

Dr Tracy Westerman *presents*
her most in demand workshop

"Mental Health Assessment of Aboriginal Clients"

'This workshops actually measures and targets Aboriginal Mental Health cultural competencies in its content'

Melbourne - 30th April & 1st May **Darwin** - 4th & 5th June **Brisbane** - 23rd & 24th July
Adelaide - 17th & 18th Sept **Sydney** - 29th & 30th Oct

AND Introducing ALSO a day and a half workshop on

'Suicide Prevention in Aboriginal Communities'

Melbourne - 3rd & 4th May **Darwin** - 7th & 8th June **Brisbane** - 26th & 27th July
Adelaide - 20th & 21st Sept **Sydney** - 1st & 2nd Nov



indigenous
PSYCHOLOGICAL SERVICES

For more information contact IPS
Tel: 08 9362 2036 Fax: 08 9362 5546
Email: ips@ips.iinet.net.au
www.indigenouspsychservices.com.au



ABOUT

Dr Tracy Westerman

in Aboriginal mental health having won numerous awards including NAIDOC National Scholar of the Year (2002); the Vice Chancellors Award for her PhD research (2003); the NH&MRC Post Doctoral Fellowship to investigate ADHD in Aboriginal people (2004) and the Suicide Prevention Australia Award for Emerging Researcher (2006). She has been recognised in the "Who's Who of Australian Women" and "Who's Who of the Worlds Women" from 2007 and won the WA Business News Strategic Alliance Award recognizing her as one of the foremost business leaders under 40 in WA. Dr Westerman is widely sought after as a keynote speaker in Australia averaging 6 addresses per year, and has been an invited international keynote speaker in Canada (2003); the USA (2004), Auckland, New Zealand (2006 & 2007) and Wellington (2009). In 2005 the Canadian government sent a delegation to Australia to explore Dr Westerman's innovative approaches to Aboriginal suicide prevention and mental health assessment resulting in recommendations that the same approach be adopted for Canadian Aboriginal people (Canadian Health, 2009). Dr Westerman has worked on numerous state and federal tenders, research grants and community based interventions placing her at the forefront of understanding frameworks, policies, procedures and service delivery models that have demonstrated effectiveness with Aboriginal people. Her PhD provided an evidence base regarding the cultural manifestations of mental illness for Aboriginal people as well as the development and validation of a range of assessment protocols. Dr Westerman has trained in excess of 8,000 individuals Australia wide since 2000.

Mental Health Assessment Workshop Objectives

The Aboriginal Mental Health Cultural Competency Test (CCT: Westerman, 2003) the only culturally and scientifically validated test of cultural competence in Australia (CCT: Westerman, 2003, 2009). The of the CCT in testing cultural competence and identifying the key predictors of culturally effective Aboriginal mental health practice

- IPS' Cultural Competency Intervention Programs – the impacts of IPS' Programs and their success Australia wide
- Gauging 'cultural compatibility' with Aboriginal clients - how cultural difference translates in counselling & engagement
- Assessing the difference between cultural and mental illness using evidence based tests and assessments:
- Cultural differences within the Aboriginal culture –

ACCREDITATION in the Acculturation Scale for Aboriginal Australians – the value of measuring the relevance of culture in assessment.

- An applied case study – "being sung" versus psychosis
- Assessing the difference between self-harm and 'sorry' cutting
- Culture bound depression and grief – the role of cultural and mainstream treatments
- Post Traumatic Stress Disorder –how culture impacts on assessment and treatment.

ACCREDITATION in the Acculturative Stress Scale for Aboriginal Australians – a test to gauge the impact of racism, marginalisation, trauma.

- Attachment and Parenting differences – the value this plays in assisting to address trauma from forcible removal.

ACCREDITATION in the Westerman Aboriginal Symptom Checklist – Youth aged 13-17 (WASC-Y) – the ONLY uniquely developed and validated psychological test for Aboriginal youth worldwide (Canadian Health, 2009) and the Westerman Aboriginal Symptom Checklist – Adult. These tests focus on screening for suicide risk.

