#### **REGISTRATION FORM**

#### **Pre Registration is Required**

(Maximum of 15 people per workshop)

Please complete this form for each attendee

and <b>FAX</b> to (	<u>(03)</u>	)9288	<u>2360</u>

Attendee:
Profession:
Organisation:
Address:
Post Code:
Phone:
Fax:
Email:
Special Dietary Requirements: (Morning Tea, Lunch &

Date	Program	Cost
23/02/2010	Managing Mental Health & Substance Use Program	
19/03/2010	MAPS: A Guide To Managing Bipolar Disorder	
19/04/2010	Managing Mental Health & Substance Use Program	
20/04/2010	MAPS: A Guide To Managing Bipolar Disorder	
7/5/2010	Managing Mental Health & Substance Use Program	
17-18/05/2010 (2 days)	Optimal Health Program	
02/06/2010	MAPS: A Guide To Managing Bipolar Disorder Total Cost:	
	Tutal Cust.	l .

Payment to: Frameworks For Health

#### **Payment Method:**

Afternoon Tea Provided

□Cheque □Please Invoice

□Visa □Mastercard □AMEX

**Card Number** 

Cara Maniber			
Card Holder			
name:			
Expiry Date:	/	/	
Signature:			-

**Tax Invoice**: This form is your tax invoice

upon registration and payment.

#### CANCELLATION POLICY

Please note the following cancellation policy applies:

- Cancellation within 21-14 days -70% refund (or full credit on another FFH workshop)
- Cancellation within 14 days no refund, no credit

FFH retains the right to reschedule workshops.

### **ENROLMENTS**

All registration forms should be received no later than three weeks prior to the workshop date.

Registration forms should be faxed to FFH on (03)9288 2360

#### **SERVICES / ORGANISATIONS**

FFH also provides customised training and support in your workplace at a time that suits you. Please contact us for further information.



Frameworks For Health St.Vincent's Health Melbourne

P.O. Box 2900

Fitzroy 3065

Phone: (03)9288 2291 FAX: (03) 9288 2360

Email: monica.gilbert2@svhm.org.au



# **Frameworks For Health**

Frameworks for Health is a multidisciplinary team of professionals from a range of clinical and research backgrounds. Formerly known as the Collaborative Therapy Unit, based at the Mental Health Research Institute, we now reside at St Vincent's Health. We work with organizations across Australia to implement service delivery models of care and stand alone programs based on the Collaborative Therapy approach.

#### **Program Development & Research**

From evidence-based literature and focus groups, we design and conduct clinical research projects in partnership with public and private health services, non-government organisations and tertiary institutions. This research has yielded a number of programs based on the principles of self-efficacy and client centred practice. Whilst some of our programs are developed to meet the needs of those with specific issues, our approach consistently demonstrates a wide ranging applicability, across many organisations.

#### **Implementation & Training**

We have a strong focus on translating the outcomes of clinical research into everyday practice, through organisational change support and high quality, dynamic education and training.

# **Our Approach**

The Collaborative Therapy approach provides a consistent framework for clinicians to work together, or collaborate, with individuals or groups with a range of health issues, both mental and physical, to develop strategies to gain and maintain optimal health and prevent episodes of illness or relapse.



#### I Can Do

This is achieved through learning about the "I Can Do" model, which places the individual at the centre of their health care and increases their involvement in managing vulnerability and stress and using effective coping strategies to optimise their health.

# **Supporting Self-Efficacy**

The concept of 'self-efficacy' is an integral component of our work. Using a systematic approach, self-efficacy is enhanced within the framework of education, coping strategies, skills development and adaptation. This supports the philosophy that a person's health should not be 'dependent on' but 'supported by' the services they utilise, thus in theory, promoting an internal locus of control.

#### Frameworks For Health & YOU

Our workshops employ a variety of learning models and techniques, and are specifically designed to ensure the best experience for attendees. Our programs are evidence based and are used by clinicians and workers every day to great effect. Register for a workshop today to find out what many clinicians across Victoria and Australia already know about the difference the Frameworks For Health programs can make.



# TRAINING WORKSHOP CALENDAR 2010

CONTACT MONICA GILBERT Postal Address

Frameworks for Health St Vincent's Health Melbourne PO Box 2900 Fitzroy VICTORIA 3065 Frameworks for Health Level 8, Aikenhead Wing Corner of Nicholson Street & Victoria Parade, Fitzroy

**Street Address** 

T 03 9288 2291 F 03 92882360 E monica.gilbert2@svhm.org.au

In our workshops, you will be trained to facilitate the program directly to clients/consumers.

