

# YouthLink Training Calendar 2014

These workshops are for workers who support young people experiencing significant life difficulties and/or mental health issues. They are designed to increase participants' knowledge, confidence and skills in addressing these issues. They are presented by YouthLink with support from YouthReach South. To make a booking or learn more about these workshops, please visit: [www.youthlink.perthwa.net](http://www.youthlink.perthwa.net)

APRIL

## Thursday 3rd April

### Assisting young people to understand and manage their aggression

This workshop will help participants understand the difference between healthy anger and potentially destructive aggression. It will develop participant's understanding of aggression and provide strategies to help young people learn to manage their anger in more positive ways.

**Recommended audience:** People in a counselling, therapeutic role

## Monday 28th April

### Working with young people affected by family and domestic violence

Young people may have issues related to violence in their family of origin and/or in their intimate relationships. This workshop aims to give an introductory overview of family and domestic violence, different types of abuse, and the impact on young people. Participants will increase their knowledge of risk issues and signs of violence/abuse, how to raise the issue and how to respond to disclosures.

**Recommended audience:** Youth workers or those in a similar role with young people

MAY

## Wednesday 7th May

### Understanding and supporting young people who self-harm: an introduction

This workshop is designed to help workers to better understand and respond to self-harm behaviours in young people. Participants will develop a better understanding of their own attitudes and beliefs about self-harm. They will be able to distinguish between self-harming, risk-taking and suicidal behaviours. They will develop an understanding of why people engage in self-harm and options for responding and/or referral.

**Recommended audience:** Youth workers or those in a similar role with young people

## Thursday 22nd May

### Working with complex trauma

Complex trauma is used to describe the range of mental health and other psychosocial difficulties that develop as a result of early and repeated trauma. This can include typical post-trauma symptoms as well as impacts on people's sense of self, relationships, and capacity to regulate emotions. This workshop will introduce the concept of complex trauma and outline treatment approaches including attending to the therapy relationship, processing trauma experiences, and improving emotion regulation.

**Recommended audience:** People in a counselling, therapeutic role

JUNE

## Thursday 5th June

### Understanding and responding to suicidal behaviour in young people

In Australia, suicide is the leading cause of death among young people. This workshop will help participants distinguish between suicidal, self-harming and high-risk behaviours. It will help participants learn how to assess the level of risk and respond appropriately. The training will also examine contagion and responding after a suicide.

**Recommended audience:** Youth workers or those in a similar role with young people

## Wednesday 18th June

### Working through ethical dilemmas and boundary issues with young people

Workers supporting young people are sometimes faced with a conflict between their role, organisational guidelines, their ethical standards, and the wishes of their client. This training will help participants identify possible ethical dilemmas, how to think through these issues, and respond appropriately. Participants will also look at how they apply and maintain boundaries in their work with young people.

**Recommended audience:** Youth workers or those in a similar role with young people

JULY

## Thursday 3rd July

### Understanding and assisting young people with depression and/or anxiety

For young people, depression and anxiety are common and distressing mental health issues which can disrupt their lives including their relationships and attainment of developmental goals. Participants will increase their knowledge of the causes of depression and anxiety, symptoms, and how to raise these issues. Participants will also increase their skills in responding effectively to young people with depression or anxiety.

**Recommended audience:** Youth workers or those in a similar role with young people

## Thursday 31st July

### Understanding and supporting young people with a personality disorder

This workshop will help participants understand personality disorders, particularly Borderline Personality Disorder. Participants will develop skills, frameworks and structures to manage and respond to maladaptive coping strategies such as self-harm, dissociation and splitting. This workshop will also discuss the importance of building healthy relationships with these young people to develop their capacities to more effectively manage themselves, their emotions, and relationships.

**Recommended audience:** Youth workers or those in a similar role with young people

AUGUST

## Friday 8th August

### Understanding and supporting gender diverse young people (New Training)

Transgender, transsexual, and gender diverse young people are at elevated risk of suicide, homelessness, and other mental health and psychosocial difficulties. These young people are frequently subjected to marginalisation and discrimination, which has pervasive impacts on their development, well-being and engagement with services. This workshop will broaden participant's understanding of gender diversity, explore issues and challenges facing these young people, how to respond supportively, and encourage development of inclusive and knowledgeable practices.

**Recommended audience:** People who work in a supportive role with young people, including youth workers and counsellors

## Wednesday 20th August

### Working with Aboriginal and Torres Strait Islander young people

Aboriginal and Torres Strait Islander young people experience a number of needs and issues that are unique to their culture and have developed in the context of historical and ongoing marginalisation. This workshop is designed to raise awareness of basic cultural issues and increase workers awareness, skills and confidence in working with young Aboriginal people in a culturally sensitive and affirming approach.

**Recommended audience:** Youth workers or those in a similar role with young people

SEPTEMBER

## Thursday 11th September

### Understanding and working with young people who self-harm: for counsellors

There have been considerable advances in our understanding of why people self-harm and how to work therapeutically with this issue. This workshop aims to help participants enhance their skills in understanding the origins and functions of self-harming behaviours, conducting an assessment, and treatment options and strategies.

**Recommended audience:** People in a counselling, therapeutic role

## Wednesday 24th September

### Understanding and responding to young people experiencing psychosis

Experiencing psychotic symptoms such as hallucinations or delusions can be frightening and confusing. It is important that symptoms of emerging psychosis are identified and treated early. This training will assist people to identify these symptoms, how to respond to young people experiencing these symptoms and where to get help. This training will also look at the relationship between drug use, culture and psychotic symptoms.

**Recommended audience:** Youth workers or those in a similar role with young people

OCTOBER

## Wednesday 15th October

### Responding to complex and difficult behaviours among young people

Young people may engage in difficult behaviours that are challenging for workers, cause anxiety, create strong differences between people about how to best respond. This may include young people who are aggressive or intimidating, engage in "splitting" or dysfunctional help-seeking behaviour, are chronically suicidal or self-harming, or who are demanding or difficult to reach. Participants will examine these behaviours, how they impact on workers, and especially how workers and organisations can most effectively organise their responses to these young people while maintaining healthy boundaries and relationships.

**Recommended audience:** Youth workers or those in a similar role with young people

#### About YouthLink and YouthReach South

We are specialist mental health services providing direct clinical services (assessment, treatment, and case management) to young people with serious mental health issues who have barriers to accessing mainstream services. We also provide consultation and training to persons who work with and/or support young people.

#### Workshop details

- All workshops run from 9am to 4pm. Please arrive 5 mins early.
- Cost is \$70 per person. Lunch and morning tea provided
- All workshops will be conducted at YouthLink 223 James Street, NORTHBRIDGE WA 6003
- Go to <http://www.cityofperth.wa.gov.au/parking> for parking details

#### How to enrol

- Book online at [www.youthlink.perthwa.net](http://www.youthlink.perthwa.net)
- Please pay via cash (exact amount only), cheque or money order. Credit payments require additional time to process and are available upon request.
- Payment must be made two weeks prior to the workshop for a place to be kept.
- Cancellations must be made at least one week prior to ensure refund.