

Relationships Australia

professional development training programs

july - dec 2015



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Enhancing Self Esteem in Adolescents

Adolescence can be a difficult path for many young people as they attempt to find their own identity in an ever-changing and challenging world. Those who work with young people such as teachers, youth workers or carers can play an important part in assisting them through this challenging period. This course provides a variety of practical strategies for professionals to incorporate into their work with adolescents.

Fee: \$165

Time: 9.30am - 4.30pm

Date: Tues 25 Aug West Leederville

Parenting between Cultures: Working with Migrant and Refugee Parents

This workshop examines how parenting is impacted by the issues experienced by families with refugee and migrant backgrounds. We explore how workers can develop the resilience and strength demonstrated by families to enhance parenting.

Fee: \$165

Time: 9.30am - 4.30pm

Date: Wed 23 Sept West Leederville

Introduction to Couples Counselling

How is couple counselling different from individual counselling? Why do we as counsellors tend to find couples counselling the more challenging? Participants in this training will be introduced to the key principles of Systems Theory and to a number of the major approaches to working with couples, including Emotionally Focused Therapy for Couples and John and Julie Gottman's work. How we develop our understanding of the couple dynamic, how to intervene when the dynamic is repetitively unhelpful and how to engage couples in the counselling process will be introduced.

Fee: \$330

Time: 9.00am - 4.30pm

Date: Thurs, Fri 24, 25 Sept.....West Leederville

Accidental Counsellor

Have you ever been caught without the words to help a friend, client, customer or co-worker who was dealing with a distressing situation? This one day course will provide you with the knowledge and skills to help you help them.

Fee: \$165

Time: 9.30am - 4.30pm

Date: Tues 27 Oct..... West Leederville

Introduction to being a Supervisor

This 2 day introductory workshop will be useful for those who are interested in becoming supervisors, and for those supervisors who are either looking for a refresher, or new to the role and looking to expand their knowledge and skills. Incorporating self reflection, theory and skills practice the 2 days will include looking at different models of supervision, ethical issues in relation to the supervisor role and ways to intervene effectively with supervisees to fulfil the requirements of the role.

Fee: \$330

Time: 9.00am - 4.30pm

Date: Thurs, Fri 29, 30 Oct... West Leederville

Defusing Angry and Abusive Customers

You are at the front line of service delivery. It may seem that you can do little to respond to angry and abusive clients and customers. But you can! This half day seminar shows you key principles and strategies to defuse clients' and customers' anger and reduce abusive behaviour right from the start. It also assists you to reduce your own stress levels.

Fee: \$99

Time: 9.30am - 1pm

Date: Wed 4 Nov West Leederville

For more information please call us on 9489 6322 or visit www.wa.relationships.com.au

Please note these seminars are suitable for all participants, including professionals.

NEW Introduction to Myers Briggs Type Indicator

Myers Briggs Type Indicator (MBTI) is the most widely used instrument for understanding normal personality differences. MBTI can be used with teams and individuals. In particular, MBTI is a fantastic tool to use when helping team members better appreciate the diversity within the group, improving trust and cohesion.

By way of background, the purpose of the MBTI is to make the theory of psychological types described by C. G. Jung understandable and useful in people's lives. The essence of the theory is that much seemingly random variation in behaviour is actually quite orderly and consistent, being due to basic differences in the ways individuals prefer to use their perception and judgement.

Fee: \$195 per person (includes MBTI Indicator)

Time: 9.30 - 4.30pm

Date: Tues 13 Oct..... West Leederville

Family Patterns

Many of our adulthood attitudes and behaviour stem from experiences in our formative years. This six-week evening course investigates the impact of those family patterns - communication, resolving conflict and displays of emotion ranging from affection to anger. Learn skills to make improvements so that the present and future are not anchored in the past. If attending as a professional, participation is expected.

Fee: \$100

Time: 6.30pm - 9.00pm

Date: Wed 29 July, 5, 12, 19, 26 Aug, 2 Sept Fremantle (please note time 10-12.30pm)

Thurs 6, 13, 20, 27 Aug, 3, 10 Sept West Leederville

Mon 26 Oct, 2, 9, 16, 23, 30 Nov West Leederville

Emotional Intelligence

Emotions can play a strong and constructive role in individual thought, decision-making and in handling of relationships. It's not a question of taking either an emotional or an intellectual approach - we show how you can do both. Intelligent recognition and acceptance of your emotions, and other people's, is the aim.

Fee: \$165

Time: 9.30am - 4.30pm

Date: Tues 8 Sept West Leederville

Change and Loss

Work changes, retirement, illness and the more serious upheavals such as separation and death are all accompanied by a degree of loss. In this all-day workshop learn how to recover your emotional equilibrium, make positive adjustments and grow towards a fresh frame of mind.

Fee: \$165

Time: 9.30am - 4.30pm

Date: Tues 24 Nov West Leederville



NATIONALLY RECOGNISED TRAINING 2015

The Australian Institute of Social Relations (registration number 102358) in collaboration with Relationships Australia (WA) offers training and recognition in:

(CHC80308) Graduate Diploma of Family Dispute Resolution (FDR)

This qualification is for those with a background in law, psychology, social work or dispute resolution, and who are interested in:

- Gaining accreditation for a career in FDR or
- Gaining points for PD as an already accredited FDRP or
- Completing the Graduate Diploma of FDR

This qualification will be offered through intensive face to face training as well as on line.

Please phone Natalie Ciccotosto at Relationships Australia WA to discuss available training dates.

natalie.ciccotosto@wa.relationships.com.au or 9489 6313.

(CHC42412) Certificate IV Relationship Education

Group Facilitation Skills - Commencing February 2016

For more information contact Marion Dunn 9489 6322, email marion.dunn@wa.relationships.com.au or visit the web site www.wa.relationships.com.au.

Recognition

Recognition is available for either course modules or full qualification and is conducted through The Australian Institute of Social Relations. This is available for individuals who are able to provide evidence of relevant previous experience or qualifications.

Customised Courses

We can customise training opportunities to suit your particular workplace needs. We have provided training to private business, the defence forces, lawyers, nurses and other health professionals, community and government organisations, psychologists, social workers and teachers.

For more information on customised courses for your workplace, phone Fiona McDonald on 9489 6322.

Cultural Fitness Training- Aboriginal Culture

Cultural Fitness Training for companies and other organisations can help raise awareness and bring changes in workplace attitudes and practice in regards to working with Aboriginal People.

The training is delivered over one day by Aboriginal and/or non-Aboriginal facilitators. The cost and time frame are negotiable, though a minimum of four hours is recommended.

Outcomes include

- Learning the significance of Welcome to and Acknowledgement of Country
- Understanding the history of Aboriginal People before and after colonisation and learning about issues impacting on the community today
- Adopting culturally respectful behaviour towards Aboriginal People generally, and Aboriginal clients specifically
- Committing to ways that participants, as employees, can support their organisation being a culturally safe workplace
- How to access and assess resources and training tools for working with Aboriginal People

For information, please call Angela Ryder on 9489 6328 or 0417 901 788.

COURSES AND SEMINARS ARE HELD AT:

WEST LEEDERVILLE

Relationships Australia
22 Southport St (corner Cambridge Street)

FREMANTLE

Relationships Australia
1 Ord St

Relationships Australia

www.wa.relationships.com.au

1300 364 277