The workshops employ a variety of learning models and techniques, and are specifically designed to ensure the best experience for attendees.

All of our programs are evidence based and are regularly used by many clinicians and workers to great effect.

DATES	WORKSHOP	PROGRAM DESCRIPTION	VENUE	PRICE
23	Managing Mental Health &	This 8-session program for those who experience both mental health and substance use issues combines essential therapeutic elements from both	SVHM	\$420
February	Substance Use	drug and alcohol and mental health approaches in an integrated way.	Bolte Wing, Level 2	
19	MAPS: A Guide To	The MAPS program "MAPS: A guide to managing bipolar disorder" is a 10 session program that aims to assist people with bipolar disorder to	SVHM	\$420
March	Managing Bipolar Disorder	understand their illness and manage it effectively using a range of skills (monitoring, assessing, preventing relapse and SMART goal setting).	Aikenhead Wing Foyer	
19	Managing Mental Health &	This 8-session program for those who experience both mental health and substance use issues combines essential therapeutic elements from both	QLD (TBA)	\$420
April	Substance Use	drug and alcohol and mental health approaches in an integrated way.		
20	MAPS: A Guide To	The MAPS program "MAPS: A guide to managing bipolar disorder" is a 10 session program that aims to assist people with bipolar disorder to	QLD (TBA)	\$420
April	Managing Bipolar Disorder	understand their illness and manage it effectively using a range of skills (monitoring, assessing, preventing relapse and SMART goal setting).		•
7	Managing Mental Health &	This 8-session program for those who experience both mental health and substance use issues combines essential therapeutic elements from both	SVHM	\$420
May	Substance Use	drug and alcohol and mental health approaches in an integrated way.	Aikenhead Wing	
			Foyer	
17 & 18	Optimal Health Program	This 8-session program provides those with mental health or any health issue the opportunity to work towards gaining and maintaining optimal health	SVHM	\$680
May	(Two days)	through education and skills training. This workshop provides a thorough foundation in philosophies and underpinnings of this approach.	Bolte Wing, Level 2	
2	MAPS: A Guide To	The MAPS program "MAPS: A guide to managing bipolar disorder" is a 10 session program that aims to assist people with bipolar disorder to	SVHM	\$420
June	Managing Bipolar Disorder	understand their illness and manage it effectively using a range of skills (monitoring, assessing, preventing relapse and SMART goal setting).	Aikenhead Wing, Foyer	
21	Managing Mental Health &	This 8-session program for those who experience both mental health and substance use issues combines essential therapeutic elements from both	TBA	\$420
July	Substance Use	drug and alcohol and mental health approaches in an integrated way.		*
26 & 27	Optimal Health Program	This 8-session program provides those with mental health or any health issue the opportunity to work towards gaining and maintaining optimal health	TBA	\$680
July	(Two days)	through education and skills training. This workshop provides a thorough foundation in philosophies and underpinnings of this approach.		•
3	MAPS: A Guide To	The MAPS program "MAPS: A guide to managing bipolar disorder" is a 10 session program that aims to assist people with bipolar disorder to	TBA	\$420
August	Managing Bipolar Disorder	understand their illness and manage it effectively using a range of skills (monitoring, assessing, preventing relapse and SMART goal setting).		
6	Managing Mental Health &	This 8-session program for those who experience both mental health and substance use issues combines essential therapeutic elements from both	TBA	\$420
October	Substance Use	drug and alcohol and mental health approaches in an integrated way.		
22	MAPS: A Guide To	The MAPS program "MAPS: A guide to managing bipolar disorder" is a 10 session program that aims to assist people with bipolar disorder to	TBA	\$420
October	Managing Bipolar Disorder	understand their illness and manage it effectively using a range of skills (monitoring, assessing, preventing relapse and SMART goal setting).		Ţ
18 & 19	Optimal Health Program	This 8-session program provides those with mental health or any health issue the opportunity to work towards gaining and maintaining optimal health	TBA	\$680
November	(Two days)	through education and skills training. This workshop provides a thorough foundation in philosophies and underpinnings of this approach.		,

All workshops commence at 9am (conclude at 4:30pm) and are held at St. Vincent's Hospital Melbourne (SVHM). Cnr Nicholson and Victoria Parade Fitzroy (unless otherwise indicated).

Bolte Wing: 14 Nicholson Street, Fitzroy

Aikenhead Wing: 27 Victoria Parade, Fitzroy