Incl. in workshop: Aboriginal Mental Health Cultural Competency Test Profile (normal value \$250); pre-workshop reading materials; morning tea, lunch & afternoon tea.

Suicide Prevention in Aboriginal Communities Workshop Objectives

The lay of the land – what do we understand about suicides in Aboriginal communities from the available research.

- The nature of Aboriginal suicide – what are some of the differences that are clear and how these differences can be used in assessment and intervention.
- Depression – is this a relevant construct for Aboriginal people – what we do know about its manifestations and what its link is with suicide in Aboriginal people.
- The role of cultural resilience in suicide prevention.
- Engagement with suicidal Aboriginal clients – an empirically tested engagement model – walking you through the steps.
- Raising the question of suicide – the additional challenges this brings when suicide is incompatible with the Aboriginal belief system.
- Suicide Risk Assessment in Aboriginal people. Using applied case examples with a unique suicide risk assessment schedule.
- The value of cultural consultants in increasing the validity of suicide risk assessments.
- Postvention – what to do after a suicide attempt or death in a community – a practical model.
- Developing Suicide Intervention Programs for Aboriginal people. IPS' success in the development, delivery and evaluation of Whole of Community Suicide Intervention Programs in 16 Aboriginal communities Australia wide.

ACCREDITATION in the Westerman Aboriginal Symptom Checklist – Youth aged 13-17 (WASC-Y) – the ONLY uniquely developed and validated psychological test for Aboriginal youth worldwide (Canadian Health, 2009) and the Westerman Aboriginal Symptom Checklist – Adult. These tests focus on screening for suicide risk.

Incl. in workshop: Aboriginal Mental Health Cultural Competency Test Profile (normal value \$250); pre-workshop reading materials; morning tea, lunch & afternoon tea.

What some of our clients have to say

"From the minute that I stepped into that training room there was a sense of dignity, pride and calmness; Dr Westerman has the most remarkable calming presence that makes learning enjoyable, fulfilling and unforgettable. Marcia Hedanek, Special Wellbeing Counsellor YETI"

"thankyou for a most amazing 3 days, your knowledge and passion were truly inspirational. My head was just about ready to explode with all the new things I have to explore and put into practice."

Tracey you are an amazing person. Peter Cordaro Casemanager Assertive Outreach, Life without Barriers"

"I want to thank you so much for the opportunity for me to hear the amazing things your doing for our people. You have definatley inspired me now to continue on my journey. Kristen Ella Aboriginal Mental Health Trainee/Worker, Ryde Community Mental Health Centre"

| Registration Type | Early Bird – 8 weeks prior | Standard | Registration without payment |
|--------------------|----------------------------|----------|------------------------------|
| Mental Health | \$1,500 | \$1,550 | \$1,600 |
| Suicide Prevention | \$1,075 | \$1,125 | \$1,175 |
| MH & SP combined | \$2,425 | \$2,475 | \$2,525 |

*\$50 discount will be given for payment with registration'

2012 Registration Form

(A tax invoice will be issued upon receipt of a completed registration form)

ABN: 98 090 758 713



Please select

LOCATIONS & DATES:

- | | | | | |
|------------|--------------------------|---|--------------------------|---|
| Melbourne: | <input type="checkbox"/> | Mental Health Assessment 30 th April & 1 st May | <input type="checkbox"/> | Suicide Prevention 3 rd & 4 th May |
| Darwin: | <input type="checkbox"/> | Mental Health Assessment 4 th & 5 th June | <input type="checkbox"/> | Suicide Prevention 7 th & 8 th June |
| Brisbane: | <input type="checkbox"/> | Mental Health Assessment 23 rd & 24 th July | <input type="checkbox"/> | Suicide Prevention 26 th & 27 th July |
| Adelaide: | <input type="checkbox"/> | Mental Health Assessment 17 th & 18 th Sept | <input type="checkbox"/> | Suicide Prevention 20 th & 21 st Sept |
| Sydney: | <input type="checkbox"/> | Mental Health Assessment 29 th & 30 th Oct | <input type="checkbox"/> | Suicide Prevention 1 st & 2 nd Nov |

