Sandy Jackson

Sandy Jackson is a family therapist and occupational therapist at The Bouverie Centre. She is a member of the Academic team and the Strengthening Connections program, which provides support to women in prison. Sandy has considerable clinical experience in the areas of public mental health, community health, and child, couple and family therapy, and is experienced in leading teams. She is passionate about integrating couple and trauma work with systemic family therapy, professional supervision, family inclusive practice and healthy teams.



Tara Schintler

Tara Schintler is a clinical family therapist and mental health social worker. She works in the Clinical and Academic programs at the Bouverie Centre. She has worked in the areas of family violence and sexual assault, in private practice where she has worked with individuals, couples and families, as well as providing supervision to clinicians working in the area of trauma. Tara is especially interested in the area of complex trauma and has extensive experience in EMDR and Havening techniques.



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