PRICING OPTIONS FOR WORKSHOPS:

MENTAL HEALTH ASSESSMENT WORKSHOP

EARLY BIRD REGISTRATION

STANDARD REGISTRATION

- | | | | | | |
|--------------------------|---------|---|--------------------------|---------|---|
| <input type="checkbox"/> | \$1,500 | If payment is received with registration | <input type="checkbox"/> | \$1,550 | If payment is received with registration |
| <input type="checkbox"/> | \$1,550 | If payment is <u>NOT</u> received with registration | <input type="checkbox"/> | \$1,600 | If payment is <u>NOT</u> received with registration |

SUICIDE PREVENTION WORKSHOP

EARLY BIRD REGISTRATION

STANDARD REGISTRATION

- | | | | | | |
|--------------------------|---------|---|--------------------------|---------|---|
| <input type="checkbox"/> | \$1,075 | If payment is received with registration | <input type="checkbox"/> | \$1,125 | If payment is received with registration |
| <input type="checkbox"/> | \$1,125 | If payment is <u>NOT</u> received with registration | <input type="checkbox"/> | \$1,175 | If payment is <u>NOT</u> received with registration |

MENTAL HEALTH ASSESSMENT & SUICIDE PREVENTION COMBINED**discount for registering in both workshops

EARLY BIRD REGISTRATION

STANDARD REGISTRATION

- | | | | | | |
|--------------------------|---------|---|--------------------------|---------|---|
| <input type="checkbox"/> | \$2,425 | If payment is received with registration | <input type="checkbox"/> | \$2,475 | If payment is received with registration |
| <input type="checkbox"/> | \$2,475 | If payment is <u>NOT</u> received with registration | <input type="checkbox"/> | \$2,525 | If payment is <u>NOT</u> received with registration |

Details of person attending workshop ** Mailing address for workshop information

Title: _____ Name: _____

Position: _____ Email: _____

Postal address: _____ State: _____ P/C: _____

Tel Bus hrs (*required): (____) _____ Tel After hrs (*required): (____) _____

Details of person/agency responsible for payment ** Mailing address for a/cs information

Agency to be invoiced (** required): _____

Postal address: _____ State: _____ P/C: _____

Agency Tel :(*required): (____) _____ Fax: (*required): (____) _____

Email: _____

Terms & conditions

- ERRORS in registration type / payment will be processed according to the advertised category criteria. Delegates are responsible for errors in details.
- Once registered, fees are payable and are non-refundable, although places are transferable to another person in your agency.
- If workshops are cancelled by IPS, full refunds of REGISTRATION FEES will be provided. Participants traveling for workshops MUST BOOK FULLY REFUNDABLE OR CHANGEABLE AIRFARES.
- CANCELLATION policy is NOT NEGOTIABLE. IPS regrets the difficult personal circumstances that prevent people from attending, including medical conditions, emergencies, severe weather conditions or transport difficulties, however the logistics of event management prevents IPS from assuming responsibility for these contingencies.
- FEES MUST BE FULLY PAID two weeks prior to the training

I understand & agree to these terms.

Signature of participant or representative :(*required): _____

Payment details

Cheque's made payable to "Indigenous Psychological Services OR

Please debit my credit card \$ _____  

Number: _____ Expiry: _____

Name on Card: _____

Signature: _____

OR

Register online @ www.indigenouspsychservices.com.au (if paying by credit card)

Post form with payment to:
Indigenous Psychological Services
PO Box 1198
East Victoria Park WA 6981
Or
Fax: 08 9362 5546